

URL: <https://inergizehealth.com/blog/best-ice-bath-tub>

11 Best Ice Bath Tubs for Major Mood and Recovery Benefits 2023

In recent years, ice baths have exploded in popularity as people seek out new ways to optimize their physical and mental health. Thanks to social media and the influence of popular figures like [Wim Hof](#), more and more people are turning to cold water therapy as a way to improve their overall well-being. From professional athletes to fitness enthusiasts and even everyday people, the benefits of ice baths are well-documented and appealing. But which one is the best ice bath? If you're interested in incorporating cold water therapy into your routine, it's important to find the right ice bath for your needs so we compiled the best ice baths out there. In this article, we'll be exploring the best ice baths on the market to help you find the perfect fit for your lifestyle.

Overall Best Ice Bath Tub: INERGIZE

Overall Mid Range Ice Bath: PLUNGE

Best Ice Bath Tub On Amazon: CO-Z

Best No Frills Ice Bath Tub: Rubbermaid Tank

Best Starter Ice Bath: Nurecover

Best Premium Ice Bath Tub: Blue Cube

Best Ice Barrel: Ice Barrel

11 Best Ice Bath Tubs

[Inergize Cold Plunge Tub](#) \$5,190

Pros	Cons
• 37F min temp • App controlled • Portable design - 15min set up • High-quality, durable drop stitch material • Compact design for small spaces • 30" deep for full body submersion • Ozone system	• Expensive. Requires significant investment. • Lead time can be longer depending on the time of year

• Filtration system • Lockable spa cover Included	
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The [Inergize Cold Plunge Tub](#) is an ultra-portable, inflatable tub that offers a 3-in-1 chiller that cools to 37F, cleans, and sanitizes your water. It is easy to set up in just 15 minutes and can be used anywhere to boost your body and mind's performance with cold, clean water. The Inergize Cold Plunge Tub offers minimal maintenance, with clean filtered and ozone-sanitized water, comfortable back support, and a beautiful lagoon blue interior. No DIY, repairs, fetching ice, or constantly replacing dirty water. The durable drop-stitch polyester fabric ensures that it can support up to 200 pounds without bending or spilling. With the easy set-up and take-down, it's perfect for moving, traveling, or training.

Product Dimensions	48"x27"x30"
Weight	25lbs
Types of Use	Indoor/Outdoor
Horsepower	3/4HP

[Odin Ice Bath Original](#) \$6,900

Pros	Cons
• Made of cedar wood • Hand crafted • Can get the water down to 32F • Lockable spa lid cover • Ozone System • Filtration System • Long warranty of 3 years	• Expensive. Requires significant investment. • Lead time 10-12 weeks • Difficult to move

Crafted by hand in Australia, the Odin ice bath offers a luxurious experience for ice bath enthusiasts who want to indulge in some extravagance. This ice bath comes equipped with its own filtration and sanitation system, which keeps the water clean and hygienic. Additionally, it

features a digital module that enables you to set your preferred temperature for a personalized ice bath experience. Furthermore, the Odin is the only ice bath constructed entirely out of cedar wood, which adds to its elegance and uniqueness.

Product Dimensions	51.1L x 49.2W x 28.0H
Types of Use	Indoor/Outdoor
Cooling Horsepower	1/2HP

[Ice Barrel](#) in Black - \$1,199

<https://icebarrel.com/product/ice-barrel/>

Pros	Cons
• Easy-to-use drainage system • Comes with step, stand, UV cover and lid • Fast Shipping 3-5 days • Deep design for full body submersion • Durable design • Portable and easy to set up • Compact footprint for limited space	• Hard to get out of the barrel • Ice required for each plunge

If you're looking for a relaxing ice bath without all of the bother, the Ice Barrel is your best bet. You can relax in the freestanding tub by filling it with ice water, stepping onto the stool supplied, and then lowering yourself in. The Ice Barrel has a lid, a UV cover, and a stand to keep the tub from melting in the sun. When you're done, drain the water easily using the knob at the bottom of the tub. With this setup, you can easily enjoy a rejuvenating ice bath without any extra hassle.

