DRAFT

Helsi Ice Plunge
Owner’s User Manual

IcePlunge 0° to 42°

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Disclaimer & Important Safeguards

For the purposes of this User Manual, the "Helsi IcePlunge" can also be referred to as "appliance" or "device" and includes the factory-installed power supply, refrigeration system components, water pump and cleaning components, digital control unit, and any accessories supplied with the product.

The Helsi IcePlunge is not designed for the purpose of diagnosing, curing, or preventing specific diseases or medical conditions. The content on the Helsi website, including this User Manual and other related materials, serves solely for educational and informational purposes and should not be considered as medical advice. It is strongly recommended that a qualified healthcare professional be consulted before using the Helsi IcePlunge.

Important Instructions - Retain for future Use.

Please read this manual before using the Helsi IcePlunge. Ensure that you know how the appliance functions and how to operate it.

Maintain the Helsi IcePlunge in accordance with the instructions to ensure that it functions safely.

The safety instructions do not by themselves eliminate any danger completely and proper accident prevention measures must always be used.

No liability can be accepted for any damage caused by non-compliance with these instructions or any other improper use or mishandling.

1. Do not use this IcePlunge if it has been damaged or dropped.
2. Examine the Helsi IcePlunge frequently for signs of wear or damage.
3. If there are such signs or if the appliance has been misused or does not work, contact the Helsi Customer care team at support@helsi.life for assistance.
4. Keep the Helsi IcePlunge and its components out of reach of children, so as to not play with the appliance. This device is not a toy. Cleaning and user maintenance should not be done by children without supervision.
5. Ensure that children and babies do not play with any packaging materials or plastic bags.

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities or lack of experience and knowledge unless they are given supervision or instruction concerning the use of the appliance by a person responsible for their safety.

This device must not be used by individuals who are insensitive to cold or heat, or by those who are very vulnerable and unable to react to temperature changes.

This Helsi IcePlunge is not intended for medical use in hospitals.
To preserve the life and functionality of your Helsi IcePlunge, storing it in a cool, dry place is recommended. For outdoor use, it is recommended to use the Helsi Exterior Cover. For proper use and safety, please ensure you read this User Manual and follow all instructions. Do not do any of the following:

- THIS IS NOT A TOY. DO NOT leave the lid unlocked when children are unsupervised in and around the Helsi IcePlunge.
- DO NOT let children under 13 use the Helsi IcePlunge without adult supervision.
- DO NOT let sleeping, disabled, or unconscious persons use the Helsi IcePlunge.
- DO NOT modify or attempt to repair the Helsi IcePlunge. There are no parts that are serviceable by the user.

The Helsi IcePlunge is an electrical device. To avoid electric shock and other electricity-related dangers, adhere to the following instructions:

- DO NOT wash electrical parts of the Helsi IcePlunge with water or other liquids.
- DO NOT drop the Helsi IcePlunge in water or other liquids.
- DO NOT place the Helsi IcePlunge where it may fall into water or other liquids.
- DO NOT touch the plugs, or switches of the Helsi IcePlunge with wet or damp skin.
- DO NOT pull, carry, or lift the Helsi IcePlunge by its cord. If the cord is damaged, do not use the Helsi IcePlunge.
- DO NOT operate the Helsi IcePlunge in areas where it could be exposed to flammable or combustible products or vapours.
- DO NOT use the Helsi IcePlunge if it is damaged. Continuous use of the damaged Helsi IcePlunge may result in electric shock or injury.
- DO NOT use extension cords unless they are designed to carry the Helsi IcePlunge's total wattage and its powered components (max~1800W).
- DO NOT disconnect the device from the power supply by pulling directly on the cords. Ensure the power is turned off. Grasp the plug, not the cord, when unplugging from any outlet.
- DO NOT cover the cooling fans while operating the Helsi IcePlunge.
- While the equipment is in operation, avoid touching the switch or any electrical components with your hands.
- Ensure that the product's rated voltage matches the power supply voltage.
- Device Storage Temperature: -20 C~55 C
- Device Storage Relative Humidity: 20%~85%
- Always ensure the lid and external cover are properly on and secured to the Helsi Ice Plunge when it is not in use.

Cold Therapy Overview

Cold therapy, also known as cryotherapy, is a treatment that involves the application of cold temperatures to the body. This practice is widely recognised for its potential health benefits, which include reducing inflammation, alleviating pain, and promoting faster recovery from physical exertion.

