




# **Khione CoolTub and CoolCube Ice Bath User Manual**

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# INTRODUCTION

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Thank you for choosing the **Khione**. This document will provide information on how to safely use, install and maintain our ice bath products.

The CoolCube is a result of years of innovation, designed to efficiently and quietly cool or heat the water in your CoolTub for a convenient ice bathing experience. Featuring a highly efficient rotary compressor, low energy consumption, and minimal noise, the CoolCube is equipped with a corrosion-resistant Titanium heat exchanger that even withstands salt water. The built-in display allows easy control of the product settings. Please read this manual carefully before operating the system.

The CoolTub is lightweight enough to be carried and transported in the included backpack, but made to last ages using the latest techniques and materials. The bath has been designed to optimally maintain the temperature of the water in it, leading to greatly improved efficiency and speed when used in combination with a CoolCube.

The Khione Ready-to-Go pack combines these products in an awesome plug and play icebath.



# SAFETY PRECAUTIONS

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- Disconnect the CoolCube and associated pump from the electrical grid before entering the water. Although designed and tested for safety, we recommend not using the cooling or pumping function while in contact with water.
- Use a grounded wall outlet for the CoolCube and pump.
- Protect the machine from external factors such as rain and dirt.
- Ensure sufficient space in the front and back of the machine for airflow. Leave at least 1 ft of space on the front and back of the machine while in use.
- For optimal protection, use clean water with the cooling machine.

# SETUP AND INSTALLATION COOLCUBE WITH SUBMERSIBLE PUMP

- Attach hose (#3) to the top outlet (water out) of the CoolCube (#1)
- Attach hose (#4) with the blue connector to the bottom (water in) inlet of the CoolCube (#2)
- Attach the other side of hose (#4) to the submersible pump.
- place the pump in the water and turn the CoolCube and pump on.
- See Chapter “**CoolCube Operation and Settings**” for setting your preferences goal temperature and more



