



Green Lion

ICE BATH TUB

SKU: GNICEBTTUBBK

Model No: GL-ICE2

Table of Contents

Safety Instructions	2
Recommendations	2
Components	2
Unpacking the Package	3
Assembly & Setup	3
Storage	4
Specifications	5
Disposal	6
Warranty	6
Contact Us	6

Safety Instructions

ALWAYS consult your doctor before using an ice bath if you have any health issues!

Children and vulnerable adults must always be supervised when in the vicinity of a water-filled ice bath and should not enter due to the risk of drowning.

DO NOT USE if you are:

Under 18 years of age

Pregnant

Have a history of heart disease or high blood pressure

Have diabetes or complications such as neuropathy or retinal damage

Have a pacemaker

Have a history of frostbite

Have an open wound

Recently had surgery

Have epilepsy or any other health concerns or risks

Recommendation

Despite the potential side effects and warnings, using an ice bath correctly actually has many health benefits! We always recommend that you begin by spending no more than a few minutes in the ice bath and slowly work your way up to the recommended time. Never push your body beyond its limits.

Components

- 1 x Ice Bath Tub with Inflatable Top Ring
- 8 Durable Legs
- 1 x All Weather Cover
- 1 x Thermo Lid

- 1 x Foot Pump
- 1 x Drain Hose & Drain Tap
- 1 x Repair Patch
- 1 x Cushion

Unpacking the Package

1. Find a suitable area and flat solid surface to unpack and set up your Ice Bath Tub.
2. Follow the steps in the (Assembly & Setup) to assemble your Ice Bath.
3. Read carefully through this user manual before using the Ice Bath Tub.

Assembly & setup

1. Insert the support legs into the holes around the base of the tub.
2. Make sure the feet are down and fully supported on a stable surface.
3. Inflate the tub top ring and thermo cover with the included pump.
4. Ensure the pump is fully inserted into the valve and inflate until the seal is smooth.
5. Once inflated, seal the valve to the top ring using the safety cap.
6. Ensure the base drain valve is closed and tight before filling with water.
7. To empty your tub, use the external drain faucet with the included hose to drain the water into a nearby sink or drain.
8. Once assembled, you can begin filling with cold water to approximately 6 inches (15 cm) below the bottom of the top ring.

Storage



1



2



3



4



5



6

1. Dry the interior of the tub.
2. Fold the bottom in half.
3. Fold inward to one side.

4. Fold the other side in.
5. Fold the bottom.
6. Fold over as shown.



Specifications

Model	GL-ICE2
Capacity	350L
Inner Lining	Waterproof non-toxic PVC
Outer Layer	Reinforced Oxford fabric
Insulation	EPE Foam
Temperature Range	-20°C to 40°C
Diameter	85CM
Height	75CM
Maximum User Height	Up to 6 '7" (200 cm)
Net Weight	3.5 kg
Folded Size	51 * 16 * 22 cm

Disposal

This product must not be disposed of as unsorted household waste. It is important to separate such waste for proper treatment and recycling, in compliance with local waste management regulations.

Warranty

Products that you buy directly from our **Green Lion** website or shop come with a 24-month warranty.

When you buy **Green Lion** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at <https://www.greenlion.net/warranty> and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:
<https://www.greenlion.net/warranty>

Contact Us

If you have any questions about this Privacy Policy, please contact us at:

Website: <https://www.greenlion.net/>

Sales: sales@greenlion.net

Service Support: Support@greenlion.net

Telegram: [@greenlion_global](https://www.instagram.com/greenlion_global)

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