Key Benefits of Cold Therapy:

- Reduction of Inflammation: Helps to decrease swelling and inflammation in muscles and joints.
- Pain Relief: Provides a numbing effect that can alleviate pain and discomfort.
- Enhanced Recovery: Supports faster recovery by improving circulation and reducing muscle soreness.

- Boosted Mood: Can trigger the release of endorphins, which may improve mood and reduce stress.

For more information on the health benefits, please visit helsi.life.
Please seek the advice of a physician or other qualified healthcare provider with any questions regarding any medical conditions before using the Helsi IcePlunge.

Helsi Ice Plunge Design Features

All-in-one Plunge.

The Helsi IcePlunge is designed to provide an optimal cold therapy experience, combining advanced technology with user-friendly design. Here are the key design features of the Helsi IcePlunge:

Advanced Cooling and Heating System:

- **Temperature Range:** The Helsi IcePlunge can be adjusted from 0°C to 42°C, offering both cold and warm therapy options. This allows for a versatile therapeutic experience tailored to individual needs.
- **Integrated Compressor:** The 1.5HP compressor is expertly designed and engineered to consistently maintain the desired temperature to ensure an ideal balance between performance and efficiency.

Integrated Cleaning Components:

- **Self-Cleaning System:** The Helsi IcePlunge is equipped with a triple cleaning system that includes an ozone generator, UV sanitization, and dual filtration (10” x 2.5” 20-micron pleated sediment + mesh filter). This ensures the water remains clean and safe with minimal manual maintenance.

User Convenience and Accessibility:

- **Plug-and-Play Setup:** The Helsi IcePlunge arrives fully assembled and only requires filling with water and plugging into a standard 10A socket. No additional plumbing is required, making setup quick and easy.
- **Design:** Designed to fit through standard doors (75 cm wide), the unit can be easily positioned in various indoor and outdoor spaces.

Stylish, Functional Design:

- **Premium Materials:** The Helsi IcePlunge is constructed with high-quality materials such as Stainless Steel and Canadian Cedar, ensuring durability and a premium aesthetic.
- **Comfort Features:** The ergonomic design includes a natural seated position, eliminating buoyancy issues. Additionally, it can accommodate one or two persons, with an optional removable seat available for purchase.
- **Insulated Lid:** The Helsi IcePlunge insulated lid helps maintain thermal efficiency and water cleanliness.

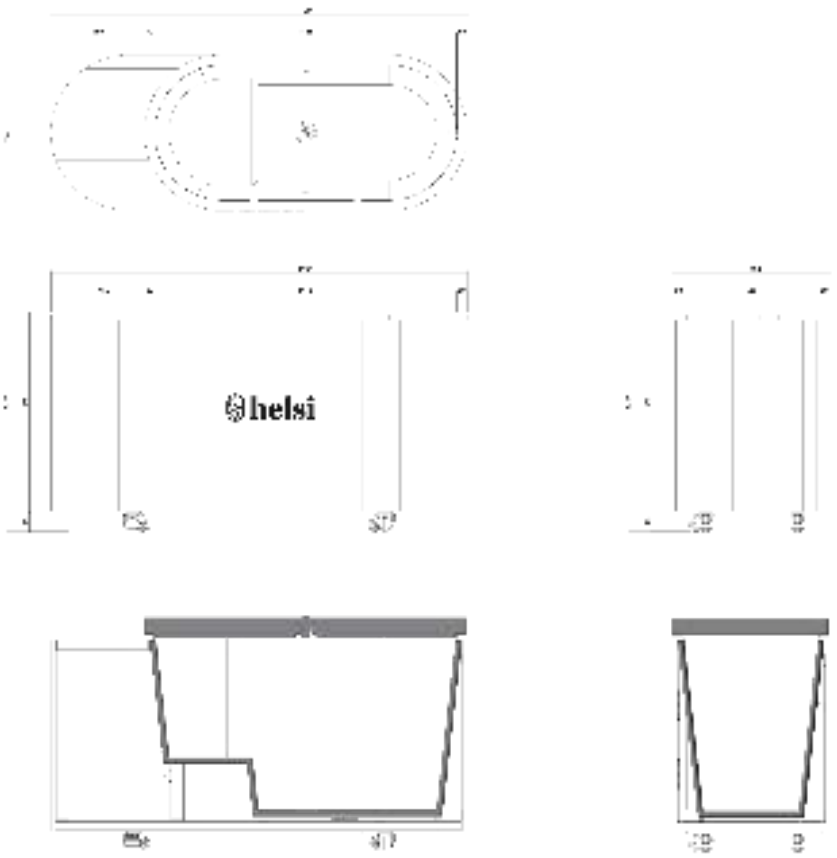
Environmental Sustainability:

- **Eco-Friendly Refrigerant:** The Helsi IcePlunge uses R290 refrigerant with a low global warming potential, making it an environmentally friendly choice .

