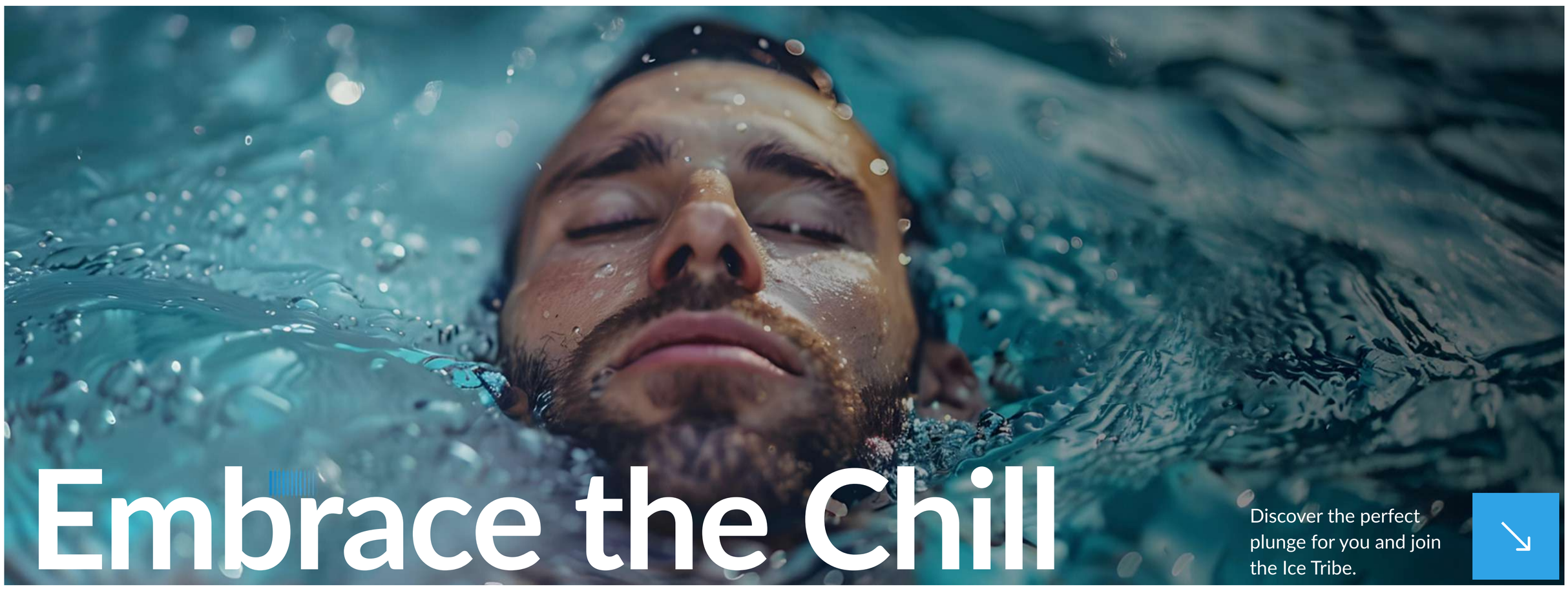

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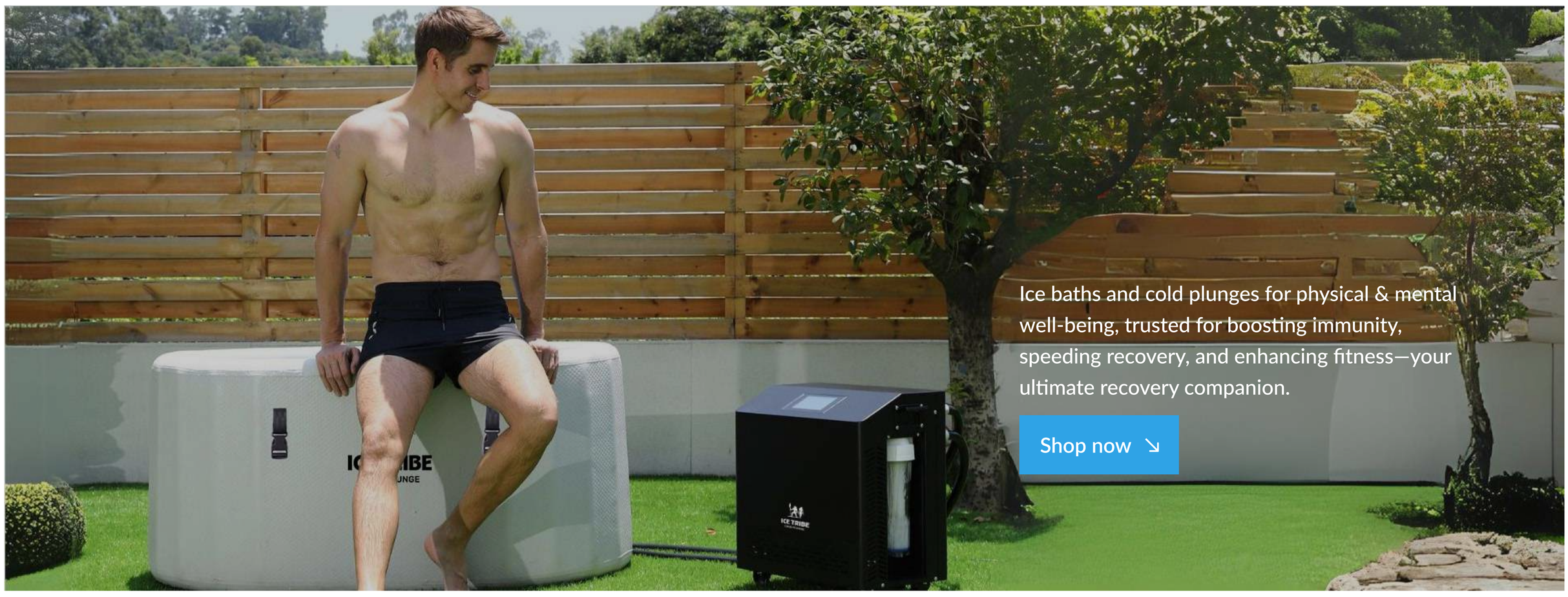

Cold therapy for ultimate wellness

Empowering athletes and wellness seekers worldwide with premium fitness equipment and cold therapy solutions. Headquartered in Singapore, we deliver global excellence in health, recovery, and performance.

Boosts Immunity
Increases white blood cells to help fight infections and keep your body healthy.

Increases Energy Levels
Boosts metabolism, making you feel energized and alert all day.

Elevates Mood
Triggers endorphin release, reducing stress, anxiety, and depression while uplifting your mood.

Eases Depression and Anxiety
Boosts dopamine and serotonin levels, easing symptoms of depression and anxiety.

Reduces Muscle Inflammation
Eases soreness and inflammation by tightening blood vessels and numbing nerves for faster recovery.

Burns Calories, Manages Weight
Promotes thermogenesis, helping burn more calories and support weight management.

Improves Sleep Quality
Regulates body temperature, enhancing sleep quality for a refreshed morning.

Supports Longevity
Encourages cellular repair through autophagy, promoting a longer, healthier life.

Accelerates Recovery
Removes lactic acid and improves circulation, speeding up post-workout recovery.

Enhances Mental Focus
Improves oxygen intake and circulation, sharpening focus and productivity.

Reduces Stress
Lowers cortisol levels and stimulates endorphins, reducing stress and promoting calmness.

Improves Skin Appearance
Tightens pores and boosts circulation, giving your skin a healthier, radiant glow.

Embrace the Chill
Embrace the Change.



