

# Coast Freshe<sup>TM</sup>



## COLD PLUNGE

CHILL, INVIGORATE, & REFRESHE  
WITH COAST FRESHE COLD PLUNGE!

[www.coastspas.com/coastfreshecoldplunge](http://www.coastspas.com/coastfreshecoldplunge)



**COAST FRESHE COLD PLUNGE INDOORS**



**COAST FRESHE COLD PLUNGE OUTDOORS**



# 12 REASONS WHY COAST FRESHE COLD PLUNGE

**COLD, CLEAN WATER. RIGHT AT HOME**

At Coast Spas, we are more than just the leading manufacturer of hot tubs and swim spas – we are dedicated to enhancing your journey towards a healthier and more fulfilling lifestyle.

Our commitment to health and wellness is at the core of everything we do, and it drives us to create exceptional products that promote relaxation, rejuvenation, and overall well-being.



**ELEVATED ENERGY**



**RECOVERY/  
PERFORMANCE**



**IMMUNE SUPPORT**



**MOMENTUM**



**BOOSTED MOOD**



**PAIN RELIEF**

**BEGIN YOUR JOURNEY WITH COAST FRESHE**

# ELEVATING YOUR QUALITY OF LIFE

Our mission is simple yet profound: to help you live a better life through our health & wellness product line. We believe that health and wellness are essential components of a fulfilling life, and our products are designed to be your partners on this journey.

## INNOVATION

Within our health & wellness product line, our champion product is the Coast Freshe Cold Plunge. This remarkable addition is designed to help you recover faster, reduce inflammation, improve circulation and better your mental health. It is perfect for anyone looking to improve their overall well-being and athletes, fitness enthusiasts and health & wellness devotees



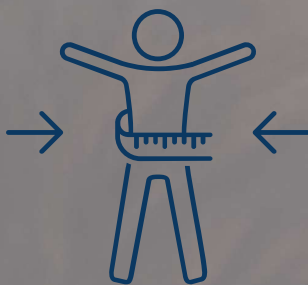
**BETTER SLEEP**



**STRESS RELIEF**



**SKIN HEALTH**



**WEIGHT MANAGEMENT**



**HAIR HEALTH**



**MENTAL CLARITY**

**AND DISCOVER A FRESHE WAY OF LIFE**

# REASONS WHY IT IS IMPORTANT TO FULLY LAY DOWN IN A COLD PLUNGE

## INCREASED BENEFITS

Cold plunging can deliver a wide range of benefits, including decreased inflammation, improved mental resilience and discipline, and reduced stress. By fully lying down in the cold water, more of the body is exposed to the cold, which can enhance the benefits of the therapy.