Product Specifications

Helsi IcePlunge

- **Weight:** 235 kg (Dry Weight)
- **Dimensions (Overall):** 199.5L x 75W x 105H cm
- **Tub Dimensions:** 144.5L x 65W x 85H cm
- **Max Water Volume (at top surface):** 530 litres
- **Recommended Water Volume (100mm away from top surface):** 450 litres
- **Full Capacity Weight:** ~765 kg
- **Recommended Capacity Weight:** ~685 kg



Electrical Specifications

- **Electrical:** 230-240V~ 50/60Hz
- **Max Power:** ~1800W
- **Standard Electrical Socket:** 10A
- **Compressor:** 1.5 HP
- **Water Pump Flow Rate:** TBC l/min

Materials

- **Primary Materials:** Stainless Steel, Canadian Cedar
- **Refrigerant:** R290 (Eco-Friendly)
- **Acoustic Levels:** <60dB

Certification

- **Certifications:** **RCM, SAA (Level 3).**
- AS/NZS 60335.1.
- AS/NZS 60335.2.40.
- AS/NZS 60335.2.60 (Added by Lab).
- AS/NZS CISPR 14.
- AS/NZS 4268.
- AS/NZS 2772.2.
- **CE-EMC,** Requirement.
- EN IEC 55014-1
- EN IEC 55014-2.
- EN IEC 61000-3-2:2019+A1:2021.
- EN 61000-3-3:2013/A2:2021.
- **CE-RED,** Requirement.
- BS EN 60335-2-40.
- EN 300 328.
- EN 301 489-1/3.
- EN62311.
- FCC CFR 47 Subpart 15B
- FCC PART 15.247
- ICES-003
- RSS-247;RSS-102

Components & Accessories

Included

1 x Helsi IcePlunge Unit
1 x Insulated Lid
1 x Cedar Step

Add-On

1 x Exterior Cover
1 x 2nd Stainless Steel Removable Seat
1 x Pair of Locking Bands (w/ combination locking system)
3 x Filters Pack
14x Filters Pack
1 x UV Bulb

Before You Start

The Helsi IcePlunge is a general wellness device and is not intended to cure or diagnose any medical conditions. This device is designed to promote overall health and wellness. The Helsi IcePlunge should only be operated based on the guidelines, as outlined in this user manual.

Important Things to Note:

- **Supervision:** It is recommended to have someone nearby during your first few sessions to assist if necessary.
- **Duration and Frequency:** Start with short sessions of 1-2 minutes, and gradually increase the duration to 3-5 minute sessions once a day. It is advisable to consult with a physician if you wish to extend the duration or frequency of your sessions.
- **Temperature Settings:** Initially, the water will be at its ambient temperature when first filled. After this, the user can set the desired temperature, and the unit will maintain it. The Helsi IcePlunge is designed to maintain safe temperatures within the range of 0°C to 42°C.
- **Sensations During Use:** If you start feeling faint, dizzy, or experience any unusual sensations, exit the plunge immediately but calmly. It is important to listen to your body and not push beyond comfortable limits.

By following these guidelines, you can safely enjoy the benefits of cold therapy with your Helsi IcePlunge. For more information on cold therapy benefits and best practices, consult your healthcare provider or visit reputable wellness websites.

User Instructions

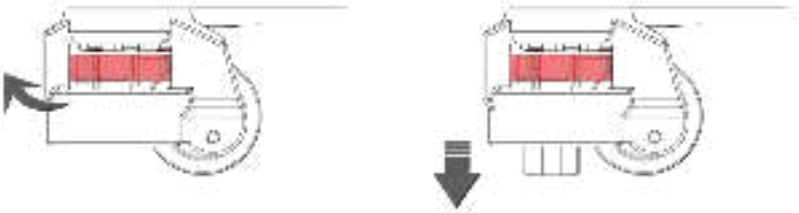
Setting up the Helsi IcePlunge

Remove all contents out of the box and identify each component. Read the instructions entirely before setting up.

