

MANUAL

HOT & COLD BATH



www.viskanspa.com

PRODUCT SPECIFICATION



Model: Viskan Nordö

Maximum capacity: 380 L

Recommended capacity: 250 L

Net weight: 12 kg

Dimensions: 150 × 80 × 65 cm

Air pressure: 8-10 PSI

INCLUDED IN THE PACKAGE

- 1 × air-source heat pump for cooling or heating
- 1 × cold bath
- 1 × cold bath cover
- 1 × manual air pump
- 1 × carrying bag
- 1 × repair kit

Remove all parts from the packaging. Take care when opening the packaging to avoid damaging the product. Check that the delivery is complete and that all parts are in good condition.

SAFETY WARNINGS

When installing and using electrical equipment, basic safety precautions must always be followed, including the following:

Do not use the inflatable cold bath if you are feeling unwell. Ask someone for assistance instead.

1. Read all instructions carefully.
2. All wiring and electrical work must be carried out by a qualified electrician.
3. Only use an earthed electrical outlet.
4. Never touch electrical equipment with wet hands.
5. Keep all electrical connections dry and away from water.
6. Ensure that all electrical equipment is correctly earthed.
7. Always switch off the power before carrying out maintenance on the inflatable cold bath.
8. Do not use the inflatable cold bath if you notice any defects in the product.
9. Keep cables and connections away from hot surfaces.
10. Do not use the inflatable cold bath during thunderstorms.
11. Do not allow children to use the product unsupervised, in order to reduce the risk of injury.
12. To reduce the risk of injury, the water temperature in the cold bath must never exceed 40°C.
13. People with health conditions should consult a doctor before using the inflatable cold bath.
14. Alcohol, drugs or medication taken before or during use may cause unconsciousness, which could result in drowning.
15. People who are overweight or who have heart disease, low or high blood pressure, circulatory problems or diabetes should consult a doctor before use.
16. People taking medication should consult a doctor before use, as certain medicines may cause drowsiness while others may affect heart rate, blood pressure and blood circulation.
17. People with infections, sores or similar conditions should not use the product. Warm and hot water may cause bacteria to spread if the water has not been properly disinfected.
18. Do not attempt to service the product yourself. Removing covers or other components may expose you to electrical hazards.
19. Always cover the inflatable cold bath with the lid when it is not in use, to prevent contamination and accidents.
20. Keep pets away from the inflatable cold bath to prevent injury and accidents.
21. Children and people who require assistance must always be supervised near an open cold bath containing water. Never leave them unattended due to the risk of drowning.
22. If you feel dizzy, light-headed or experience numbness or tingling in your arms or legs, leave the cold bath immediately and get dressed.
23. Despite its potential benefits and precautions, a cold bath may pose health risks if used incorrectly. Begin with no more than a few minutes in the cold bath and gradually increase the duration. Do not exceed your personal limits.
24. Excessive use of chemicals may pose health risks to bathers and damage the equipment in the inflatable cold bath.
25. Prolonged exposure to cold water may cause hypothermia.

HYPOTHERMIA

The average body temperature is approximately 36–37°C. Hypothermia, or a severe drop in body temperature, occurs when the body temperature falls below 35°C. A body temperature of 32°C or lower may be life-threatening. Hypothermia requires immediate medical attention. If you notice symptoms of hypothermia in yourself or someone else, call the emergency services immediately and request an ambulance.

SYMPTOMS OF HYPOTHERMIA

- Shivering
- Slurred speech or mumbling
- Slow, shallow breathing
- Weak pulse
- Clumsiness
- Drowsiness
- Confusion
- Loss of consciousness
- Bright red, cold skin in infants

EFFECTS OF HYPOTHERMIA

- Impaired nervous system function
- Breathing and heart problems
- The user may not understand the need to leave the cold bath
- Reduced ability to recognise danger
- Risk of injury due to falling
- Physical inability to leave the cold bath
- Loss of consciousness, resulting in a risk of drowning

DO NOT USE IF YOU:

- Are under 18 years of age
- Are pregnant
- Have a known heart or respiratory condition
- Have high blood pressure
- Have diabetes
- Have neuropathy
- Have retinal damage
- Have a pacemaker
- Have previously suffered frostbite or cold-related conditions
- Have an open wound
- Have recently undergone surgery
- Have epilepsy
- Have other health conditions that may be worsened by cold-water immersion

USER GUIDE

INFLATE THE COLD BATH

1. Unscrew the cap from the air valve.
2. Before inflating, check that the valve core is raised. If it is not, press the valve core down and lift it up.
3. Connect the air hose to the connection on top of the manual pump.
4. Insert the air hose into the air valve and turn it clockwise until it is securely attached. Then begin pumping.
5. Stop pumping when the pressure gauge reads 8-10 PSI.
6. Turn the air hose counterclockwise and remove it.
7. Replace the cap on the air valve.