Find the perfect cold plunge tailored for you.
Boost recovery, enhance wellness, and elevate your fitness journey.
Join the Ice Tribe and embrace the power of cold therapy!

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25+ Countries

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Tribe Bath

The Ice Tribe bath is crafted from reinforced PVC for durability and watertight integrity. Its inflatable, lightweight design suits both indoor and outdoor use, offering easy access and a comfortable, relaxing bath.

From S$4,712.00

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PERFECT COLD PLUNGE FOR YOU

EASY & FAST SETUP

Setting up your Ice Tribe bath is quick and hassle-free. Its inflatable design and lightweight materials make assembly effortless, whether indoors or outdoors. With intuitive features and portability, you'll be ready to enjoy the benefits of cold therapy in no time.

2500+
Happy Customer

1850+
Products Delivered



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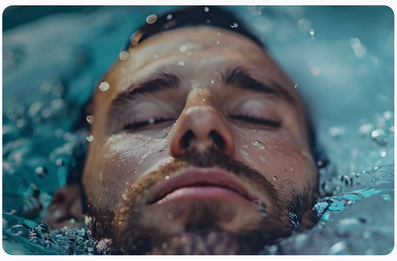



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Immerse in the cold, strengthen your body, extend your life.

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Boosts dopamine and serotonin levels, easing symptoms of depression and anxiety.

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Eases soreness and inflammation by tightening blood vessels and numbing nerves for faster recovery.

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Improves Skin Appearance
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Designed for athletes and wellness enthusiasts, our premium cold therapy solutions and fitness equipment enhance recovery, performance, and well-being.

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INFLATABLE COLD & HOT PLUNGE

Tribe Comfort

The Tribe Comfort bath features durable reinforced PVC, a lightweight inflatable design, and a slanted back for comfort. With a cooling and heating system (3°C to 42°C) and self-cleaning filtration, it's perfect for indoor and outdoor use.

From S$00.00

View Tribe Comfort

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Igloo

The IGLOO bathtub combines cooling, heating, disinfection, and cleaning in a compact, low-noise design. Made with high-quality materials, it's perfect for permanent installation in both commercial and private spaces, operating 24/7 for user comfort.

From S$4,712.00

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Feature-Packed Cold Therapy

Engineered for performance, durability, and convenience, our cold plunge solutions offer the perfect balance of innovation and recovery.

Durable Construction
Built for indoor and outdoor use.

Effortless Setup
User-friendly design for easy installation.

Automated Cleaner
Built-in filtration keeps your cold bath clean.

Precise Temperature Control
Adjust to your desired temperature.

Smart Technology Integration
Remotely control your cold bath easily.

Versatile Application
Ideal for residential and commercial use.

Smart Control at Your Fingertips

Effortless Cold Therapy, Anytime, Anywhere

Take full control of your cold plunge with our intuitive mobile app. Adjust the temperature precisely to your preference and customize your experience—wherever you are.

Download on the App Store | GET IT ON Google Play

MONEY BACK 100% GUARANTEE

1 YEAR WARRANTY

Fast & Easy Setup

Get your cold plunge ready in no time with our simple installation process. Designed for convenience, our setup ensures a hassle-free experience so you can start enjoying the benefits right away.

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Novermber 20,2024
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Novermber 25,2024
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Benefits of Cold Therapy for Longevity
October 1,2024
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"Taking ice baths provides me a powerful boost of mental clarity and energy. It helps me to stay focused and refreshed throughout the day."

Jehanna Rosell, 37
Marketing Manager

"Ice baths are crucia
Ironman and Hyrox
helping me recover
maintain high traini

Edu Moix, 40
CEO

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Stay connected with the latest happenings in our community. From new product launches to wellness events, get updates on everything that's making waves in the world of cold therapy.

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November 18,2024
Ice Tribe is proud to sponsor the upcoming Padel for Cancer event in Singapore, happening...

