

Ice Bath Temperature & Duration Guide



Start warmer. Stay shorter. Build safely.

Water Temp	Best For	Time	Benefits	Exit If
15–12°C	Beginners	1–3 min	Breath control, confidence, gentle recovery	Breathing feels uncontrolled.
12–10°C	Beginner / Regular	2–4 min	Alertness, stress reset, circulation response	Dizziness or panic.
10–6°C	Athletes / Regular users	2–5 min	Perceived soreness relief, mental resilience, recovery routine	Sharp pain or numbness.
6–3°C	Advanced users	1–3 min	Strong cold stimulus, short intense reset	Shaking feels unsafe
Below 3°C	Expert only	Avoid unless supervised	Not needed for most people	Do not use alone



Colder is not automatically better. Consistency beats extremes.

Science notes
 Research suggests cold water immersion may reduce perceived soreness after some exercise, but very cold immersion immediately after strength training may reduce some muscle-building adaptations.

General wellness guide only. Cold tolerance varies. Exit if dizzy, numb, confused, panicked, short of breath, or unwell. Ask a medical professional first if you have heart disease, uncontrolled blood pressure, pregnancy, fainting history, or serious medical conditions.