

REPAIR | RECOVER | REJUVINATE

FIND US AT THE **RED STAR HEALING CENTRE**

TAKE THE PLUNGE IN 10 TO 15°C water

REDUCES INFLAMMATION & SWELLING

RELIEVES SORE MUSCLES

AIDS EXERCISE RECOVERY

LOWERS CORE BODY TEMP

SUPPORTS IMMUNITY

IMPROVES MENTAL HEALTH

R250



**ICE BATH
THERAPY**

**PER SESSION OF
10 - 15 MINUTES**

(Bring your own swimwear and towel)

**Towels can be purchased at Trend Bend*

www.redstarraceway.co.za | 076 624 6972

RED STAR ICE BATH THERAPY



HOW COLD WATER AFFECTS BREATHING



Being submerged in water (especially if you submerge your head and face) causes your heart rate to slow, your blood vessels to constrict and, most notably, changes your breathing pattern.

COMMON RESPONSES DURING COLD WATER IMMERSION ARE:

SHALLOW BREATHING OR BREATH-HOLDING

This occurs due to the activation of the vagus nerve, which signals the body to conserve heat. Shallow breathing is characterized by rapid, shallow inhalations and limited exhalations.

GASPING

Cold water immersion often triggers an initial gasping reflex, an involuntary deep breath taken in response to the shock of cold water. This reflex can lead to a sudden intake of air, causing irregular breathing patterns.

HYPERVENTILATION

Some individuals may experience hyperventilation, characterized by rapid and deep breathing, during or after a cold plunge. Hyperventilation can be a result of the body's attempts to restore oxygen levels or the body's reaction to stress. This happens because being exposed to cold water activates the fight-or-flight response, which is controlled by your sympathetic nervous system.



BREATHING TECHNIQUES

Controlling your breathing during an ice bath can help you mitigate some of these effects by activating your parasympathetic nervous system.

Doing this can make your ice bath more relaxing and enjoyable.

We promote slow, deep and controlled breathing during your ice bath. Our preferred technique is to practice 3-4 deep breaths before we get into the water to help us prepare and then return to that breathing technique throughout the ice bath.

The simplest way to do this is:

Breathe in through your nose for three seconds.

You can put your hands on your belly or your sides and feel them expand with each breath.

Slowly exhale, extending the breath out for 6 seconds.

When you breathe out, you can focus on relaxing your body or even think about relaxing specific muscle groups with each breath, such as your face and jaw, your back and shoulders or your hands and arms.



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