1. **Move the IcePlunge Unit:** Move the Helsi IcePlunge to the desired location for use, ensuring it is near a standard household power outlet (230-240V, 10A). The unit should be placed on a level surface that can support the weight of around 800kg. The IcePlunge is designed for easy mobility. It includes an underside reinforcement structure, enabling lifting with a forklift or pallet jack. Additionally, it is equipped with securely attached wheels that allow you to move the IcePlunge (when empty) and include a levelling system for when you determine its final placement. This levelling system must be manually adjusted before filling the unit with water. To do this, turn the red knob, and the rubber foot will gradually lower. *(please check schematics below)*
2. **Position the Unit:** The Ice Plunge is versatile, suitable for both indoor and outdoor use. For outdoor setups, consider adding the optional Cover for enhanced protection. We don't recommend setting it up fully exposed to the elements. For optimal performance, we also suggest keeping it in a covered area, away from direct sunlight. Ensure at least 50 cm of clearance around the vents for proper ventilation and make sure to allow easy access to the maintenance doors and controller. The installation surface should be level and capable of supporting up to approximately 800 kg. *(please check schematics below)*
3. **Fill/ Drain the Unit with Water:** When filling the unit, ensure it is never turned on before the inlet hole is fully submerged in water. Failure to do so may result in damage to the pump. The Helsi Ice Plunge is designed to adapt to the user's needs, requiring no fixed plumbing. The unit comes with a fill valve and a drain valve, offering the option for a permanent connection if desired. These valves are compatible with universal hose connectors within the nominal standard pipe sizes of 1", 3/4", and 1/2", allowing you to easily fill or drain the tub using a hose. *(please check schematics below)*
4. **Connect to Power:** Plug the Helsi IcePlunge into the household power outlet (10A). Ensure that the plug is securely connected and the power cable is not in contact with water.
5. **Set the Desired Temperature:** Use the digital control unit to set the desired temperature. The initial temperature will be the ambient temperature of the water. The unit will then work to reach and maintain the set temperature.

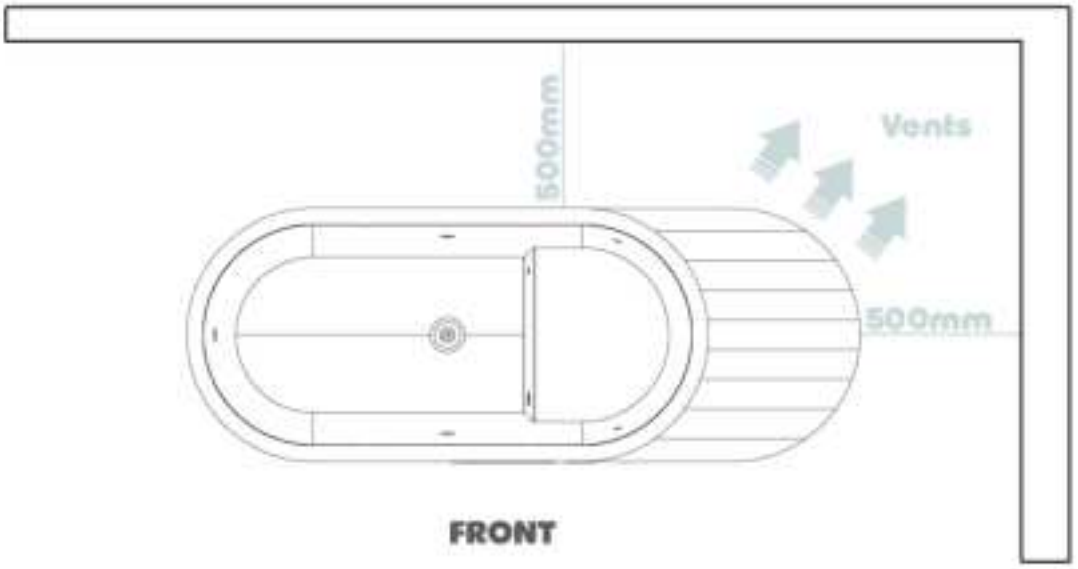
By following these steps, you can set up your Helsi IcePlunge correctly and safely. For any additional information or troubleshooting, please refer to the user manual or contact Helsi customer support.

