



CEDRO
SAUNA

CEDRO COLD PLUNGE USER MANUAL



Congratulations on your new Cedro Cold Plunge! This manual will guide you through the setup, operation, and maintenance of your unit to ensure you get the best experience. Whether you're using it for muscle recovery, boosting circulation, or simply refreshing relaxation, the Cedro Cold Plunge is designed for easy use and reliable performance.

Safety Precautions

- Always ensure the chiller is unplugged from the wall before performing any maintenance or disassembly.
- Do not tilt the chiller on its side or upside down. If this occurs, wait a minimum of 24 hours before plugging the chiller back in.
- Maintain clear space around the vents: a minimum of 4 feet from the access panel and 3 feet from any rear obstructions.
- Keep the cold plunge covered during non-use to maintain cooler temperatures, conserve electricity, and protect the water from debris.
- Turn off and drain the chiller when the ambient temperature is 32°F or below to prevent damage from freezing.

Product Overview



Components:

- Pre-installed chiller
- Digital touch screen
- Camlock fittings
- Pentair Pentek 5" sediment filter
- UV Clarifier



Features:

- Temperature control
- Efficient condensation management
- Easy-access sediment filter and UV clarifier

Setup Instructions

All components of your Cedro Cold Plunge come pre-installed for an easy startup process. Before first use, ensure that your cold plunge is placed on a flat, stable surface with adequate clearance around the vents.



If Removing the Chiller:

- **Unplug the Chiller:** Ensure the chiller is unplugged from the wall before proceeding.
- **Document Wiring:** Take a photo of the wiring connected to the digital screen for reference.
- **Disconnect Wiring:** Unplug the chiller from the touch screen.
- **Unhook Camlock Fittings:** Unhook the two camlock fittings connected to the chiller. If water is present in the cold plunge, place a towel under the connections and have a bowl ready to catch any water that may leak during removal.
- **Maintain Chiller Position:** Keep the chiller level during removal. If tilted or turned upside down, wait 24 hours before plugging it back in to allow the refrigerant to equalize.



Water Filling Instructions:



- **Ensure Proper Priming:** The pump is not self-priming. You must fill the tub before plugging in the cold plunge.
- **Filling Process:**
 - Fill the tub above the lower circulation hole.
 - Once filled above the lower circulation hole use a hose to fill the lower hole until water flows out of the top hole.
 - At this point, you can plug in the chiller.
- **Fill Level:** Do not fill the tub more than three inches above the top circulation hole.

Operating Instructions

▶ Setting the Temperature:

- **Access the Temperature Settings:** Press the "Set" button on the digital screen.
- **Adjust the Temperature:** Use the up or down arrows to select your desired temperature.
- **Confirm:** Once the desired temperature is displayed, the unit will automatically adjust to maintain this setting.



Normal Operation Notes:

It is normal for the filters and hoses to sweat due to condensation. The cabinet is designed to manage and wick away this moisture efficiently.

Maintenance and Care

▶ Sediment Filter:



Monthly Check: Inspect your Pentair Pentek 5" sediment filter monthly. Washable or replacement filters are available for purchase.

▶ Annual Maintenance:

Annual Maintenance: Perform an annual check on the UV clarifier bulb to ensure it is functioning correctly. Replacement bulbs are available for purchase.

▶ Winterizing Your Cold Plunge:

Freezing Temperatures: If the ambient temperature is expected to drop to 32°F or below, turn off the chiller and drain and remove chiller to prevent freezing. Water freezing inside the chiller can cause significant damage.

Use Without Chiller: Caps are provided to use the cold plunge without the chiller if desired.

Troubleshooting

Technical Specifications:

- **Power Requirements:** 110-120V 4 amps
- **Weight:** 300-2000 Lb



Common Issues:

Chiller Not Cooling: Ensure the unit is properly plugged in and that the refrigerant has had adequate time to equalize if the chiller was recently tilted.

Condensation Issues: Verify that the cabinet's venting is not obstructed and that the unit has adequate clearance from walls or other objects.

Pump Not Working: Double-check that the water level is above the lower circulation hole and that the unit has been primed correctly.



When to Contact Support:

If you encounter any issues not covered by this manual, or if troubleshooting does not resolve the problem, please contact Cedro Cold Plunge customer service.

Warranty Information



Warranty Coverage:

Your Cedro Cold Plunge comes with a 1-year warranty covering defects in materials and workmanship.

For warranty service, please contact customer service at team@saunaplace.com and provide your proof of purchase.

- **Phone:** 877-525-3504
- **Email:** team@saunaplace.com
- **Website:** www.saunaplace.com

Thank you for choosing the Cedro Cold Plunge. Enjoy your refreshing and invigorating experience!



Contact us!