1. CoolCube Cooling Unit



2. Submersible Pump



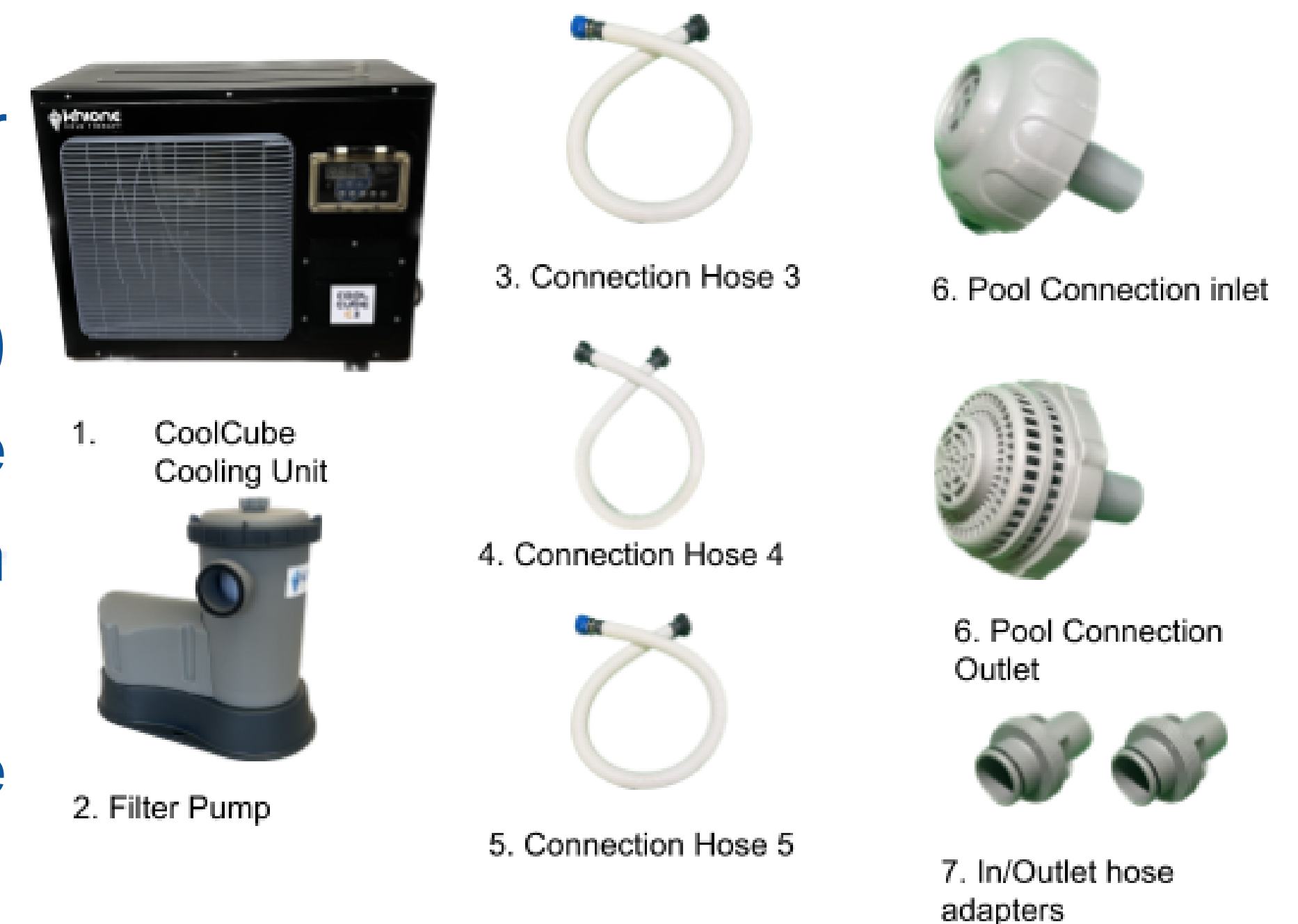
3. Connection Hose 3



4. Connection Hose 4

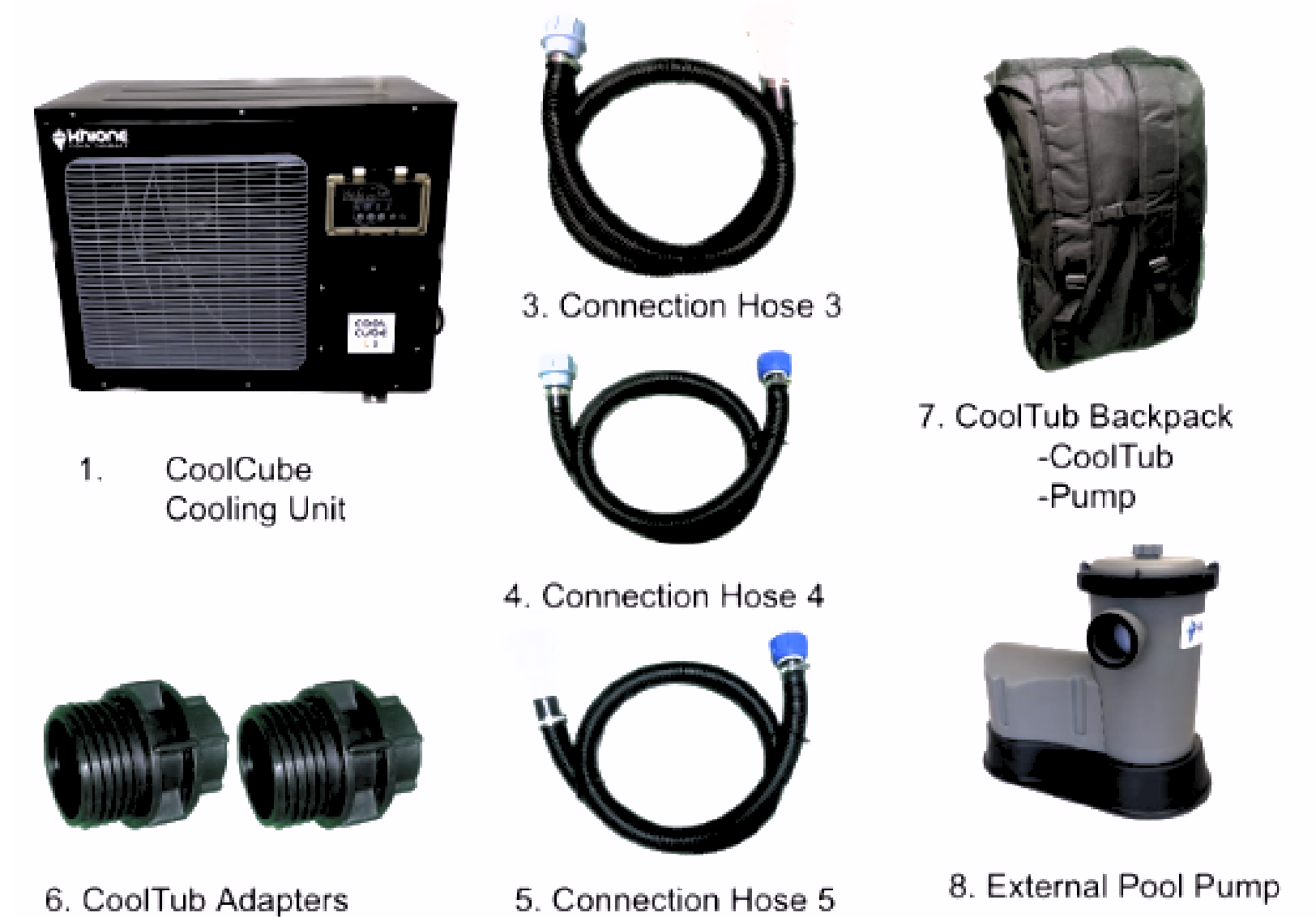
# SETUP AND INSTALLATION COOLCUBE WITH EXTERNAL PUMP