Breath work Insights from Bangkok
November 15,2024
At Ice Tribe, we're exploring new wellness practices. Our latest experience in Bangkok...

Don't Die Summit
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In September, Ice Tribe co-founder Eduard Moix attended Brian Johnson's "Don't Die"...

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Discover premium solutions for relaxation, recovery, and rejuvenation.



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Our Wellness Philosophy

We are committed to create premium solutions for relaxation, recovery, and rejuvenation.



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Ice Baths & Chillers

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Tribe Bath

The Ice Tribe bath is crafted from reinforced PVC for durability and watertight integrity. Its inflatable, lightweight design suits both indoor and outdoor use, offering easy access and a comfortable, relaxing bath.

From S$4,712.00

View Tribe Bath ↗





INFLATABLE HIGH QUALITY INDIVIDUAL PLUNGE

Solo Barrel

The Solo Barrel is built with reinforced PVC for durability and watertight integrity. Its inflatable, lightweight design is portable with wheels and a handle, ideal for both temporary and permanent installation.

From S$4,858.00

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Igloo

The IGLOO bathtub combines cooling, heating, disinfection, and cleaning in a compact, low-noise design. Made with high-quality materials, it's perfect for permanent installation in both commercial and private spaces, operating 24/7 for user comfort.

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Chiller 1.0HP Comercial

Chiller Pro offers precise temperature control (3°C to 42°C) with a digital touch screen and app connectivity. It features ozone disinfection, a PET 20-micron filter, efficient cooling, and a portable design with secure locking.

From S$4,343.00

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CHILLER RESIDENTIAL

Chiller 0.8HP Residential

The Chiller Pro runs on 220-240V, 50/60Hz, with 710W input and 605W compressor power, cooling down to 3°C. It features a 20-micron filter, IPX-4 water resistance, and CE & SAA certifications, ensuring efficiency and reliability.

From S$3,916.00

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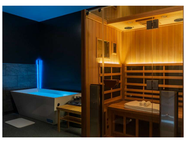

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Learn how cold therapy boosts recovery and wellness.
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FAQ

Got questions about the product, setup, and how-to use Cold Therapy? We've got answers for you!

- There are few suppliers with similar tubs, what makes Ice Tribe Cold Plunge different?
- Which kind of material are the plunges made of?
- Am I too big or too small for your plunges?
- Does Ice Tribe have an app?
- What is the power consumption?
- How long does it take to cool down the water?
- How many litres fit in each plunge and what is the weight once the plunge is filled?

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The Benefits of Cold Therapy for Longevity and Wellness

By John Doe | October 4, 2024



Cold plunge therapy has gained popularity in recent years due to its myriad benefits extending beyond a refreshing dip. As the wellness industry continues to evolve, more and more people are incorporating cold therapy into their routines to improve their physical and mental health.

From professional athletes to wellness enthusiasts, cold plunge therapy is celebrated for its ability to promote longevity, recovery, and overall wellness.

What is Cold Therapy?

Cold therapy, also known as cold water immersion or cold plunge therapy, involves submerging the body in cold water (usually between 50°F and 59°F) for a short period. The practice is centuries old and has been used by cultures worldwide for its healing properties.

Whether jumping into an icy lake, taking a cold shower, or using a modern cold plunge tub, the principle remains the same – exposing the body to cold temperatures to trigger beneficial physiological responses. In recent years, cold plunge therapy has re-emerged as a trending wellness practice, gaining support for boosting circulation, reducing inflammation, speeding muscle recovery, and even supporting mental health.

Let's look at some of the key benefits that make cold therapy such a powerful tool for longevity and wellness.

Critical Benefits of Cold Therapy

✓ Improved Blood Circulation
One of the primary benefits of cold plunge therapy is its positive effect on blood circulation. When you expose your body to cold water, the blood vessels constrict, reducing blood flow to the skin. As the body warms up after immersion in water, the blood vessels dilate, increasing blood flow to your muscles and organs. This improved blood circulation helps deliver oxygen and nutrients more efficiently throughout the body, aiding cell regeneration and promoting better heart health.

