

SOZO Longevity Center -- Cold Plunge FAQ

What is cold plunging and how does it work?

Cold plunging involves immersing your body in cold water (typically between 39°F-55°F) to trigger physical and mental recovery responses.

What are the benefits of cold plunge therapy?

Benefits include reduced inflammation, faster muscle recovery, improved circulation, boosted mood, and enhanced mental clarity.

How long should I stay in the cold plunge?

Most people plunge for 2-3 minutes, but we recommend starting with 30 seconds and working up gradually.

Is cold plunging safe for everyone?

It's generally safe for healthy individuals. If you have heart conditions, are pregnant, or have any medical concerns, consult your doctor before plunging.

Do I need to book in advance or can I walk in?

We recommend booking in advance to guarantee your spot, but walk-ins are welcome when availability allows.

What should I bring to my session?

Bring a swimsuit, towel, water bottle, and any personal care items you may need after your session. Swimwear is required, and showers are provided to rinse off before you go in.

What should I wear during a plunge?

A swimsuit or athletic wear that you're comfortable getting wet in is perfect.

How often should I cold plunge?

2-4 sessions per week is ideal for most people, but some clients enjoy plunging daily.

Do you offer memberships or packages?

Yes! We offer flexible drop-in rates, multi-session packs, and monthly memberships.

Can I combine the cold plunge with sauna or other therapies?

Absolutely. Many clients alternate between hot and cold for contrast therapy benefits.

Is there a minimum age to use the plunge?

Yes, participants must be at least 16 years old with a parent or guardian's consent.

What temperature is the water?

Our plunges typically range from 39°F to 50°F, depending on the session and your comfort level.

How do you keep the water clean and safe?

We use advanced filtration, UVC LED sanitation, and daily testing to ensure clean, safe water.

Can I use the plunge if I'm pregnant or have a medical condition?

Please consult your healthcare provider first. We prioritize your safety.

Do you offer private or group sessions?

Yes, we offer both private sessions and small group bookings for friends, teams, or events.