## ACTIVATION OF VAGUS NERVE

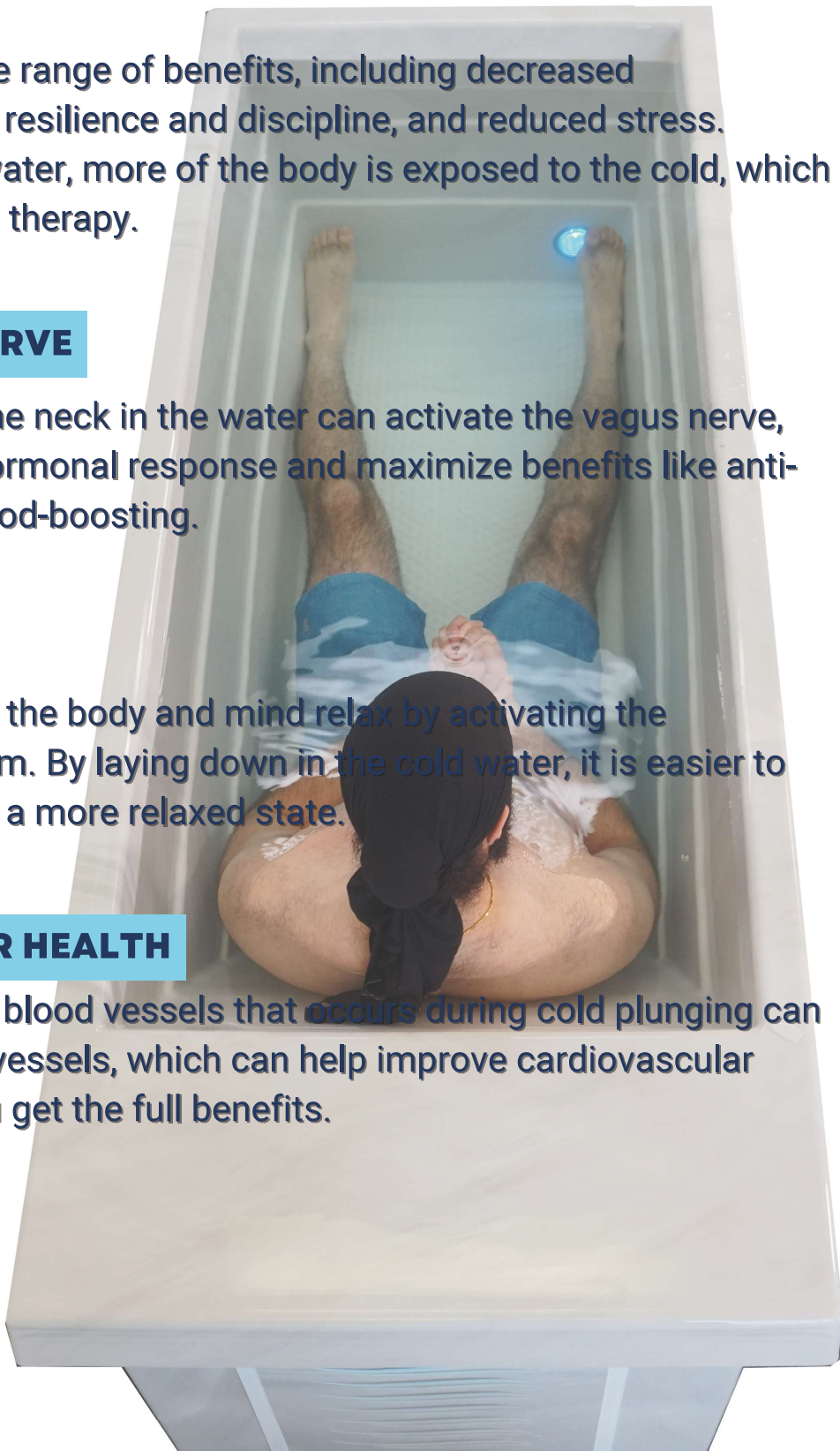
Submerging the upper part of the neck in the water can activate the vagus nerve, which can lead to a more full hormonal response and maximize benefits like anti-inflammatory response and mood-boosting.

## IMPROVED BREATHING

Breathing intentionally can help the body and mind relax by activating the parasympathetic nervous system. By laying down in the cold water, it is easier to focus on breathing and achieve a more relaxed state.

## BETTER CARDIOVASCULAR HEALTH

The constriction and dilation of blood vessels that occurs during cold plunging can be like a workout for the blood vessels, which can help improve cardiovascular health. By fully laying down, you get the full benefits.



# ***BENEFITS OF A CHILLER UNIT INSIDE***

## **MORE EFFICIENT COOLING**

A chiller unit inside the Coast Freshe Cold Plunge cools the water more efficiently than a standalone unit because it eliminates the need for long hoses or pipes that can cause heat loss. This means that the water can be cooled faster and more effectively, enhancing the benefits of cold water therapy.

## **SPACE -SAVING**

A chiller unit inside the Coast Freshe Cold Plunge can save space and reduce clutter in the room. With a standalone unit, you may need to find a separate location to store it, which can be inconvenient.

## **CONSISTENT TEMPERATURE**

A chiller unit inside the Coast Freshe Cold Plunge maintains a consistent temperature throughout the water, which is important for achieving the desired therapeutic effects. With a standalone unit, the temperature may vary depending on the distance between the unit and the tub, which can affect the effectiveness and safety of the therapy.

## **EASE OF USE**

A chiller unit inside the Coast Freshe Cold Plunge can be easier to use because it eliminates the need for additional equipment or setup. With a standalone unit, you need to connect hoses or pipes, which can be time-consuming and complicated

## **MORE COST - EFFECTIVE**

A chiller unit inside the tub is more cost-effective in the long run because it can reduce water consumption and energy costs. With a standalone unit, you may need to use more water and energy to achieve the desired temperature, which can increase your utility bills.