Product Dimensions	42" high by 31" wide opening 25" wide
Weight	55lbs
Types of Use	Outdoor
Cooling Horsepower	N/A - Ice Required

[The Cold Plunge](#) \$4,990

Pros	Cons
• High-quality chiller • Indoor & outdoor use • Comes with insulated cover • Can get the water down to 39F • Lockable spa lid cover • Ozone System • Circular Filtration System	• Expensive. Requires significant investment. • Shallow depth on standard model • Difficult to move

While it may be more expensive than other options, it comes fully equipped with everything you need for year-round ice bath use. It features a high-quality plumber and chiller, an aesthetically pleasing design, and a level of versatility that even lets you transform the water into a relaxing hot tub.

Product Dimensions	67"L x 43"W x 24"H
Weight	37lbs
Types of Use	Indoor/Outdoor

[Rubbermaid Stock Tank](#), 100 gal \$114

Pros	Cons
• Easy draining and cleaning • Durable structural foam/Long Lifespan • Inexpensive • Other sizes available	• Uncomfortable • Not aesthetically pleasing • Ice required for each plunge

The Rubbermaid Stock Tank, commonly found on farms, is a go-to option for ice bath enthusiasts due to its affordability, durability, and ease of use. Simply fill it with ice water, and you're ready to jump in. The size is perfect for individual use and the depth ensures the water hits up to your neck. The most convenient feature is the built-in drain at the bottom, making it easy to empty.

Product Dimensions	53"L x 31"W x 25"H
Weight	37lbs
Types of Use	Outdoor
Cooling Horsepower	N/A - Ice Required

[Renu Cold Stoic](#) \$9,699

Pros	Cons
• 5-year warranty • Easy Set-Up & • Maintenance • Deep 30" design for full body submersion • Designed for Indoor • or Outdoor • Handmade in USA • Aesthetically pleasing • 36F min water temperature • Ozone System • Circular Filtration System	• 12-14 week lead time • Takes up a lot of space • Expensive. Requires significant investment. • Difficult to move

Renu's Cold Stoic ice bath is a premium option with a price tag just under \$10,000. It comes in a beautifully designed natural wood finish and maintains a water temperature between 39 and 55 degrees Fahrenheit. The tub uses UV technology for natural sanitation and a magnetic drive water pump for reliable performance. Renu offers a 5-year limited warranty, insulated cover, and

handmade step stool with all their models. For an exceptional ice bath experience, consider Renu's offerings.

Product Dimensions	64"L x 33"W x 34"H
Weight	375lbs
Types of Use	Indoor/Outdoor
Horsepower	1/4HP

[Nurecover](#) - Portable Ice Bath \$98

Pros	Cons
• Affordable price • Deep 31" design for full body submersion • Easy to get in and out • Comfortable inflatable seat cushion • Easy drainage system • Compact design	• Ice required for each plunge

If you're looking for a simple and effective way to enjoy cold water therapy from anywhere, our ice bath is the solution for you. It features five layers of thermal insulated cooling technology, providing full body coverage unlike typical bath tubs. It's easy to get in and out, and comes with an inflatable cushion to sit on, as well as an easy drainage system. The ice bath also comes with a free lid included. This giant insulated cool bag has been long-term tested using cold tap water, and we found that you don't even need to add ice, as the water remains cold enough for cold water therapy benefits at 15°C degrees and below.

Product Dimensions	31" diameter & height
Weight	7.7lbs

Types of Use	Outdoor
Cooling Horsepower	N/A - Ice Required

[Blue Cube Malibu 56](#) \$26,999

Pros	Cons
• 36F min temp • Strong 2HP chiller • Easy to get in and out • Easy drainage system • Ozone System • Filtration System • 5-year warranty • Spa Cover Included	• Only 22" interior depth • Large footprint • Very Expensive. Requires significant investment. • Difficult to move

The BlueCube Malibu ice bath is a top-of-the-line favored by gyms, spas, and saunas, and is one of Joe Rogan's personal choices. This stainless steel tub is equipped with a 2 horsepower pump and chilling motor and has a temperature range of 37°F – 60°F. The Malibu 56 is spacious enough to fit people up to 6'5" and 350+ lbs, making it an ideal choice for athletes and sports teams. While it comes at a high price, the Malibu 56's superior specifications make it a worthwhile investment.