Safety Instructions:



UV Filter

IMPORTANT INFORMATION: Please read these instructions thoroughly before use. Failure to follow instructions may result in equipment damage or failure, losses, injury, or death. **DANGER:** To avoid possible electric shock: • If the power cord has been damaged, DO NOT operate, the UltraUV™ transformer should be replaced. • Prior to installation, inspect the quartz sleeve and UV-C bulb to ensure there was no damage during transportation. • After installation, the UltraUV™ should be examined to ensure there is no water on parts not intended to be wet. • If the UltraUV™ shows signs of any water leakage, immediately unplug it from the power source. • If the UltraUV™ falls into the water, DO NOT reach for it. First, unplug it and then retrieve it. • Close supervision is necessary when the unit is used near children. **WARNING:** To reduce the risk of electric shock: • Connect only to a properly grounded receptacle, which is serviced by a Ground Fault Circuit Interrupter, and never remove the ground pin from the plug. • Provide a “drip loop” for the power cord. This is a loop in the cord below the level of the receptacle or plug that prevents water from traveling along the cord in the direction of the receptacle. • ALWAYS unplug the UltraUV™ from the power source when it is not in use, and before installing, removing, or servicing the UltraUV™ components. • If an extension cord is necessary, a cord with a proper rating should be used. A cord may overheat if the cord is rated for less amperes or watts than the unit rating. • DO NOT immerse the UltraUV™ plug in water or attempt to use a wet plug. • The UltraUV™ is NOT suitable for use in swimming pools, swimming ponds, or other situations where bodily contact is made with the water. Although the UltraUV™ is designed for outdoor use, it should never be submerged in water. Avoid contact with the UV light. Light emitted can be harmful to the eyes and skin. **GROUNDING INSTRUCTIONS** – This appliance must be grounded. In the event of a malfunction or breakdown, grounding will reduce the risk of electric shock by providing a path of least resistance to electric current. This appliance is equipped with a cord having an appliance-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is installed and grounded in accordance with all local codes and ordinances. **WARNING** – Improper connection of the appliance-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service representative if you are in doubt whether the appliance is properly grounded. Do not modify the plug provided with the appliance; if it will not fit the outlet, have a proper outlet installed by a qualified technician.

CAUTION: To reduce the risk of equipment damage or failure: • DO NOT place UltraUV™ in direct sunshine. • DO NOT place UltraUV™ near flammable or other dangerous materials or objects. • ALWAYS unplug the unit if there is no water running through it to prevent overheating. • UltraUV™ is NOT submersible; do not place UltraUV™ where it might contact or fall into the water. • DO NOT operate during freezing conditions. Drain UltraUV™ and store in a protected location. • DO NOT operate the UltraUV™ with a pump larger than the maximum flow rate indicated by the unit specifications. Operating with a pump larger than recommended can reduce the UV's effectiveness or cause damage to the UV and will NOT be covered under warranty.

Safety Instructions:



PLEASE READ ALL SAFETY PRECAUTIONS & FOLLOW ALL INSTRUCTIONS CAREFULLY

1. WARNING: To reduce the risk of injury, do not permit children to use this product unless they are closely supervised at all times.

2. DANGER: Risk of accidental drowning. Extreme caution must be exercised to prevent unauthorized access by children. To avoid accidents, ensure that children cannot use this product unless they are supervised at all times.

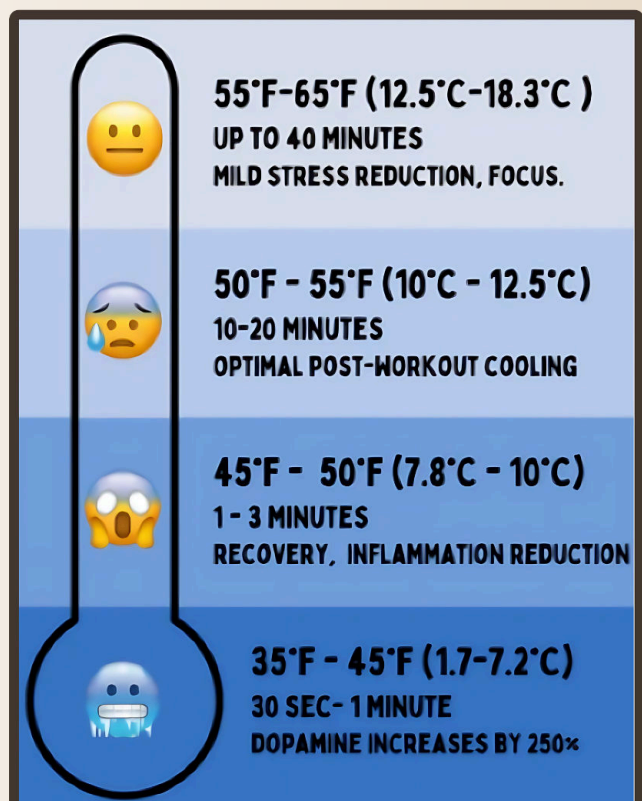
3. DANGER: Risk of Injury. The suction fittings in this Plunge are sized to match the specific water flow created by the pump. Should the need **arise to replace the suction fittings or the pump, be sure that the flow rates are compatible. Never operate the Cedro Cold Plunge if the suction fittings are broken or missing. Consult The Sauna Place Inc. for assistance in getting a replacement suction fitting.**

4. DANGER: Risk of electric shock. Install at least 1.5 meters (5 feet), from all electrical devices.

5. DANGER: Risk of Electric Shock. Do not permit any electrical appliance, such as a light, telephone, radio, television, etc. within 1.5 meters (5 feet) of a Cedro Cold Plunge.