✓ Improved Recovery
The athletic community widely recognises cold plunge therapy for speeding muscle recovery. After intense exercise, microscopic muscle tears develop, leading to pain and swelling. Cold water immersion can help reduce this inflammation by constricting blood vessels and slowing cellular metabolism, which in turn helps reduce inflammation and muscle damage. Many athletes incorporate cold plunges into their post-training routines to speed recovery, improve performance, and reduce delayed onset muscle soreness (DOMS).

✓ Detoxification
Cold plunge therapy also supports the body's natural detoxification processes. This practice helps stimulate the lymphatic system, a network responsible for flushing out toxins, bacteria, and waste from the body. Since cold therapy promotes better circulation, it also encourages the efficient movement of lymphatic fluid, aiding in removing waste products. Over time, regular cold treatment can contribute to a healthier and more efficient lymphatic system, increasing your body's ability to detoxify naturally.

✓ Boost The Immune System
Exposure to cold can significantly boost your immune system. Regular cold plunges trigger the production of white blood cells, which are essential for fighting infections and diseases. Some studies suggest that consistent cold therapy practice may increase levels of norepinephrine — a hormone linked to improving immune function and reducing inflammation. This more robust immune response can help protect your body against colds, flu, and other infections, supporting overall health and longevity.

✓ Mental Clarity And Stress Relief
One of the lesser-known but equally important benefits of cold plunge therapy is its effect on mental health. Dipping into cold water triggers the release of endorphins and other feel-good hormones like dopamine and serotonin, which can improve mood and mental clarity. Many people who practice cold therapy report feeling more energetic, focused, and mentally resilient after a session.

Essential Tips for Post-Cold Bath Care

Cold plunge therapy has many benefits, but it's just as important to take care of your body after cold plunge therapy. Here are some essential tips to maximize the benefits and ensure a safe, practical experience:

1. Gently Warm-Up
It is very important to warm up slowly after getting out of a cold bath. Sudden warming up, such as jumping into hot water, can shock your body, undoing some of the benefits of cold therapy. Instead, opt for a gentle, slow-warming process. This can be achieved by wrapping yourself in a warm towel, doing light movements or stretches, or drinking a warm beverage such as herbal tea to raise your body temperature gradually.

2. Rehydrate
Cold therapy can be dehydrating, as your body loses fluids during immersion. Drinking water after a cold plunge helps to replenish lost fluids and ensure your body stays hydrated. You can also drink electrolyte-rich beverages to restore lost minerals and maintain the balance of electrolytes in your body. <>Cold therapy can be dehydrating, as your body loses fluids during immersion. Drinking water after a cold plunge helps to replenish lost fluids and ensure your body stays hydrated. You can also drink electrolyte-rich beverages to restore lost minerals and maintain the balance of electrolytes in your body.

3. Nourish The Body
To improve recovery, nourish your body with a healthy meal or snack after a cold plunge. Focus on nutrient-rich foods rich in antioxidants, vitamins, and minerals that aid repair and recovery. A combination of protein, healthy fats, and carbohydrates is ideal to re-energise your body and help it recover faster after a cold shock.

4. Monitor Your Body
Pay close attention to how your body reacts to cold therapy. While cold plunge therapy benefits most people, everyone's tolerance and responses can vary. Start with short sessions, and gradually increase the time spent in the cold plunge as your body adapts. If you experience dizziness, numbness, or prolonged discomfort, it is essential to stop and consult a healthcare professional before continuing the practice.

5. Rest And Recovery
After a cold plunge session, give your body time to rest and recover. Cold therapy stimulates various processes in your body, from improved circulation to muscle recovery, and giving your body the time it needs to regenerate is essential. Incorporating rest days between cold therapy sessions can further enhance its long-term benefits and contribute to overall health.