Product Dimensions	73" x 49" x 28.5"
Weight	7.7lbs
Types of Use	Outdoor
Cooling Horsepower	2 HP

[Morozko Forge](#) \$12,850

Pros	Cons
• 32F min temp • Marine-grade materials • Easy to get in and out • Ozone System • Filtration System • 3-year warranty • Spa Cover Included	• Expensive. Requires significant investment. • Only 22" interior depth • Large footprint • Very expensive • Difficult to move

The Morozko Forge is the first ice bath that can maintain freezing cold temperatures, allowing you to set the temperature as low as 32 degrees Fahrenheit. It is made with marine-grade materials for outdoor installation and comes with covers to extend the life of the finish. With built-in filtration and plasma-arc discharge ozone generation, there's no need for regular water changes, and the water remains crystal-clear and free of bacteria and viruses.

Product Dimensions	31-1/4" wide, 33" high 60", 66" and 72" lengths available
Weight	7.7lbs
Types of Use	Outdoor
Cooling Horsepower	1/2HP

[CO-Z Inflatable Adult Bath Tub](#) \$69

Pros	Cons
• Affordable choice for those looking to try cold therapy • Can be used indoors and outdoors • Compact and portable	• Poor durability • Ice required for each plunge

With over 1,000 five-star Amazon reviews and a price tag of under \$100, this inflatable tub is highly praised for its portability and easy setup. It is perfect for a quick ice bath in your walk-in shower, mud room, or even outside on your deck.

Product Dimensions	63" x 33" x 29.1"
Weight	5.8lbs
Types of Use	Indoor/Outdoor
Cooling Horsepower	N/A - Ice Required

[Coleman 4-Person Inflatable Hot Tub](#) \$549

Pros	Cons
• Affordable choice for those looking to try cold therapy • Hot Tub Air jets • Hot tub reaches 104F • Filtration system • Can be used indoors and outdoors • Compact and portable • Fits up to 4 people • Can be used as a hot tub and cold tub • Portable and easy to transport	• Ice required for each plunge

To easily convert a hot tub into an ice bath, opt for an inflatable hot tub and disable the hot water function, then fill it with ice and water. The roomy structure allows for comfortable sharing of the recovery experience with a companion.

Product Dimensions	25.98" H x 70.87" W x 70.87" D
Weight	70bs

Types of Use	Outdoor
Cooling Horsepower	N/A - Ice Required

Frequently Asked Questions

What is an Ice Bath Tub?

Is an Ice Bath Tub Worth It?

Cold Plunge Tub Vs. Ice Bath Tub: Which is Better for Your Health?

Cold Plunge Tub Vs. Ice Bath Tub: What to Consider When Buying Ice Bath Tubs

What Type of Ice Tub do You Need? Ice Bath, Ice Barrel, Cold Plunge.

Are Ice Baths Good For You?

What Are The Benefits of Ice Baths

Do Ice Baths Burn Fat?

What Are the Disadvantages of Ice Baths:

When to Skip Ice Baths?

Can You Do an Ice Bath in Your Bathtub?

How to Take an Ice Bath in an Ice Bath Tub:

How Durable and Portable is an Ice Bath Tub?

How Long Should You Lay in an Ice Bath?

Who Can Benefit from Ice Bath Therapy?

What is an Ice Bath Tub?

Ice bath tubs are containers filled with cold water and ice, designed to allow individuals to submerge their bodies for a period of time. They can be made of plastic, metal, or other materials and are available in various sizes and shapes.

Cold tub therapy is a form of cryotherapy, which involves exposing the body to cold temperatures to achieve health benefits.

Is an Ice Bath Tub Worth It?

If you're looking to integrate cold water therapy into your recovery routine but aren't sure if buying an ice bath tub is worth it, keep reading. The prospect of taking an ice bath may sound scary, but modern technology has made it easier and more accessible than ever before. Indulge in the therapeutic effects of cold water without leaving the convenience of your own home by investing in one of the top-rated ice bath tubs. However, it's important to consider your personal needs, budget, and space availability before making a purchase. Ultimately, if you're committed to regular cold water therapy, an [ice bath tub](#) can be a valuable investment in your overall health and wellness.

