



REFRESHINGLY COLD, EXPERTLY CRAFTED:  
MEET THE VIGOR™ COLD PLUNGE



The perfect complement to your wellness routine, from Hot Spring® Spas.



Why Take the Plunge?

Elevate your edge and infuse vitality into every aspect of your life with the Vigor™ cold plunge by Hot Spring® Spas. Experience cold water immersion that revitalises your body, sharpens your focus, and elevates your mood. It is not just about feeling good – it is also about reducing inflammation, speeding recovery, and optimising your performance. By making cold plunging part of your wellness routine, you will fuel your energy, strengthen your immune system, and build resilience. Harness the life-changing benefits of cold water therapy, and step into a revitalised, stronger version of yourself—ready to take on any challenge.

The Science of Cold Exposure¹



HEIGHTENED MOOD, FOCUS, AND MENTAL CLARITY

Cold exposure stimulates the release of norepinephrine and dopamine, which enhance mood, motivation, and mental clarity.



ENHANCED RESILIENCE TO STRESS

Pushing past “mental hurdles” with regular cold exposure trains the nervous system to handle stress calmly, reducing baseline anxiety over time.



INCREASED METABOLISM

Activating brown fat during cold immersion can increase metabolic rate, aiding in calorie burning and energy balance.



REDUCED MUSCLE SORENESS & INFLAMMATION

By lowering tissue temperature and reducing pro-inflammatory cytokines, cold exposure helps muscles recover faster and reduces soreness, making it ideal for athletes and active individuals.

¹ <https://www.hubermanlab.com/episode/using-deliberate-cold-exposure-for-health-and-performance>

Craftsmanship Meets Innovation

Built with the same quality, durability, and innovation that makes Hot Spring Spas the world’s best-selling hot tub brand, the Vigor reimagines the cold plunge experience. Featuring an ultra-quiet pump and ergonomic design, it creates the ideal environment for focused recovery. Advanced cooling and filtration systems ensure perfectly chilled, crystal-clear water is always ready, while enhanced insulation keeps temperatures steady and energy efficient. Vigor is the ultimate addition to your wellness routine, delivering convenience, reliability, and unmatched performance.



SPECIFICATIONS

Dimensions	224 × 107 × 74 cm
Seats	1
Lowest Temp.	5°C
Dry Weight	165 kg
Water Capacity	425 litres
Electrical	230V / 16 amp

CABINETS



Ash



Mocha

SHELL



Alpine White

COVERS



Grey



Storm



## Hot & Cold Therapy in Perfect Harmony

Experience the power of contrast therapy with the winning combination of a Hot Spring® spa and the Vigor™ cold plunge. Embraced by fitness enthusiasts and elite athletes, this invigorating wellness practice alternates warm water hydrotherapy with bracing cold to deliver a range of health benefits, from boosting your immune system and reducing inflammation to enhancing sleep and building resilience to stress. Unlock total wellness with the routine designed to speed recovery, strengthen endurance, and enhance your overall well-being.

## Building Your Cold Plunge Routine

Setting up a cold plunge routine tailored to your goals is simple:

### START SAFE AND GRADUAL:

Begin with water temperatures between 7 - 15.5°C for 1-2 minutes, gradually extending duration and lowering temperature as tolerance builds.

### FREQUENCY:

Aim for 2-4 sessions weekly, targeting a total of 11 minutes per week. This approach aligns with research highlighting optimal benefits from consistent exposure.

### MINDSET:

Embrace the initial discomfort as an opportunity to practice calmness and resilience. Controlled breathing techniques, such as slow rhythmic breaths, can help manage the cold and extend your time comfortably.

## Ready to Take the Plunge?

Visit our website or contact your local Hot Spring Spas dealer and learn how you can elevate your edge with VIGOR, the only cold plunge by Hot Spring Spas.



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