

ODIN ICE BATHS

TAKE THE PLUNGE



The Odin

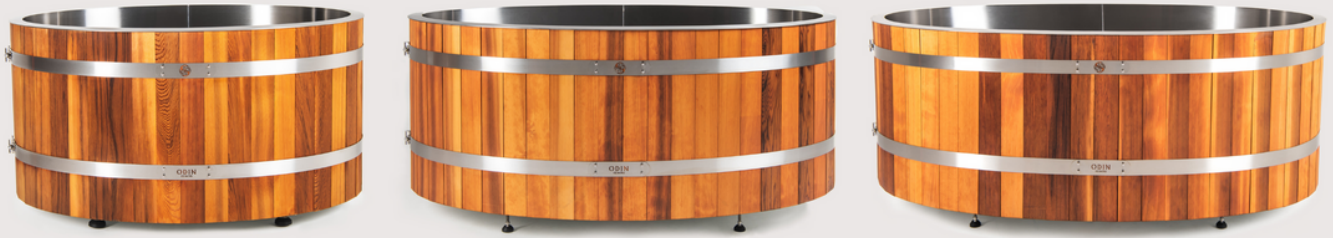
Handcrafted from clear western red cedar and 316 stainless steel, The Odin is a simple-to-use, low-maintenance way to enjoy cold exposure therapy. The Odin's stunning design pairs perfectly with saunas and will elevate the look of any space.



Features

- True ice bath that can reach temperatures as low as 0°Celsius.
- Handmade in Australia from high-quality materials.
- Fully automated filtration & sanitisation system. A 50-micron filter, ozone water treatment & optional UV light cleaning ensure crystal-clear water. No need for harsh chemicals or intense cleaning.
- Simple to operate. The Odin uses a standard 10amp/240v power outlet and no plumbing is required. Just plug in, fill up and hop in.
- Low electricity and maintenance costs.
- Five-year limited warranty.*

*Five-year warranty on the structural components of the Odin, including stainless steel tub, timber, and feet. Three-year warranty on the compressor, plumbing and electrical elements.



ODIN MODELS | COMPARISON CHART

FEATURES	ORIGINAL LITE	ORIGINAL PRO	XL LITE	XL PRO	DUAL LITE	DUAL PRO
Price (AUD)	\$7,400.00	\$9,400.00	\$8,500.00	\$10,500.00	\$12,000.00	\$14,000.00
Compressor	¼ horsepower	½ horsepower	¼ horsepower	½ horsepower	¼ horsepower	½ horsepower
Filtration	Standard	3x larger	Standard	3x larger	Standard	3x larger
Size recommendations	users up to 6'2"/187cm	users up to 6'2"/187cm	users over 6'2"/187cm	users over 6'2"/187cm	2-3 users at once	2-3 users at once
UV Sanitisation Upgrade	Available to add	Available to add	Available to add	Available to add	Available to add	Available to add

Models

The Odin comes in three sizes: **Original, XL and Dual**. Each size comes in a Lite version and a Pro version. Pro models are designed specifically for use in hot climates, commercial facilities, or scenarios where 4 or more users will be plunging daily.

After each use, Lite models will return to starting temperature in 45-60 minutes. Pro models feature a stronger ½ horsepower cooling compressor and will return to starting temperature in 10-15 minutes.

An optional UV upgrade* is available on all Odin models. UV light functions as a third layer of sanitisation, in addition to the filter and ozone, killing bacteria and keeping your bath even cleaner for longer.

*UV light upgrade additional \$750

Health benefits

ENERGY

People all over the world use ice baths to increase their daily energy levels.

According to Dr Rhonda Patrick, cold exposure therapy triggers the production of the neurotransmitter norepinephrine, a critical chemical in the body that helps regulate attention and energy. By increasing norepinephrine levels, cold plunging helps energise the mind and body.

*Taken from Dr Patrick's report 'Cold Shocking the Body; Exploring Cryotherapy, Cold Water Immersion, and Cold Stress.'

MOOD

Ice baths can be great for mental health too.

Exposing the body to cold water triggers a stress response and activates the sympathetic nervous system. These changes have been shown to increase serotonin levels, resulting in an uplifted mental state.

Any ice bath user will tell you, the endorphin rush from a cold plunge is undeniable!

RECOVERY

Cold exposure therapy has been a staple in sports science for years.

When you take an ice bath, the cold temperature constricts your blood vessels. The change in temperature upon exiting the bath causes vessels to rapidly dilate, flushing muscles of metabolic waste. This rapid blood vessel dilation also delivers oxygen and nutrients to muscles, helping them recover more quickly.

Better recovery means less muscle soreness and less pain.

FAQs

- **Insulated lid - does The Odin come with a cover?**

The Odin comes with an insulated, lockable spa lid that is custom-fitted to your chosen model. This keeps the cold air in, meaning The Odin uses less energy to maintain the cool temperature settings. The Odin can be placed outdoors but must be undercover to protect it from weather and direct sun exposure.

- **Plumbing - does The Odin need to be plumbed in to use?**

The Odin is free-standing, with no plumbing required. All that's needed is access to a standard 18mm garden hose.

- **Drainage requirements - how do I empty The Odin?**

All Odin ice baths have a plug that opens into an elbow pipe, which ends in a standard 18mm garden hose attachment. When you are ready to drain, attach a normal garden hose to the pipe, press the plug to release its seal and The Odin will drain itself.

- **Sizing - which size is best for me?**

For people over 6'2" (187cm), we recommend the Odin XL or Dual sizes, as users over this height will be unable to fully extend their legs in an Odin Original. The Odin Dual can fit two large adults or three small adults at the same time. All models can fit through a standard doorway - they just need to be tipped onto their sides.