Cold Plunge Tub Vs. Ice Bath Tub: Which is Better for Your Health?

1. Convenience:

With our [Inergize Cold Plunge](#) system, you don't need to worry about buying or handling ice. In order to provide you with the health benefits of cold water immersion without any effort on your part, our system will automatically cool and purify the water.

2. Hygiene:

Traditional ice baths can be difficult to maintain, and the stagnant water can harbor bacteria and other contaminants. Our cold plunge system continually filters and sanitizes the water, ensuring that you are always immersed in clean and safe water.

3. Customization:

Our cold plunge system allows you to customize the temperature and duration of your cold water immersion therapy. This means you can tailor your experience to your specific needs and preferences.

Cold Plunge Tub Vs. Ice Bath Tub: What to Consider When Buying Ice Bath Tubs?

While traditional ice baths can be difficult to maintain and the stagnant water can harbor bacteria and other contaminants, [Inergize Cold Plunge](#) system offers several benefits.

With the Inergize Cold Plunge Tub system, you don't need to worry about buying or handling ice.

We also have a system that filters and cleans the water all the time, so you can be sure that you will never be in a dangerous situation.

With the help of our technology, you can change how long and how hard your cold water immersion therapy is.

What Type of Ice Tub do You Need? Ice Bath, Ice Barrel, Cold Plunge.

There are many ways to do cold therapy at home, such as with an ice bath, an ice barrel, or a cold plunge tub. Even though they are all used for the same thing, each one is unique in its own way.

Cold Plunge

The cold plunge is the most popular choice. It is a small, deep tub for soaking in cold water that has its own cooling and cleaning system. Those who want an easier set-up should go for a cold plunge.

Ice Barrel

A cylindrical ice barrel, which can store a lot of ice and water and offers plenty of room to walk around, is another popular choice, especially among athletes.

The ice barrel is a trendy and space-saving alternative to traditional ice buckets for individuals who benefit from cold therapy.

There are a few key distinctions between this and regular ice baths and cold plunge pools. For starters, its ice barrel shape makes it look less like training equipment and more like a stylish piece of furniture.

Second, it's typically constructed out of wood, which not only makes it more visually appealing but also keeps the cold water within warmer for longer. Because of this insulation, the water can maintain its chilly temperature for longer, lowering the frequency with which ice must be added.

In addition, some ice barrels come equipped with a heater to reheat the water, allowing you to switch easily between hot and cold therapy.

Note that an ice barrel is often smaller than a cold plunge tub and may not be appropriate for larger individuals or groups.

Cold Tub

Lastly, a cold tub is less expensive and simple to put up with either a regular bathtub or a huge Rubbermaid tub. Eventually, factors like available space, money, and desired intensity of cold therapy will determine the kind of tub you go with.

Are Ice Baths Good For You?

Therapy involving submersion in an ice bath has been used for millennia to speed up the healing process.

Many studies have shown that cold therapy is beneficial for lowering inflammation, increasing circulation, and hastening healing in sore muscles.

Correct use of ice baths has been shown to increase sports performance and decrease injury incidence. Nonetheless, unintended or excessive use can produce unwanted consequences.

What Are The Benefits of Ice Baths?

Cold water therapy can help your body and mind in a lot of ways. Some of the benefits of using an ice bath tub are the following:

1. Reduces inflammation:

Cold therapy constricts your blood vessels which reduce the blood flow to the area which then reduces swelling and inflammation. In addition, studies have shown that these anti-inflammatory and antioxidative effects can combat Alzheimer's or dementia.

2. Speeds up recovery:

The time it takes to recuperate from an injury or surgery is thought to be shortened by taking a cold plunge.

The cold water has the dual benefit of reducing inflammation and pain while also improving blood flow to the injured area, which speeds recovery.

3. Boosts immunity:

Increasing one's resistance to disease and infection, cold water immersion has been demonstrated to have.

It has been suggested that taking regular frigid plunges can have positive effects on health and well-being.

4. Improves mood:

It has been proven that cold immersion elevates one's mood through the release of endorphins which is our "feel good" hormone.

