

## Hot & Cold Therapy in Perfect Harmony.

Experience the transformative power of contrast therapy by alternating between the soothing warm water hydrotherapy of a Caldera® spa and the bracing chill of the Emerge™ cold plunge. This comprehensive wellness ritual delivers a complete therapeutic experience —providing a range of benefits from boosting your energy levels and reducing muscle soreness to improving sleep and elevating your mood. Discover a practice that renews both body and mind, helping you recover faster, feel more balanced, and embrace total well-being.

## Building Your Cold Plunge Routine.\*

Setting up a cold plunge routine tailored to your goals is simple:

### START SAFE AND GRADUAL

Begin with water temperatures between 7 - 15.5°C for 1-2 minutes, gradually extending duration and lowering temperature as tolerance builds.

### FREQUENCY

Aim for 2-4 sessions weekly, targeting a total of 11 minutes per week. This approach aligns with research highlighting optimal benefits from consistent exposure.

### MINDSET

Embrace the initial discomfort as an opportunity to practice calmness and resilience. Controlled breathing techniques, such as slow rhythmic breaths, can help manage the cold and extend your time comfortably.

\*Before starting any cold plunge routine, consult your doctor to ensure it is safe for you, especially if you have underlying health conditions, circulatory issues, or sensitivities to cold exposure.

## Ready to Take the Plunge?

Visit our website or contact your local Caldera Spas dealer to learn how the Emerge can bring the ultimate recovery and rejuvenation ritual to every day.



REFRESHINGLY COLD, EXPERTLY CRAFTED

# Meet The Emerge<sup>W</sup> Cold Plunge.



The Perfect Complement to Your Wellness Ritual, from Caldera Spas®

## Why Take the Plunge?<sup>1</sup>

Unlock the transformative power of cold therapy with the Caldera® Emerge™—a revolutionary cold plunge solution designed to bring recovery and holistic well-being to your home. This proven practice, favoured by athletes to build resilience, ease muscle soreness, accelerate recovery, and enhance physical performance, is now accessible to anyone seeking to elevate their wellness and enjoy their favourite activities longer. Discover the harmony of mind and body with the Emerge.

## The Science of Cold Exposure.<sup>2</sup>



### HEIGHTENED MOOD, FOCUS AND MENTAL ACUITY

Cold exposure stimulates the release of norepinephrine and dopamine, which enhance mood, motivation, and mental acuity.



### ENHANCED RESILIENCE TO STRESS

Pushing past “mental hurdles” with regular cold exposure trains the nervous system to handle stress calmly, reducing baseline anxiety over time.



### ENERGY BOOST

Cold water enhances your body’s natural cooling processes so you feel more alert and recharged. Depending on your health and sensitivity, cold plunging can leave you refreshed, rejuvenated and ready for the day.



### REDUCED MUSCLE SORENESS

By lowering tissue temperature, cold exposure helps muscles recover faster and reduces soreness, making it ideal for athletes and active individuals.

<sup>1</sup> Individual results may vary

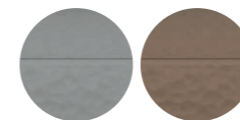
<sup>2</sup> <https://www.hubermanlab.com/episode/using-deliberate-cold-exposure-for-health-and-performance>

## Craftsmanship Meets Innovation.

The Caldera Emerge offers an unparalleled cold plunge experience. The perfect addition to your wellness retreat, it delivers the seamless performance, thoughtful design, and premium quality Caldera is famous for. Cold plunge enthusiasts seek experiences that inspire. With its ergonomic design, customisable temperature settings, and easy-fill system, the Emerge delivers on every level—helping you build resilience and recover faster.



### CABINETS



ASH

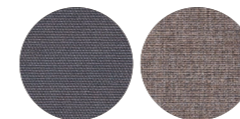
MOCHA

### SHELL



ARCTIC WHITE

### COVERS



GREY

STORM

### SPECIFICATIONS

Size 224 × 107 × 74 cm

Seats 1

Lowest Temp. 5°C

Dry Weight 165 kg

Water Capacity 425 litres

Electrical 230V / 13 amp

