

SL: Ice-Cold Success: Why Wait?

Hey, how's it going?

It's smart of you to offer multiple tubs to choose from, it definitely hits multiple different markets of people with different needs. I never knew that there were inflatable options, that's pretty cool.

You know, it's easier than you may think to grow your Instagram to over 25 THOUSAND followers.

The international companies use this strategy that guarantees ATLEAST 150 likes per post, some reaching up to 2,000!

I thought you could use this because I saw your Instagram was lacking engagement

This specific strat has moved not only Plunge but also IceBarrel to generate +5,000 followers in a single month.

I think you can benefit from this.

I created some eye-grabbing hook images that I created using the elements that both companies use, as well as a script you could use for a reel.

So, it's scientifically impossible for you not to generate at least half of these results.

I got this and 4 others that'll get you thousands of views.

Do you want to go over them?

Have a good one,

Owen

Script: Cold Exposure Benefits On Mental Health

Introduction:

"In a world that never stops, we often overlook our mental well-being. But here's a surprising secret - cold plunging can be your mental health savior."

Mental Health Benefits:

"Stress, anxiety, and overthinking can consume us. Cold plunging is your escape. In the cold, there's only one thing to focus on - the cold itself. It's a moment of mental clarity in a chaotic world."

Personal Experience:

"I lead a busy life, and cold plunging has been my stress antidote this past year."

Call to Action:

"Don't believe me? Try it for yourself. Experience the mental clarity it offers."

Conclusion:

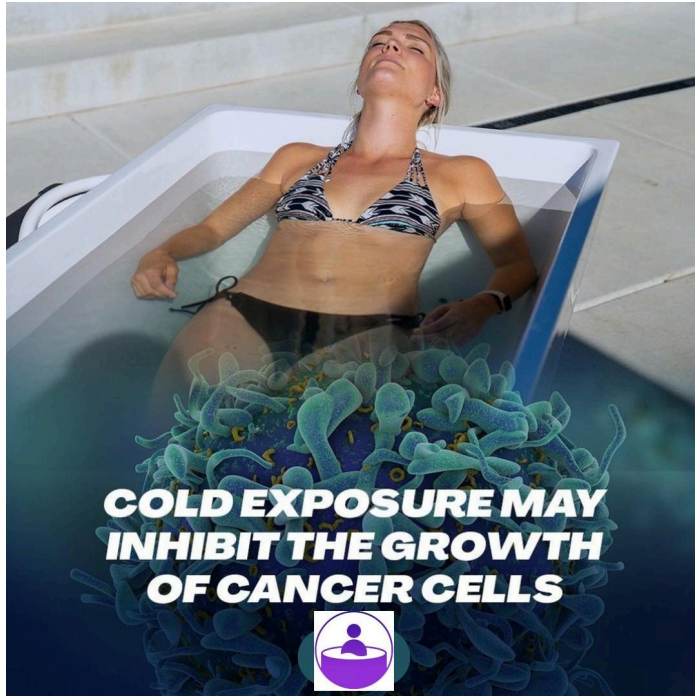
"In a world filled with chaos, cold plunging offers a moment of serenity. Dive in and find peace in the cold."

7 Cold Therapy Tips for Beginners

1. Prepare mentally and physically, especially if it's your first time
2. It's not a competition, so be mindful with your approach
3. Go easy on the water temperature at the beginning
4. Start with 30 seconds, the ideal time is 3 minutes
5. Have a buddy nearby for safety precautions
6. Don't rush to warm water, let the cool sensation linger
7. Create a solid recovery routine for your overall well-being

Mindful Monday





**COLD EXPOSURE MAY
INHIBIT THE GROWTH
OF CANCER CELLS**