## **COAST FRESHE COLD PLUNGE**

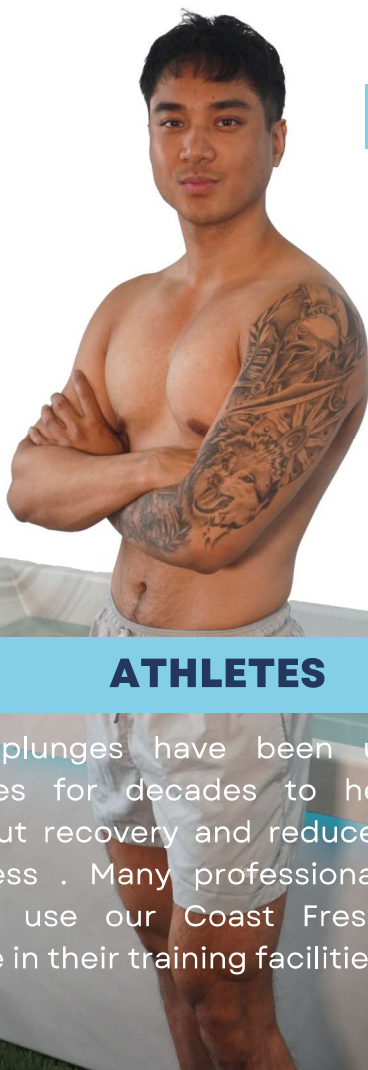


## **CHILLER UNIT OUTSIDE**



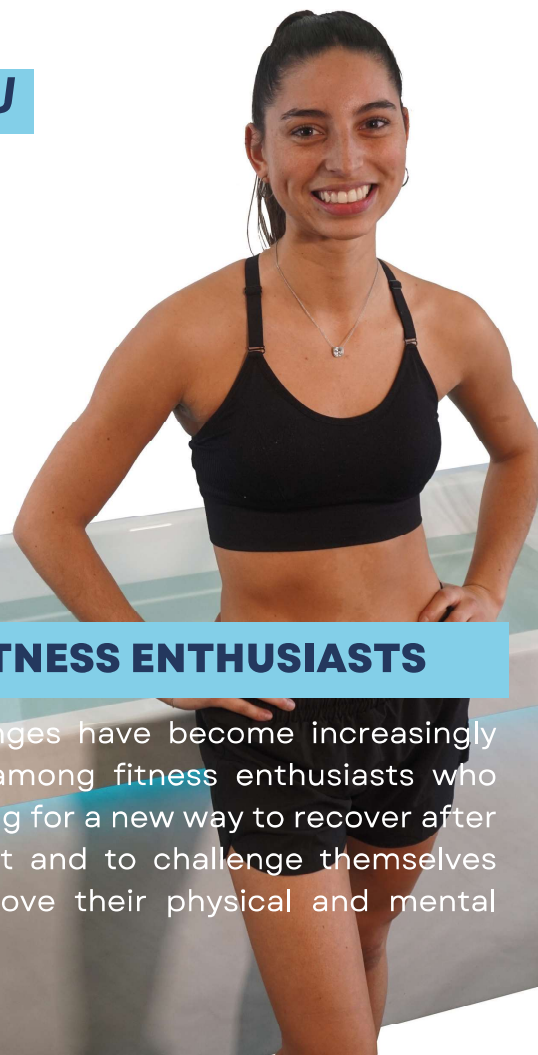
## Features of the Coast Freshe Cold Plunge

### DESIGNED FOR YOU



#### ATHLETES

Cold plunges have been used by athletes for decades to help with workout recovery and reduce muscle soreness. Many professional sports teams use our Coast Freshe Cold Plunge in their training facilities.



#### FITNESS ENTHUSIASTS

Cold Plunges have become increasingly popular among fitness enthusiasts who are looking for a new way to recover after a workout and to challenge themselves and improve their physical and mental health.

#### HEALTH & WELLNESS DEVOTEES

Regularly using the Coast Freshe Cold Plunge has several mental health benefits, such as reducing stress and anxiety and improving mood. In addition to, it also has multiple physical health benefits, such as reducing inflammation and boosting the immune system.





# TRANSFORM YOUR BODY, TRANSFORM YOUR LIFE

Reach new goals with our recommended and transformative -Coast Freshe Life Program™



## BEGINNER WORKOUT

Recommended Usage  
**2-3x per week**  
Recommended Duration  
**1-2 minutes**

This beginner-level workout is perfect for those new to cold water therapy. Start by slowly immersing yourself in the cold plunge water up to your chest. Focus on controlled breathing and relaxation.

Stay in the plunge for 1-2 minutes, allowing your body to adjust to the cold and experience its refreshing effects. Gradually increase the duration and frequency as you become more comfortable.