- Attach Connection Hose #4 to the top part of the filter pump (#2) (water in)
- Attach connection hose #3 to the bottom (water out ) part of the pump (2#) with the grey connector. Use the blue connector on the same hose to connect this with the lower connection of the CoolCube (#1) (water in)
- Attach connection hose 5 to the top part of the CoolCube (water out)
- Now use the pool connection set (6/7/8) to attach the cooling system to your pool. This must be using an and outlets below the waterline.
- Fill the system with water.
- Twist off the small vent on the top of the pump (#2) to allow water to flow into the pump and hoses.
- Turn on the pump and CoolCube to start cooling and enjoy your ice bath.
- See Chapter “**CoolCube Operation and Settings**” for setting your preferences goal temperature and more



# SETUP AND INSTALLATION FOR COOLCUBE READY-TO-GO PACK

- Inflate the CoolTub (#7) using the included air pump to 10 PSI.
- Install the pump on a level surface and attach the two hoses (#3 and #5) with grey connectors to the pump(#8). The one coming from the Water out from the CoolTub should be connected to the top inlet on the pump. The bottom outlet of the pump connects to the CoolCube.
- Remove the caps covering the CoolTub's in and outlet.
- Attach the two adapters (6) to the CoolTub's in and outlet.
- Connect the turquoise connector of hose 3 to the WATER OUT outlet of the CoolTub.
- Connect the hose #4 to the CoolTub WATER IN inlet;
- Attach the other end of hose 4 to the top outlet of the CoolCube (WATER OUT)
- Connect hose 5 with the blue connector the the bottom o (WATER IN) of the CoolCube
- Fill the system with water.
- Twist off the see-through lid on the pump (#7) to allow water to flow into the pump and hoses.
- Turn on the pump and CoolCube to start cooling and enjoy your ice bath.
- See Chapter “**CoolCube Operation and Settings**” for setting your preferences goal temperature and more





# COOLCUBE OPERATION AND SETTINGS

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- The CoolCube is easy to set up and use. The machine stores your desired temperature setting, even after being disconnected from power, and resumes cooling or heating upon power restoration.
- Step 1 - Connect the CoolCube and pump power plugs and ensure the pump and exit hose are in the water.
- Step 2 - Press the ON/OFF button (5) to turn on the CoolCube. The display shows the current water temperature.
- Step 3 - Press and hold the SET button (3) for three seconds to set the goal temperature. The temperature indicator blinks.
- Step 4 - Press UP ↑(1) and DOWN ↓ (2) to set the goal temperature.
- Step 5 - Press the SET (3) button again to confirm the goal temperature. The water will be cooled or heated accordingly, and the machine will stop once the desired temperature is reached.
- OPTIONAL Step 6 - Press the REPL button (4) to maintain the goal temperature. The Cool



# PRODUCT WARRANTY

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1. Three year warranty with the product.
2. Khione is responsible for the maintenance or replacement of issues due to:
  - Damage caused due to inadequate product quality.
  - Damage due to errors in the production process.
  - Errors that occur within three years of normal use.
3. Khione is not liable for
  - Incorrect use of maintenance by unskilled /certified personnel.
  - Damage that occurs after warranty period.
  - Damage due to frost/freezing

# FUN FACT

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**Did you know** that cold therapy isn't just a modern trend but has roots going back to ancient civilizations? The ancient Greeks, Romans, and even the famed philosopher Hippocrates extolled the virtues of using cold water and ice to improve health. The practice was called "hydrotherapy," and it was believed to balance your "humors" or bodily fluids, thus leading to better health and well-being.

Fast forward to today, and the science has caught up with the tradition. Cold therapy and ice baths are lauded for their ability to reduce muscle inflammation, improve mental clarity, and even boost your mood! Cold exposure triggers the release of adrenaline and endorphins, the body's natural "feel-good" chemicals, giving you that euphoric "ice high" after a cold plunge. So the next time you find yourself in chilly waters, know that you're part of a long and storied tradition of wellness!

I hope you find this fun fact as cool as we do! ❄️

# MEET SARAH

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Meet Sarah.....

**Meet Sarah**, a marathon runner who was struggling with prolonged recovery times and frequent injuries. After incorporating the Khione CoolTub into her training regimen, not only did her recovery speed up, but she also shattered her personal best time by 10 minutes! She attributes her newfound endurance and vitality to her regular ice bath sessions. Now, she's not just breaking records but also enjoying the calm, meditative focus she experiences while submerged in her CoolRTub. Sarah says, "It's not just recovery; it's a recharge for my body and mind!"



# WARRIORS!

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Hey Khione Warriors! 

How's life on the cooler side? We bet it's a blast! If you're loving it as much as we are, scan that QR code and leave us a review.

Bonus Alert: Every review enters you for a chance to WIN a **CoolTub ice bath!**

Your voice helps grow our icy-cool community.

Let's keep this wellnesswave rolling!

