

## WHY ICE PODS

There are some incredible benefits to introducing cold exposure to your daily routine. Whether that's to support muscle recovery post workout or simply improve overall physical & mental health.

The light weight, portable Kidda Body & Mind Ice Pod is designed with triple layer insulation to maintain a consistent temperature.

### Benefits

- Improves Blood Circulation
- Enhances Skin Complexion
- Boosts Metabolism
- Eases Sore / Aching Muscles
- Improves Mental Wellbeing
- Weight Loss (Stimulating Brown Fats)
- Flushes Metabolic Waste

### Timings

Start off with a short dip, 10 to 30 seconds, increase the duration when your body has adapted over time with regular sessions.

As a rule we suggest 1 minute for every degree of temperature, so 5 minutes if 5 degrees and so on

### #TopTips

Just like cold showers, the thought of dipping into an ice pod can be much worse than the actual event, so it is always advisable to get yourself mentally and physically prepared beforehand.

- Positive mindset, don't be afraid of the cold
- Breathing exercises and or physical activity to get blood pumping

## FEATURES

- Indoor & Outdoor
- Easy set up (less than 10 minutes)
- Protective all weather lid
- Inflatable top ring for comfort
- Double valve for super fast inflation & deflation of top ring
- Tough triple layer thermal insulation (PVC & EPE)
- Inner lining UX resistant PVC (Easy Clean)
- Stays cold for longer
- 80cm diameter, 70cm height (Suitable for heights upto 6' 7" )
- Capacity 320 litres
- Quick release drain system

## WHAT'S INCLUDED



## HOW TO USE

- Wash before use (please do not use corrosive detergent)
- Max temperature of water 50 degrees celsius
- Fill with cold water
- Leave 5 inch gap below top ring and water level
- Clean water when required (usually every 10 days)
- Wash ice pod before reusing again



KIDDA  
Body & Mind

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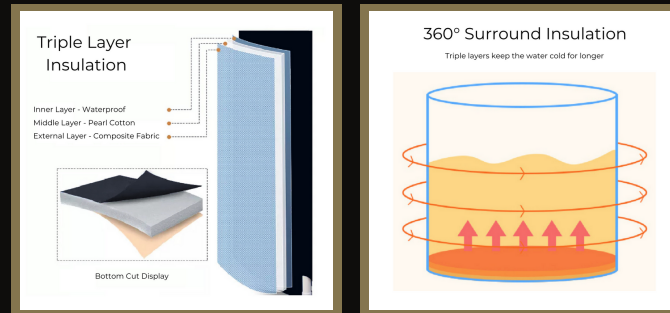


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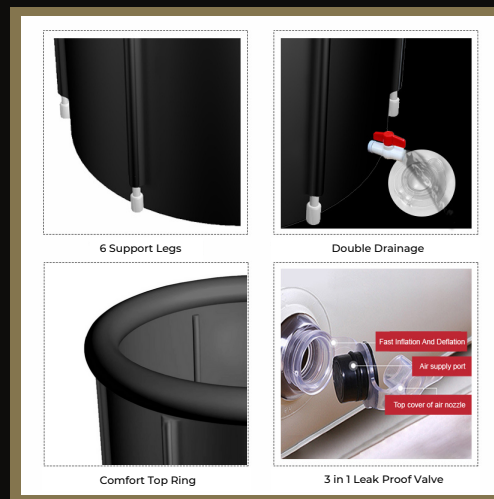


## HOW IT'S MADE



## INSTALLATION

- Unfold ice pod
- Insert supporting tubes to create legs
- Attach faucet & seal ring
- Inflate top ring by removing first layer cap DO NOT OVER INFLATE as this rips the seal around the valve
- When deflating pull out second layer cap



## FOLDING

- Fold the bottom half of the ice pod inward
- Fold the LEFT sides of the ice pod twice inwards
- Fold the RIGHT sides of the ice pod twice inwards
- Fold both sides inwards to complete



[www.kiddabodyandmind.com](http://www.kiddabodyandmind.com)

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## DISCLAIMER

Some pre-existing medical conditions may be negatively impacted by breathing exercises, acupuncture therapy and cold exposure, therefore it is strongly advised that you consult a medical professional beforehand.