## INTERMEDIATE WORKOUT

Recommended Usage  
**3-4x per week**  
Recommended Duration  
**2-4 minutes**

Intermediate-level users can incorporate contrast therapy into their routine. Begin with 2-4 minutes in the cold plunge, followed by 2-4 minutes in a warm environment like a heated room or sauna.

Alternate between cold and warm sessions 2-3 times, finishing with a cold plunge session. This workout helps improve circulation and recovery.

## PROFESSIONAL WORKOUT

Recommended Usage  
**4-5x per week**  
Recommended Duration  
**4-6 minutes per session**

For those at the professional level, this workout combines cold immersion with mobility exercises. Spend 4-6 minutes in the cold plunge, gradually working up to this duration.

Afterward, perform mobility exercises such as gentle stretches, joint rotations, or yoga poses in the cold water. Focus on improving flexibility and joint health.

## ULTIMATE REFRESHE WORKOUT

Recommended Usage  
**5-6x per week**  
Recommended Duration  
**5-7 minutes**

This advanced workout is for experienced users looking to optimize recovery and performance. Spend 5-7 minutes in the cold plunge, incorporating breath control techniques to enhance cold adaptation.

Follow this with a series of dynamic exercises like bodyweight squats, lunges, and push-ups outside of the plunge to boost circulation and muscle recovery. Repeat this circuit 2-3 times.

### HEALTH AND SAFETY DISCLAIMER

Always consult with a healthcare professional or fitness expert before starting any of the Coast Freshe Life Program™ workouts, especially if you have underlying health conditions or concerns. While the Coast Freshe Life Program™ offers a range of workouts designed to promote health and wellness, individual needs and limitations can vary.

# COAST FRESHE COLD PLUNGE FEATURES



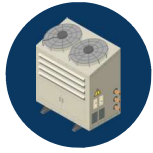
## DIMENSIONS



## MAXIMUM LAY DOWN LENGTH

The Coast Freshe size is designed to provide a comfortable experience for people of all heights and body shapes. With its spacious dimensions, you can fully lay down in the water and enjoy the therapeutic benefits of being fully immersed. Plus, the design ensures that no part of your torso or knees will be exposed so you can enjoy the benefits of therapy without discomfort. By fully laying down in the cold water, more of your body is exposed to the cold, which can enhance the benefits of the therapy, including decreased inflammation, improved mental resilience and discipline, reduced stress, activation of the vagus nerve, improved breathing, and better cardiovascular health."

# COAST FRESHE COLD PLUNGE FEATURES



## CHILLER UNIT INSIDE THE TUB

Putting a chiller unit inside the tub rather than stand alone outside the tub offers several important benefits including more efficient cooling, consistent temperature, space-saving, ease of use, and more cost-effectiveness.



## WiFi ACCESSIBLE

Coast Freshe Cold Plunge is smart phone/ WiFi accessible – turn your Coast Freshe on and off, set and change temperatures and listen to soothing music.



## PLUG AND PLUNGE

Coast Freshe Cold Plunge uses a standard 110V outlet. It is strongly recommended you have a dedicated circuit. STANDARD – 15 amp dedicated breaker.



## NO PLUMBING REQUIRED

The Coast Freshe Cold Plunge was designed to be self-contained, which means that once you fill it up from a hose, your water can last up to 6 months without changing it with proper maintenance. Please refer to FAQ's for information on proper maintenance.



### INDOOR OR OUTDOOR

We have designed our Coast Freshe Cold Plunge to be aesthetically pleasing for inside and outside settings. Using state of the art insulation materials our Coast Freshe can be enjoyed in any environment. You can use in hot or cold climates and even during long periods of freezing for which we recommend our Hot & Cold Coast Freshe unit.



### EXTERIOR & INTERIOR LIGHTING

The Coast Freshe has modern elegant wrap around lighting on the outside and two underwater lights to illuminate the aesthetically and functionally pleasing design.



### MAXIMUM COOLING

With Coast Freshe Cold Plunge you can take the water temperature down to as low as 3 degrees Celsius/ 37 degrees Fahrenheit.



### FILTRATION SYSTEM

The Coast Freshe Cold Plunge Filtration system brings a number of important benefits including: Improved Water Quality as it helps to remove impurities and contaminants from the water, such as dirt, debris, and bacteria. Reduced strain on the Coast Freshe system by removing debris and contaminants before they can clog the system, allowing the Coast Freshe system to operate more efficiently and last longer. Increased Energy efficiency by keeping the water clean and clear which enables the Coast Freshe system to operate efficiently to maintain the desired temperature, which can save energy and reduce costs and provide Peace of mind by ensuring that the water is clean and ready to use.