1-Moving the IcePlunge

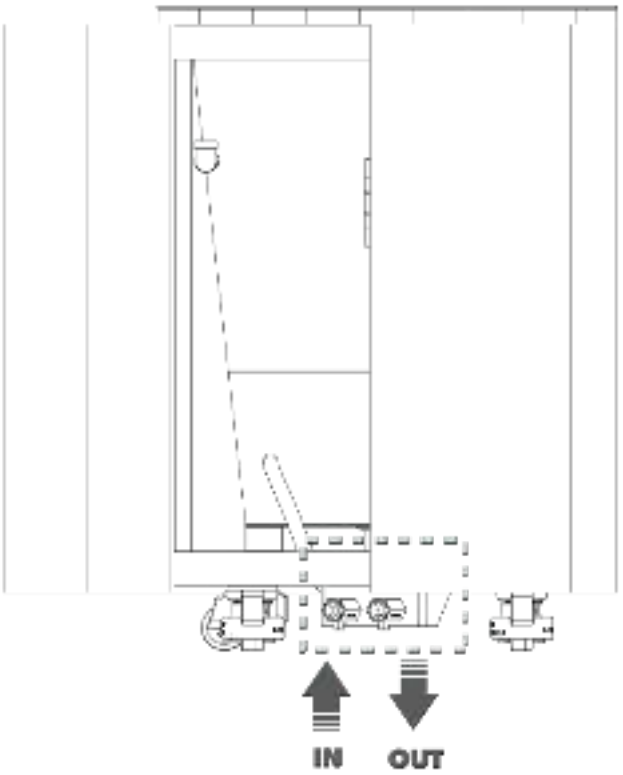


2-Position the Unit

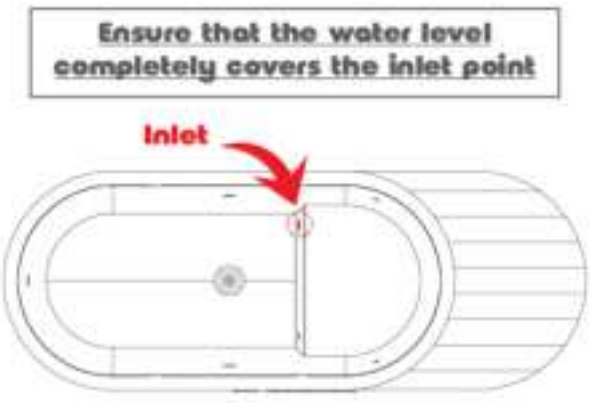
Minimum Clearance



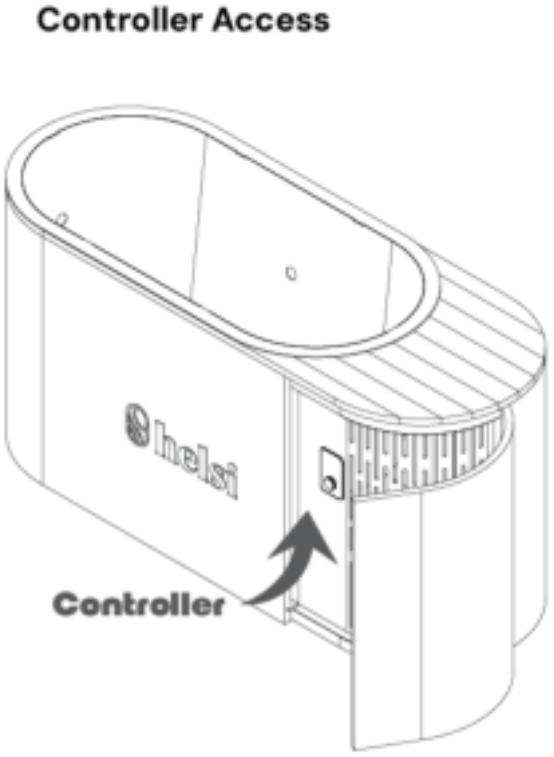
3-Fill/ Drain the Unit



Inlet Location



Controller display full layout



Main controls

Desired temperature - rotating dial controller. This control works by moving your finger clockwise to increase the desired temperature, or anti-clockwise to decrease the desired temperature.

