

Havex ICE POD



USER MANUAL



WARNING



1. Health Precautions:

- ALWAYS consult a physician before using your Havex Ice Pod if you have any health issues.
- Despite potential side effects and warnings, proper use of an ice bath can provide numerous health benefits.
- We recommend starting with no more than a few minutes in the ice bath and gradually working up to the recommended time.

2. Supervision:

- ALWAYS supervise children and individuals with special needs around the Havex Ice Pod to prevent accidents.

3. Temperature Control:

If filling with hot water, ensure the temperature does not exceed 122°F.

Disclaimer: Havex cannot warn the user about every possible danger associated with using an ice bath for cold water therapy.

Havex ICE POD



INCLUDED ITEMS

1. 1x Havex Ice Pod
2. 6x Plastic Pipe
3. 1x Manual Inflator
4. 2x Faucet with Regulator
(Stop Valve)
5. 2x Drain Tube
6. 4x Seal Ring
7. 1x Repair Patch
8. 1x Cushion



For any questions regarding the setup or use of your Havex product, please visit our website for additional information, FAQs, troubleshooting, and customer support.

QUICK START GUIDE

Unpacking Instructions

1. Ensure you unpack your Havex Ice Pod on a flat, solid surface.
2. Carefully read this manual before using your Havex Ice Pod.

Assembly Instructions

1. Insert the plastic pipes (x6) into the lower holes of your Havex Ice Pod to form the structure.
2. Ensure the supports are at the bottom and completely resting on a stable surface.
3. Inflate the inflatable ring and the thermal cover using the provided inflator until they are fully circular in shape.
4. Once inflated, close the valve of the inflatable ring.
5. Cover the plastic button located at the bottom of your Havex Ice Pod.
6. Insert the drain tube along with the regulator faucet. Position the faucet so that the drain is closed.
7. Once assembled, you can begin filling with cold water up to approximately 8 inches below the inflatable ring.

INSULATED LID

This inflatable lid enhances thermal insulation, keeping the ice bath water at an optimal temperature by preventing heat exchange with the surrounding environment.

COMFORTABLE SUPPORT RING

The inflatable top ring, which can be easily swapped out, provides ergonomic support, ensuring a comfortable experience while using the Ice Pod.

TRAVEL-FRIENDLY DESIGN

With its portable and lightweight structure, the Ice Pod is designed for easy transport and quick setup, making it convenient to use in various locations.



WEATHER-RESISTANT COVER

The durable weather cover shields the Ice Pod from rain, dust, and other elements, keeping it in pristine condition and ready for use at any time.

EASY MAINTENANCE

The inner lining of the Ice Pod is crafted from UV-resistant, skin-friendly PVC, which can be effortlessly cleaned to maintain hygiene and durability.

QUICK-ASSEMBLY LEGS

Featuring six detachable legs, the Ice Pod allows for swift assembly and disassembly, simplifying the setup and storage process.

CONVENIENT DRAINAGE SYSTEM

Equipped with a rear quick-release tap and a supplied hose, the Ice Pod offers an efficient and hassle-free water drainage solution.



MAINTENANCE, CLEANING & STORAGE

- Before using the Havex Ice Pod, clean the interior with warm soapy water and dry with a clean, dry cloth.
- Never clean your Havex Ice Pod with bleach-based detergents or chemicals. This can degrade the material and affect the waterproof sealing.
- It is recommended to drain, clean, and dry your Havex Ice Pod every 20 days.
- If filling with hot water, ensure the temperature does not exceed 122°F.

Havex ICE POD



PRODUCT SPECIFICATIONS

- **Diameter:** 31.5 inches
- **Height:** 29.5 inches
- **Height Suitability:** Suitable for individuals up to 6'7"
- **Capacity:** 84.5 gallons
- **Layer Composition:** Three thermal insulated TPE layers
- **Fabric:** Reinforced with rip-stop polyester fabric
- **Inner Lining:** UV resistant, skin-friendly PVC



Thrive Beyond.