Step Into Wellness with Ice Tribe Cold Plunge

If you're looking to incorporate cold plunge therapy into your wellness routine, Ice Tribe Cold Plunge provides you with the tools and support you need to get started. Specialising in high-quality inflatable tubs and fully integrated cold baths, Ice Tribe Cold Plunge makes it easy to practice cold therapy in your home.

Their cold therapy solutions are designed to help you experience the full range of benefits, from faster recovery to improved mental clarity and overall longevity. Whether you're an athlete looking to boost recovery or just looking for a natural way to enhance wellness, cold plunge therapy offers a range of physical and mental health benefits.

By incorporating it into your routine and following essential post-care tips, Ice Tribe Cold Plunge Cold Plunge can help you experience the transformative power of cold therapy and move towards a healthier, more balanced life.

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About

We are passionate about harnessing the power of cold therapy to transform your wellness journey.

We provide cutting-edge solutions like ice baths and cold plunge systems designed to boost recovery, improve mental clarity, and elevate overall health.

Whether you're an athlete or a wellness enthusiast, we empower you to embrace the chill and unlock your potential.

Stay tuned for brand ambassadors!

Get inspired by the incredible stories of our ambassadors who champion the power of cold therapy. From athletes to wellness enthusiasts, they embody strength, resilience, and transformation.

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Coming Soon!
Name
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Coming Soon!
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Hear from those who've experienced the power of cold therapy. Our customers share how our products have enhanced their wellness, recovery, and daily routines.



"Taking ice baths provides me a powerful boost of mental clarity and energy. It helps me to stay focused and refreshed throughout the day."

Jehanna Rosell, 37
Marketing Manager



"Ice baths are crucia
Ironman and Hyrox
helping me recover
maintain high traini

Edu Moix, 40
CEO

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Join us at exciting events that celebrate wellness, community, and the power of cold therapy. Explore workshops, sponsorships, and gatherings designed to inspire and engage.



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Have questions or need assistance?
We're here to help! Reach out to us for inquiries about our products, orders, or cold therapy benefits.



First name*

Last name

Email*

Phone number

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Tribe Care

Premium Maintenance for Your Cold Plunge

At Ice Tribe, we believe that proper maintenance is key to an optimal and hassle-free cold plunge experience.

Our team of specialized technicians is available to support you, ensuring your system runs smoothly at all times.

Choose the Right Maintenance Plan

Keep your cold plunge in peak condition with our expert maintenance plans. Choose a package that fits your needs and enjoy a hassle-free experience.

Level 1

Basic Package

- Monthly Service
- Deep cleaning of the tap (internal & external)
- Manual cleaning of all filters
- Replacement of the PET filter (filter cost not included)
- Water change

Monthly maintenance to ensure your cold plunge stays in top condition, with expert care to keep everything running smoothly.

SG$ 190.00 (VAT Incl.)





Level 2

Standard Package

- Bi-Weekly Service

First Visit:

- Cleaning of all filters (manual cleaning + replacement, included in the fee)
- Water change (if necessary)

Second Visit:

- Deep cleaning of the tap and external surfaces
- Water change

Bi-weekly service for consistent cleanliness and optimal performance, with thorough checks to keep your cold plunge in peak form.

SG$ 360.00 (VAT Incl.)

Level 3

Pro Package

- Weekly deep cleaning of the tap (internal & external)
- Cleaning & replacement of all filters (included in the fee)
- Chiller maintenance: Monthly internal cleaning of chiller components
- Full water change on a weekly basis

Weekly service for premium care and continuous freshness, providing in-depth maintenance to keep your cold plunge at its best.

SG$ 980.00 (VAT Incl.)



Ongoing Support from Our Expert Team

From installation to maintenance, our dedicated specialists are always available to assist you. Whether you need help with setup, performance tuning, or technical support, we are here to keep your cold plunge at its best.