Pressing the On/Off button will toggle the device between on/off.
In the off state the screen will be blank with the exception of the wifi and bluetooth symbols if the device is connected to either of these networks.
In the off state the cleaning cycle will not run and cooling/heating will not be run.

The pump button will switch between the regular cleaning cycle and always on.

This will toggle the lights inside the tub between the following 5 modes (Red, Green, Blue, Warm, Off)

This will toggle the brightness of the ambient light below the tub changing the intensity between: low, mid, high

Pressing this button will prevent the device from being accessed over the network. This feature can be useful when the ice plunge is to be used in a public space.

Display icons and symbols

Desired temperature display. The centre readout shows the desired temperature set by the user. The desired temperature is displayed both numerically and visually by the horseshoe shaped ring that surrounds the value. 0 and 42 are always displayed in the bottom of this to demonstrate to the user the lower and upper limits of the desired temperature they can set.
The values are adjusted by rotating the rotary knob dial positioned in the centre below this.

Water temperature shows the current water temperature of the Ice Plunge, as currently being recorded by inline temperature sensors.
The values are adjusted by rotating the rotary knob dial positioned in the centre below this.

Water temperature shows the current water temperature of the Ice Plunge, as currently being recorded by inline temperature sensors.
The values are adjusted by rotating the rotary knob dial positioned in the centre below this.

The cooling symbol will be displayed when the desired temperature is lower than the current water temperature. The Ice Plunge is on and the Ice Plunge is becoming colder.

The heating symbol will be displayed when the desired temperature is warmer than the current water temperature. The Ice Plunge is on and becoming warmer

The water flow icon will be displayed whenever the water pump is on. This could be because the Ice Plunge is performing a regular cleaning cycle, or because the user has manually turned the pump on using the pump button

UV

This shows the UV Light is currently on. This should always be on when pump is on unless the UV filter is malfunctioning in which case it will flash.

O_3

This shows the O3 Light is currently on. This should always be on when pump is on unless the O3 generator is malfunctioning in which case it will flash.

The aeroplane icon indicates the Ice Plunge is in aeroplane mode and will not receive any network connections

The mute button indicates that the remote has been muted and will not make sound when buttons are pressed.

The bluetooth icon indicates the Ice Plunge is currently connected to a phone via bluetooth

Wifi icon shows the Ice Plunge is currently connected to a Wifi network

Storage and Maintenance

Product Repair

Do not modify, attempt to modify or repair your Helsi IcePlunge . There are no user-serviceable parts. Regular maintenance of the equipment is essential. Ensure routine inspection and cleaning of both the device and the filtration system.

If a Helsi IcePlunge is broken or non-operational, please refer to our Warranty Terms to determine if your Helsi IcePlunge is still under Warranty. Contact the Helsi Customer Support team at support@helsi.life for advice.

Do not use the appliance if the control unit is damaged.

The supply cord cannot be replaced. If the cord is damaged, the unit should not be used.

Troubleshooting

- Please contact our Customer Support team if you need more information on your product or if you are experiencing issues with your product.

Cleaning

Cleaning Mode:

- The Ice Plunge is equipped with an advanced Cleaning Mode system to maintain optimal hygiene, which runs automatically every 4 hours for 45 minutes. This cleaning mode includes an automatic water flow system featuring a 10” x 2.5” 20-micron pleated sediment filter and a mesh filter connected in series to maintain the clarity and purity of the water.

  The system also includes a UV light that operates continuously when the pump is running, effectively eliminating bacteria. An ozone generator further enhances water cleanliness by targeting a wide range of pathogens, including those resistant to chlorine. Together, these features work to keep the Ice Plunge clean with minimal manual effort.

  Additionally, the user has the option to manually turn the pump on or off, which will also activate the UV light.

Chemicals:

