



Cold Plunge Experience Without Getting Wet

Cold plunge benefits – without the water. PolarWave delivers the invigorating effects of cold immersion in a clean, dry, fully self-guided environment, helping members feel recharged and revitalized while eliminating the mess and maintenance of traditional ice baths.



Dry Cold Experience

Enjoy the effects of a cold plunge without water, towels, or cleanup.



No Maintenance Hassle

No plumbing, draining, or daily upkeep - simply plug in and go.



Fast, On-Demand Sessions

PolarWave offers the invigorating, quick sessions make it easy to cool down and reset between workouts or during busy schedules.

Key Features



Immersive Cold

Head to toe cooling without water or mess



Compact Footprint

Standalone design fits easily into smaller spaces



Optional Compression

Boost the impact of cold in the legs by adding additional pressure



Self-Guided Operation

Simple controls make every session easy - no staff required



Quick Sessions

3-7 minute sessions fit easily between workouts or busy schedules



Adjustable Cooling

Choose from multiple cooling levels to match comfort and preference