- **Cleaning - how often?**

The Odin uses a 50-micron reusable water filter. For home use, clean the filter every 2-3 weeks and replace the water in The Odin every 2-3 months. For heavy/commercial use, clean the filter every week and replace the water every month.*

*Cleaning recommendations dependant on use. More frequent cleaning and replacement of water may be necessary.

Dimensions

Interior = the inner stainless steel section of the Odin- the part that you sit in.

Exterior = the full outside dimensions of the Odin, **including** the housing step.

Odin Original Lite Interior – 1200 L × 800 W × 600 H

Odin Original Lite External – 1300 L × 1280 W × 740 H

(HOUSING STEP – 450 H, 855 W, 380 D)

Odin Original Pro Interior – 1200 L × 800 W × 600 H

Odin Original Pro External – 1300 L × 1370 W × 740 H

(HOUSING STEP – 550 H, 860 W, 470 D)

Odin XL Lite Interior – 1500 L × 800 W × 600 H

Odin XL Lite Exterior – 1600 L × 1310 W × 740 H

(HOUSING STEP – 450 H, 855 W, 410 D)

Odin XL Pro Interior – 1500 L × 800 W × 600 H

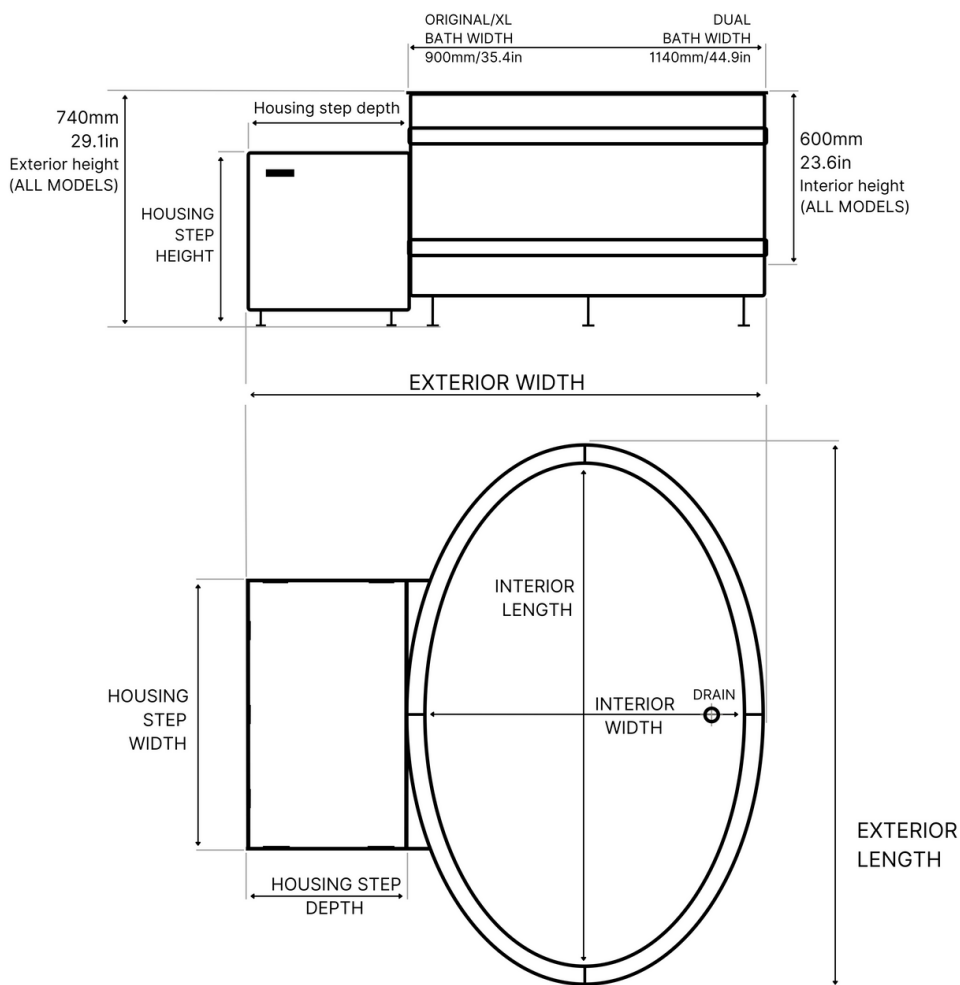
Odin XL Pro Exterior – 1600 L × 1410 W × 740 H

(HOUSING STEP – 550 H, 860 W, 510 D)

Odin Dual & Dual. Pro Interior – 1640 L × 1040 W × 600 H

Odin Dual & Dual. Pro Exterior – 1740 L × 1650 W × 740 H

(HOUSING STEP – 550 H, 860 W, 510 D)



Odin Ice Baths
Dimensions Guide
(image not to scale)

Jono's story

Hi, I'm Jono James, inventor of The Odin.

I was born with cystic fibrosis, and given less than 10 years to live. Today, I'm as healthy as a typical 35-year-old.

But it's been a battle. In their fight to keep me alive, my parents taught me that health isn't just what we put in our bodies, but also the environment we're in, our mindset, and the things we repeatedly do.

I found that daily ice baths and saunas eased my condition; they improved my recovery, sleep, and energy levels, helped me retain muscle mass, and I've had fewer bouts of illness.

After discovering the Wim Hof method, I realised there weren't many quality, affordable ice baths on the market. So, I decided to make my own. Thus began two years of experimental barrels, chest freezers and tubs that eventually evolved into the Odin.

The Odin was designed by a passionate ice bath user for other ice bath enthusiasts. Each tub is handmade in Australia to give you a truly unique product that you will love.



Founder - Odin Ice Baths

Jono
James



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