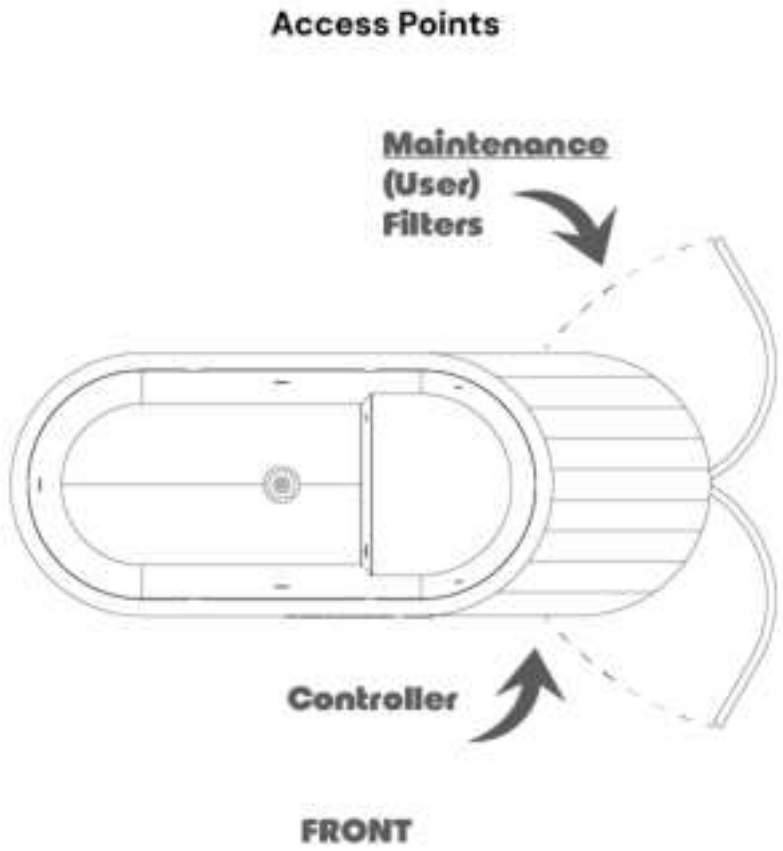
- **Residential Use:**
  The included cleaning system is sufficient for residential use, but if you are keen on using chemicals or magnesium (Epsom salt), please refer to the following section to ensure proper use without damaging the unit.

- **Commercial Use:**
  As some states and regions require the mandatory use of chemicals (e.g., chlorine) in public spaces, please ensure you check with the relevant regulatory body.

  The use of peroxide or chlorine is considered safe for our system when properly dosed. Ensure that any chemical addition aligns with the system's cleaning mode to maintain compatibility, effectiveness, and to avoid damage to any components. The correct usage and dosage should be determined by your pool expert, taking into account the existing automatic **Cleaning Mode**.

  Please provide constant monitoring of the tub and filters when using any chemicals to avoid irreversible damage. Excessive doses may cause damage.

Maintenance



General Checks:

- Periodically check that the device is in the same condition as when purchased. Ensure all components, such as the control unit and cleaning system, are functioning correctly.

Filter Maintenance/ Replacement:

- **Residential Use:**
  The sediment filter is estimated to need replacement every 3-6 months, depending on usage. The timing for replacing your filter varies based on factors such as the number of users, water quality, and maintenance habits. Regular cleaning, such as rinsing the filter weekly with a hose to remove dirt and particles, and soaking it monthly in a cleaning solution with *oxi-action*, will extend the filter's lifespan and reusability. This is crucial for maintaining optimal performance and water clarity.
- **Commercial Use:**
  It is mandatory to monitor the filter status closely and replace it daily or weekly, depending on usage.

UV Bulb Replacement:

- It is recommended to change the UV bulb every 12 months. Continuously monitor the water, and promptly address any signs that suggest a review or change in the mentioned components.

O3 Generator Replacement:

- The O3 generator should be replaced every 1 year. There is an indicator light that shows the status of the UV generator. Be sure to check the O3 generator's status regularly to ensure sufficient ozone output and to maintain optimal sanitisation.

Water Replacement:

- **Residential Use:** The frequency of water replacement in your Ice Plunge largely depends on usage and other factors. To extend the water's lifespan and maintain its quality, it is important to ensure cleanliness before entering the Ice Plunge. Washing off excess sweat, oil, sunscreen, or lotions beforehand can significantly reduce contaminants. It is recommended to replace the water every 2-3 months, depending on usage and personal preferences. If the water develops an unusual odour despite regular ozone treatment, UV sanitization, and filtration, it may be time to change the water. Persistent cloudiness or foam that does not clear up with regular maintenance could indicate the need for freshwater.
- **Commercial Use:** Change the water in the Helsi IcePlunge once per day or once per week, depending on the circumstances and the number of people using the ice bath. To preserve the water's quality and extend its lifespan, it's essential to maintain cleanliness before entering the Ice Plunge. Rinsing off sweat, oil, sunscreen, or lotions beforehand can significantly reduce contaminants. It is highly recommended to make the use of elastic bands to tie up hair mandatory.

