



YASS VALLEY **DAY SPA**

Cold-plunge treatment

All treatments involve a mandatory consultation prior to arrival for your appointment, which allows for any tailoring required to your treatment as well as any health or physical restrictions that may affect your ability to receive your treatment.

How do I prepare for the treatment?

There is nothing you need to do necessarily to 'prepare' for the treatment; however, the following medical conditions are contraindicated for this treatment:

- Under the age of 18
- Pregnant, a chance of pregnancy and/or breast-feeding
- Diabetes
- Open cuts/wounds/abrasions
- Raynaud's Phenomenon
- Current or previous cancer treatment
- Low or high blood pressure
- Poor circulation
- Asthma & COPD
- Recent surgery of any kind
- Heart disease and/or any kind of heart condition
- Under the influence of any alcohol or drugs

What can I expect during the treatment?

This treatment starts with a 45-minute sauna session, followed directly by the cold plunge.

First-time cold-plunge clients will be limited to a 3-minute plunge for optimum safety, building up to a maximum plunge of 10 minutes.

A timer will be set within the room and a therapist will monitor your session.

What do I need to do after my treatment?

- Avoid any further rapid temperature changes; stay warm.
- Light movement, such as walking, will help circulation.
- Continue with plenty of fluids
- Avoid alcohol.

Still have questions?

Please call or email us further to discuss.

Yass Valley Day Spa

Phone: 62263865

Email: info@yassvalleydayspa.com.au