The Vagus nerve is often stimulated which connects the brain with all of our organs and switches off our heightened state of "fight or flight" and returns us to a parasympathetic state of "rest and digest"

The overload of sensory input from our cold receptors on our skin makes it hard to think of anything else and acts as a "pause" button on the thought patterns that contribute to mental health issues.

5. Increases alertness:

A chilly plunge can give your body a jolt, causing you to become awake and attentive. The adrenaline and concentration you gain from this state are the result of the nervous system being stimulated by the shock of the cold water.

Do Ice Baths Burn Fat?

Brown adipose tissue (BAT) or brown fat is a form of fat that burns calories instead of storing them, and some research suggests that cold exposure, such as ice baths, can promote its activation. Brown fat has been linked to weight loss because it produces heat by burning calories and releasing energy. Some research suggests that being exposed to cold can trigger the formation of brown fat, which in turn may increase energy expenditure and help with weight loss.

What Are the Disadvantages of Ice Baths?

It's important to weigh the benefits of ice baths against any potential downsides. Reduced blood flow to the muscles from vasoconstriction due to overuse is a known cause of both impaired performance and prolonged recovery times.

Cold therapy is also not recommended for those who suffer from Raynaud's syndrome or cold urticaria.

When to Skip Ice Baths?

People with certain medical conditions, such as Raynaud's disease, should avoid cold water therapy. Pregnant women should also avoid ice baths, as the sudden drop in body temperature can be dangerous for the fetus. It is also not recommended for people with heart conditions or those with a weakened immune system. Furthermore, if you are feeling unwell, have a fever, or are recovering from an injury, it is best to wait until you have fully recovered before taking an ice bath. Always consult with a medical professional before trying cold water therapy if you are unsure if it is safe for you.

Can You Do an Ice Bath in Your Bathtub?

While some individuals use their bathtubs to take ice baths, it's not recommended due to the risk of clogging drains with ice and potential damage to the tub.

It's best to invest in an ice bath tub designed specifically for cold therapy.

How to Take an Ice Bath in an Ice Bath Tub:

1. Fill the ice bath tub with cold water.
2. Add ice to the water, enough to bring the temperature down to around 55-60 degrees Fahrenheit
3. Test the water temperature with a thermometer to ensure it's at the right temperature.
4. Sit or submerge in the ice bath for 5-10 minutes.
5. As the body gets used to the cold, slowly add more time for each session.
6. Warm up slowly with light exercise or a warm shower after the session.

How Durable and Portable is an Ice Bath Tub?

The convenience and effectiveness of an ice bath depend on how long it lasts and how easy it is to move. A durable ice bath can be used over and over again without getting damaged or worn down.

This is especially important if the ice bath is used a lot, since it can be a big investment.

People who want to move the ice bath from one place to another also need it to be easy to move. They might want to use it at home, at a training center, or when they go on a trip.

The Inergize Ice Bath is a good example of a portable ice bath that will last for a long time. The drop-stitch fabric makes it easy to inflate and deflate and less likely to get holes, so it can be used in a lot of different places.

How Long Should You Lay in an Ice Bath?

The ideal time to stay in an ice bath varies depending on the individual's tolerance level and the purpose of the therapy.

Most experts recommend starting with a 5-10 minute session and gradually increasing the time as the body adapts to the cold. It's important to monitor the body's response to avoid overexposure to the cold, which can cause harm.

Who Can Benefit from Ice Bath Therapy?

Athletes and fitness enthusiasts can benefit from ice bath therapy to aid in muscle recovery and reduce inflammation.

Individuals with chronic pain, arthritis, or other inflammatory conditions may also benefit from the therapy.

Additional Resources:

1. [What are the benefits of cryotherapy? - Medical News Today](#)
2. [What to Know About Cold Water Therapy - Healthline](#)
3. [Do ice baths help or hurt your muscles after exercise? - Shape](#)
4. [Why Ice Baths Can Help You Bounce Back From Tough Workouts - Men's Health](#)

In Conclusion:

Adding cold water therapy to your wellness regimen is a good idea because it is a natural and efficient approach to speed up your muscle recovery, lower your inflammation levels, and boost your overall health. Correct use of an ice bath tub has anti-inflammatory effects that can help athletes, fitness enthusiasts, and people with inflammatory illnesses.