## mySpa*ice*

Recover and revive with the power of cold water immersion every day



australian made & family owned



## Benefits begin with regular cold plunge immersion as part of your daily lifestyle

- reduce inflammation & swelling
- improve post exercise recovery
- reduce muscle soreness and fatigue
- reduce pain by increasing endorphin levels
- lower cortisol and stress levels
- increase fat metabolism
- help focus your mind / brain
- improve your mood by raising dopamine
- raise energy levels more blood to brain and muscles
- boost immunity
- help eliminate toxins & waste
- increase circulation of blood







All cold water spas will produce condensation and need to be installed in suitable areas with adequate drainage Sapphire Spas comply with all relevant Electrical Equipment Safety Standards and AS/NZS standards and regulations