## **OZONE PURIFICATION**

The ozone system offers several benefits, including powerful disinfection, safety and environmental-friendliness, reduced need for chemicals, extended shelf life, and non-invasiveness.

## **20 MICRON FILTRATION**

Removes small and larger dirt and debris from the water.

## **BUILT TO LAST**

The Coast Freshe Cold Plunge is made using ABS backed acrylic and Coast Shield to provide a high quality, durable and long-lasting tub.

## **INSULATION**

The Coast Freshe Cold Plunge is insulated with an interior and exterior shell so it can be enjoyed inside and outside.

Why Coast Freshe Cold Plunge?

# Coast Freshe



COLD PLUNGE VS. COMPETITION



## THE COAST FRESHE



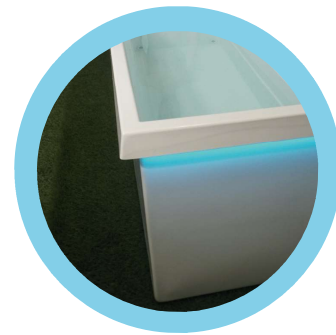
**MAXIMUM LAY  
DOWN LENGTH**



**CHILLER UNIT  
INSIDE REDUCING  
OVERALL  
FOOTPRINT**



**ERGONOMICALLY  
DESIGNED FOR EASY  
ENTRY & EXIT**



**MOST ENERGY  
EFFICIENT  
PLUNGE ON THE  
MARKET**

Coast Freshe is a way of life. Coast Freshe is movement. Coast Freshe is Life ReFreshed. The ultimate lifestyle of health, wellness and fitness.

## What people are saying about the competition?

"Waiting for the day companies make a cold plunge that fits a normal size body and I can fully lay down"

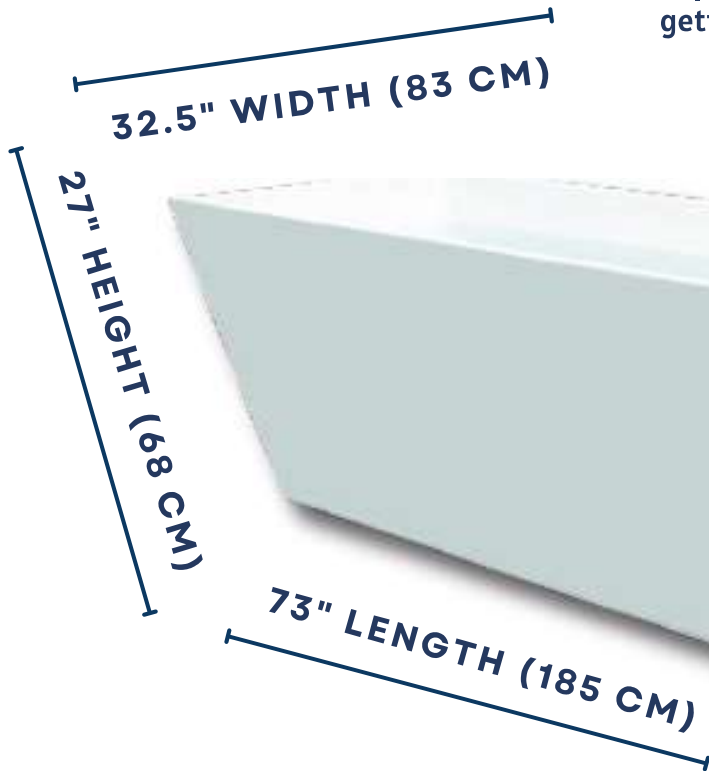
"We just bought ours last summer and it takes too long to get to the desired temperature"

"I'd like the option to use my cold plunge inside & outside"

"I was hoping for a more compact width style"

"I almost slipped getting in and out"

"Why can't I buy the accessories with the cold plunge"



Chiller units placed outside take up too much floor space and are not energy-efficient, especially in very cold or very hot climates, as they need to work harder to maintain the desired water temperature.

## ADVANTAGE



**AESTHETICALLY  
DESIGNED FOR  
INDOOR OR  
OUTDOOR USE**



**DESIGNED WITH  
SAFETY IN MIND  
ANTI-SLIPFEATURES**



**FASTER  
COOLING SPEED**



**LEADING  
FILTRATION &  
PURIFICATION  
SYSTEM**

Experience Life ReFreshed with Coast Freshe Cold Plunge  
your partner in a Freshe Way of Living!