We're One call, WhatsApp, or email away!

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Create Your Custom Recovery Room

Transform your space with custom contrast therapy solutions from Ice Tribe. We design and install tailored recovery rooms for homes, hotels, and fitness centers, integrating hot and cold therapy for optimal recovery.

What We Offer

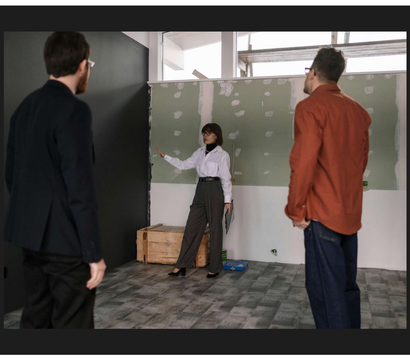
- Ice Baths & Cold Plunges
- Infrared Saunas & Wet Saunas
- Advanced Filtration & Plumbing Systems
- Smart Temperature & Control Systems
- Premium Materials & Craftsmanship

Contact Us | Request Consultation

Our Turnkey Process

Bring your contrast therapy vision to life with our turnkey process, handling everything from design to installation and ongoing support.

1. **Consultation & Concept Design**
   We assess your space, needs, and preferences to create a tailored contrast therapy solution.
2. **Engineering & Customization**
   We design and specify every element, from sauna heating systems to chiller horsepower requirements.
3. **Coordinating Vendors & Project Integration**
   We collaborate with architects, designers, and vendors to seamlessly integrate our solutions into your project vision.
4. **Project Management & Construction**
   Our expert team oversees the entire installation, ensuring quality and efficiency.
5. **Ongoing Support & Maintenance**
   We provide post-installation service and technical support to keep your recovery space in peak condition.



Why Choose Ice Tribe?

- Contrast Therapy Specialists
- End-To-End Project Management
- Tailored Saunas & Cold Plunges
- Superior Filtration & Temperature Control
- Aligns With Architectural Vision
- Maintenance & Technical Assistance

Ready to build your ultimate recovery space?

Contact us today to bring your contrast therapy vision to life.

Request Consultation

Start your cold therapy journey with us today!

Be the first to know about new collections and exclusive offers.

Your email adress | Subscribe

ICE TRIBE COLD PLUNGE
A PRODUCT OF: FORGE
FITNESS SOLUTIONS

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INFLATABLE HIGH QUALITY TUB

Tribe Bath

235 Reviews

S$4,712.00

Taxes Included

Size:

Small | Standard

Chillers:

Residential 0.8HP | Commercial 1.0HP (Pro) | Tub Only

Colors: Black

Quantity: 1

Size / Power Chart

Buy Now

Add to Cart

Description

Accessories included

Specifications

Cold therapy for ultimate wellness

Empowering athletes and wellness seekers worldwide with premium fitness equipment and cold therapy solutions. Headquartered in Singapore, we deliver global excellence in health, recovery, and performance.

Boosts Immunity
Increases white blood cells to help fight infections and keep your body healthy.

Increases Energy Levels
Boosts metabolism, making you feel energized and alert all day.

Elevates Mood
Triggers endorphin release, reducing stress, anxiety, and depression while uplifting your mood.

Eases Depression and Anxiety
Boosts dopamine and serotonin levels, easing symptoms of depression and anxiety.

Reduces Muscle Inflammation
Eases soreness and inflammation by tightening blood vessels and numbing nerves for faster recovery.

Burns Calories, Manages Weight
Promotes thermogenesis, helping burn more calories and support weight management.

Improves Sleep Quality
Regulates body temperature, enhancing sleep quality for a refreshed morning.

Supports Longevity
Encourages cellular repair through autophagy, promoting a longer, healthier life.

Accelerates Recovery
Removes lactic acid and improves circulation, speeding up post-workout recovery.

Enhances Mental Focus
Improves oxygen intake and circulation, sharpening focus and productivity.

