

**Solvent free heat
sealed seams**

**Insulated lid for
clean & cold water**

**Child safe
locks**

**Heat-reflective
grey**

**8cm rigid
inflatable
walls**

**Includes accessories
foam mat / thermometer
ice brick mold**

**Soft integral
EVA flooring**



Key features of PortaPlunge

We've taken the strong, durable design you know and love from PortaSauna and channelled it into our plunge pool designs.



Stirrup pump

High output stirrup pump for fast inflation.



Child safety clips

Child safety clips for extra peace of mind



Durable material

Heavy-duty drop-stitch walls for durability



Water outlet

Easy to change the water

Other features



EVA Flooring

Integral base for softer feel



Light grey

Light grey shell to reflect heat in summer



Accessories

inc. Pump, Base Mat, Thermometer, Ice Brick Mold

Health benefits of Plunge

Not only does a plunge feel great, but it's also beneficial for your health.



Reduces inflammation

Calms post-exercise inflammation, easing sore joints and muscles so you can train harder, more often and recover faster.



Boosts circulation

Speeds circulation, pushing fresh, oxygenated blood through the body and helping clear metabolic waste after tough workouts.



Lifts mood

Triggers a powerful endorphin release, lifting mood, easing anxiety and leaving you feeling calm, clear and energised.



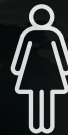
Builds resilience

Trains your nervous system to handle stress, building resilience, willpower and confidence that carries into everyday life.



Improves sleep

Supports deeper restorative sleep by balancing your nervous system and helping your body shift into recovery mode.



Supports menopause

Can ease menopausal symptoms, helping regulate temperature swings, improve mood stability and support women through hormonal transition.



Strengthens immunity

Regular cold exposure may strengthen your immune function, to support a healthy metabolism and help you feel alert each day.



PORTÄplunge

from PORTÄsauna

- ✓ Feel sharper in mind & body
- ✓ Build daily discipline and routine
- ✓ Boost energy
- ✓ Share ice baths with family and friends
- ✓ Quick to inflate and simple to fill
- ✓ Pairs perfectly with any sauna
- ✓ Safe, clean & weatherproof
- ✓ Fits neatly in small gardens
- ✓ Fully covered to keep water clean



@PortaSaunaUK



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