DEFLATE THE COLD BATH

1. Unscrew the cap from the air valve.
2. Press down the valve core. Air will then be released through the valve.
3. Connect the air hose to the connection on the underside of the manual pump.
4. Insert the air hose into the air valve and turn it clockwise until it is securely attached. Then begin pumping.
5. Turn the air hose counterclockwise and remove it.
6. Replace the cap on the air valve.

CONNECT THE CHILLER UNIT

1. Insert the sealing ring into the 1/2-inch adapter fitting.
2. Wrap Teflon tape approximately 10 times clockwise around both ends of the adapter fitting.
3. Screw the 1/2-inch adapter fitting clockwise onto the inlet and outlet of the cold bath.
4. Screw the black connector clockwise onto the adapter fitting until it can no longer be turned. Insert one end of the water hose into the black connector on the cold bath.
5. Push the locking pin securely into the connector.
6. Connect the other end of the water hose to the chiller unit.

NOTE! Connect the cold bath's water inlet to the chiller unit's water outlet. Make sure the hose connections are very tight and that the entire assembly is securely and correctly fitted.

Link to the installation and user manual for the heating and cooling pump:

<https://www.yumpu.com/en/document/view/71262113/ice-bath-chiller-3-manual-eng>



WHEN USING THE COLD BATH

Using an inflatable cold bath may provide health benefits, such as reducing inflammation, improving blood circulation and supporting faster muscle recovery. Below is a detailed guide on how to practise cold-water immersion safely and effectively.

ENTER THE COLD BATH SLOWLY

- Enter the bath slowly and carefully to avoid slipping.
- Use non-slip footwear or a non-slip mat in the bath.
- Sit or stand comfortably and slowly lower your body into the water.

LEAVE THE COLD BATH SLOWLY

- Stand up slowly and carefully to avoid dizziness or slipping. Use the handles, where available.
- Dry yourself with a towel and put on warm clothes to keep your body warm.

WARMING UP

- Rest in a warm place for a few minutes to allow your body temperature to return to normal.
- Drink plenty of fluids and do gentle stretching exercises if necessary.

COLD FIRST, COLDER LATER

- First-time users are advised to limit each session to one minute. Experienced users may remain in the water for up to 10 minutes.
- Pay attention to how your body reacts. Leave the bath immediately if you experience discomfort, dizziness or shivering.



CARE AND MAINTENANCE OF THE COLD BATH

- Before using the cold bath for the first time, we recommend washing it with warm soapy water, rinsing it and drying it with a soft, clean cloth.
- Change the water regularly and use suitable water-treatment chemicals to keep it clean, particularly if the cold bath is used by several people.
- Clean the cold bath and all connections to prevent bacterial growth and mechanical problems.
- Cover the cold bath with the lid when it is not in use. This helps prevent fading and damage and stops debris and insects from entering the cold bath.
- To extend the usable life of the water, we recommend adding food-grade 35% hydrogen peroxide to keep the water clean. This may help keep the water fresh for approximately 2–3 weeks.
- If the water has not been disinfected, do not use the cold bath immediately after it has been left unused for one week.
- Do not use the cold bath outdoors when the ambient temperature is below 0°C, as this may damage the cold bath.
- The cold bath is delicate. Sharp objects, high temperatures and harsh chemicals may damage it. Keep the cold bath away from the objects and environments listed below.

AVOID

- Temperatures above 70°C
- Fire and heat sources
- Strong cleaning products
- Prolonged exposure to sunlight
- Uneven or stony surfaces
- Objects that may scratch the cold bath

HOW TO FIND AND REPAIR A LEAK

If you notice that the surface of the cold bath has become soft and can no longer support your weight, the cold bath may be damaged and leaking.

1. Inflate the cold bath.
2. Spray soapy water onto the surface of the cold bath.
3. Check the areas covered with soapy water. The leak is located where bubbles appear.
4. Clean away any dirt and debris around the leak.
5. Take a repair patch from the repair kit and cut it to a suitable size based on the size of the leak.
6. Apply PVC adhesive evenly to one side of the repair patch and around the leak.
7. Wait 5–10 minutes for the adhesive to dry. This may take longer in cold conditions. The adhesive should no longer feel sticky.
8. Place the repair patch over the leak and press it firmly into place so that it seals tightly against the surface.
9. Place the repaired cold bath in a well-ventilated area and leave it for 24 hours before using it again.



viskan spa
NORDÖ
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MADE IN SWEDEN