Reduces Stress
Lowers cortisol levels and stimulates endorphins, reducing stress and promoting calmness.

Improves Skin Appearance
Tightens pores and boosts circulation, giving your skin a healthier, radiant glow.

CHILLER PRO DESCRIPTION

CHILLER RESIDENTIAL DESCRIPTION

COMPARISON CHILLERS

COOLING CAPACITY	✓ To 3°C	✓ To 3°C
HEATING SYSTEM	✓ up to 42°C	✗
MAIN FILTER SYSTEM	✓ 20 micron cartridge Filter	✓ 20 micron cartridge Filter
EXTERNAL FILTER	✓ 80-mesh water strainer	✓ 80-mesh water strainer
ADDITIONAL FILTERS	✓ Internal mesh	✗
OZONE SYSTEM TO DISINFECT	✓ Commercial grade ozone generator	✗
MOBILE PHONE APPLICATION	✓ iOS & Android App	✓ iOS & Android App
CASTERS	✓	✓
EXTERNAL CASING	Powder coated alluminium	Powder coated alluminium matt
COLOURS AVAILABLE	Black / White	Black / White
POWER RANGE AVAILABLE	0.8 HP - 1 HP and 2 HP	0.8 HP
WARRANTY	1 year	1 year

TUB BOX

CHILLER BOX

Choose the Right Maintenance Plan

Keep your cold plunge in peak condition with our expert maintenance plans. Choose a package that fits your needs and enjoy a hassle-free experience.

Level 1

Basic Package

- Monthly Service
- Deep cleaning of the tap (internal & external)
- Manual cleaning of all filters
- Replacement of the PET filter (filter cost not included)
- Water change

Monthly maintenance to ensure your cold plunge stays in top condition, with expert care to keep everything running smoothly.

SG$ 190.00 (VAT Incl.)

Level 2

Standard Package

- Bi-Weekly Service

First Visit:

- Cleaning of all filters (manual cleaning + replacement, included in the fee)
- Water change (if necessary)

Second Visit:

- Deep cleaning of the tap and external surfaces
- Water change

Bi-weekly service for consistent cleanliness and optimal performance, with thorough checks to keep your cold plunge in peak form.

SG$ 360.00 (VAT Incl.)

Level 3

Pro Package

- Weekly deep cleaning of the tap (internal & external)
- Cleaning & replacement of all filters (included in the fee)
- Chiller maintenance: Monthly internal cleaning of chiller components
- Full water change on a weekly basis

Weekly service for premium care and continuous freshness, providing in-depth maintenance to keep your cold plunge at its best.

SG$ 980.00 (VAT Incl.)

What Our Customers Are Saying

Hear from those who've experienced the power of cold therapy. Our customers share how our products have enhanced their wellness, recovery, and daily routines.

"Ice baths are a game changer! They help me recover faster after Padel matches, boost my energy and clear my mind, keeping me sharp and feeling incredible."

Constanza Kokorelis, 33
Marketing Manager

"Ice baths are crucia
Ironman and Hyrox
helping me recover
maintain high traini

Edu Moix, 40
CEO

Frequently asked questions

- There are few suppliers with similar tubs, what makes Ice Tribe Cold Plunge different?
- Which kind of material are the plunges made of?
- Am I too big or too small for your plunges?
- Does Ice Tribe have an app?
- What is the power consumption?
- How long does it take to cool down the water?
- How many litres fit in each plunge and what is the weight once the plunge is filled?

You may also like

Solo Barrel
From SG$ 940.00

Igloo
From SG$4,712.00

Chiller 1.0HP Pro
From S$4,343.00

Chiller 0.8HP Residential
From S$4,343.00

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A PRODUCT OF: FORGE FITNESS SOLUTIONS

Products
- Tribe Bath
- Solo Barrel
- Igloo
- Chillers
- Accessories

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