

HOW TO TAKE A COLD SHOWER

With practice, a cold shower is a relaxing and mindful start of your day. However, initially it can be very challenging.

The first time nearly everyone gets shocked.
That is: if not prepared.

So make sure you memorize our
COLD SHOWER GUIDE



1: PREPARE

1. Relax and keep your shoulders low.
2. Breathe slowly and consciously.
3. Let your resistance wash away with the warm water.
4. Visualize a fire inside of you.
5. Be open to the experience, embrace the cold.

2: GO

1. Turn off the hot water at once, or slowly as you wish.
2. Start with your feet, then legs, hands, wrists, arms, face etc.
3. Breathe consciously, with each new body part focus on a slow exhale.
4. Massage or rub your body parts while cold water is running over them.
5. Wash your entire body in the cold shower.

3: ENJOY

1. Rub yourself dry.
2. Remember to breathe consciously.
3. Enjoy the glorious, tingly feeling.
4. Enjoy the warm glow.
5. Feel energetic all day long!

Enjoy, have fun, and...don't take yourself too seriously.
For free online support: register online.

The Ice.Club: crazy about cold