Cleaning the stainless steel tub:

- To maintain the stainless steel tub, wipe down the inside of the tub each time you change the water. Use a mild detergent or stainless steel cleaner with a non-abrasive cloth or sponge and warm water to remove dirt and debris. Avoid abrasive cleaners or scouring pads as they can damage the metal's finish. Always rinse off any soap residue with clean water before drying the surface with a soft cloth.

  For ongoing care, avoid using harsh chemicals like bleach or ammonia, which can cause discoloration and pits. Additionally, do not use wire brushes or steel wool around stainless steel.

Treating Stainless:

- For regular cleaning, stick to a mild detergent or a stainless steel cleaner, and for preservation, apply a dedicated stainless steel polish or protectant. Every 12 months(depending conditions), you might want to treat the stainless steel with a passivation solution (usually a nitric or citric acid-based solution). This enhances the natural oxide layer on the steel, improving its overall resistance.

Treating Cedar:

- The cedar can be wiped down with a clean, damp, lint-free cloth or soft brush as needed. To maintain its appearance and preserve it for the future, it may be beneficial to re-stain it every 12 months (depending conditions) with a polyurethane varnish, after giving it a light sanding if needed.

Storage

- **Power Disconnection:** Unplug from the outlet when not in use to avoid tripping hazards.
- **Drying:** Ensure the unit is dry before storing to prevent mould and mildew.
- **Placement:** When not in use, disconnect from the electricity supply and place in a dry and ventilated area.
- **Temperature Control:** Do not store your Helsi IcePlunge in temperatures exceeding 60°C (140°F).
- **Protection:** When not in use, store the Helsi IcePlunge in a dry room, making sure it is protected from excessive moisture, heat, and dust.

Preparing for winter (for areas below 0°C):

If you live in a region where temperatures fluctuate drastically between seasons, we recommend this guide to ensure you don't damage the unit:

1. **Monitor the Weather Forecast:** Regularly check the local weather forecast, paying close attention to temperature predictions and severe weather alerts, especially if temperatures are expected to drop below 0°C or severe conditions are anticipated.
2. **Recognize Extreme Cold Alerts:** If the forecast suggests prolonged temperatures below 0°C or there is a severe weather alert, take the necessary precautions for your IcePlunge.
3. **Power Down the IcePlunge:** Ensure the IcePlunge is fully powered off to avoid any potential damage during the draining process.
4. **Find the Drain Valve:** Locate the drain valve on your IcePlunge, positioned at the bottom of the unit. Refer to your user manual for detailed instructions on draining the IcePlunge, and make sure all water is removed to prevent freezing and damage.
5. **Remove the Filter:** Detach and remove the filter from the IcePlunge. Empty it thoroughly to remove any trapped debris or water. Consult your user manual for guidance on filter maintenance.
6. **Clean the IcePlunge:** After draining, clean the inside of the IcePlunge, including the filter and pump area, to remove any remaining water or debris. This will help maintain the unit and prepare it for future use.
7. **Store Indoors:** If feasible, relocate the IcePlunge to an indoor storage area such as a garage, shed, or another protected space. This will shield it from extreme cold temperatures and severe weather.

8. **Stay Updated on Weather Conditions:** Keep an eye on weather updates and, if needed, repeat this process periodically throughout the winter to avoid unexpected damage.
9. **Check for Frozen Components:** Before plugging in and using your IcePlunge again, ensure there are no frozen components, as this could lead to immediate damage to the system.

By following these steps, you can effectively drain, clean, and store your IcePlunge, taking additional measures to protect the filter and pump components.

Severe Weather Alert:

- If severe weather, such as extreme cold or heavy storms, is expected, take proactive measures. Fully drain your IcePlunge and store it indoors to shield it from potential damage. Refer to our step-by-step guide for proper draining and storage procedures for your IcePlunge.

For any feedback or questions, please contact us at support@helsi.life

FCC WARNING

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.

If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

-- Reorient or relocate the receiving antenna.

-- Increase the separation between the equipment and receiver.

-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

-- Consult the dealer or an experienced radio/TV technician for help.

To maintain compliance with FCC's RF Exposure guidelines, This equipment should be installed and operated with minimum distance between 20cm the radiator your body: Use only the supplied antenna.