6. ELECTRICAL SUPPLY: The electrical supply for this product must include a suitable circuit breaker.

7. WARNING: The use of alcohol, drugs, or medication before or during Plunge use may lead to unconsciousness with the possibility of drowning. Persons suffering from obesity or a medical history of heart disease, low or high blood pressure, circulatory system problems, or diabetes should consult a physician before using Cedro Cold Plunge. Persons using medication should consult a physician before using a cold plunge since some medications may induce drowsiness, while other medications may affect heart rate, blood pressure, and circulation.



Safety Precautions Warning:

THIS APPLIANCE IS NOT INTENDED FOR USE BY PERSONS (INCLUDING CHILDREN) WITH REDUCED PHYSICAL, SENSORY, OR MENTAL CAPABILITIES, OR LACK OF EXPERIENCE AND KNOWLEDGE UNLESS THEY HAVE BEEN GIVEN SUPERVISION OR INSTRUCTION CONCERNING USE OF THE APPLIANCE BY A PERSON RESPONSIBLE FOR THEIR SAFETY. WARNING: CHILDREN SHOULD BE SUPERVISED TO ENSURE THAT THEY DO NOT PLAY WITH THE APPLIANCE. WARNING: CLEANING AND USER MAINTENANCE SHALL NOT BE MADE BY CHILDREN WITHOUT SUPERVISION.

WARNING: CHILDREN SHOULD NOT USE THE CEDRO COLD PLUNGE. WARNING: PEOPLE WITH INFECTIOUS DISEASES SHOULD NOT USE THE CEDRO COLD PLUNGE. WARNING: TO AVOID INJURY, EXERCISE CARE WHEN ENTERING OR EXITING THE PLUNGE. WARNING: DO NOT USE DRUGS OR ALCOHOL BEFORE OR DURING THE USE OF CEDRO COLD PLUNGE TO AVOID UNCONSCIOUSNESS AND POSSIBLE DROWNING. THE USE OF ALCOHOL OR DRUGS CAN ALSO GREATLY INCREASE THE RISK OF FATAL HYPOTHERMIA.

WARNING: PREGNANT OR POSSIBLY PREGNANT WOMEN SHOULD CONSULT A PHYSICIAN BEFORE USING THE PLUNGE. WARNING: WATER TEMPERATURE IN EXCESS OF 38°C (100°F) MAY BE INJURIOUS TO YOUR HEALTH.

WARNING: BEFORE USING THE CEDRO COLD PLUNGE, MEASURE THE WATER TEMPERATURE WITH AN ACCURATE THERMOMETER.

WARNING: PROLONGED IMMERSION IN THE PLUNGE MAY BE INJURIOUS TO YOUR HEALTH. WARNING: DO NOT PERMIT ELECTRIC APPLIANCES (SUCH AS LIGHT, TELEPHONE, RADIO, TELEVISION, ETC.) WITHIN 1.5 METERS (5 FEET) OF THIS PLUNGE. CAUTION: MAINTAIN WATER CHEMISTRY IN ACCORDANCE WITH MANUFACTURER'S INSTRUCTIONS.

Prolonged immersion in cold water may induce hypothermia. While it is important to keep our bodies properly warm, it is equally important for us to be able to cool down. But in certain environmental conditions, our bodies cool down too much. Our temperatures drop too far when they dip into hypothermic internal temperatures of 95 degrees and lower. There are four main ways that our bodies give off heat and cool themselves: conduction, convection, radiation, and evaporation. Each of these processes helps us sustain healthy internal temperatures. They also give us a better understanding of how hypothermia happens. When someone's warming reactions, like shivering, aren't enough to overcome the cooling process, hypothermia can set in. Look for several important signs indicating the different stages of hypothermia. Mild hypothermia: shivering, goose bumps, difficulty with complex motor skills moderate hypothermia: violent shivering, sluggish, speech problems, difficulty with fine motor skills severe hypothermia: rigid muscles, dazed, shivering has stopped, blue skin, erratic heartbeat, unconscious.

Safety Precautions Warning:

WARNING: We recommend that the Plunge be installed above ground. Consult a licensed building contractor to design or evaluate your custom decking requirements.

WARNING: The use of alcohol or drugs can greatly increase the risk of fatal hypothermia in cold plunges.

OUTDOOR GROUND LEVEL INSTALLATION WARNING No matter where you install your new Cedro Cold Plunge, it's important that you have a solid foundation for support. If using patio stones, they should be at least two inches thick and twelve inches square. Even with stones in place, the Cedro Cold Plunge will possibly settle and become uneven and may require re-leveling over time. Deck Installation: To be certain your deck can support your Cedro Cold Plunge, you must know the deck's maximum load capacity. Consult a qualified building contractor or structural engineer. This weight per square foot must not exceed the structures' rated capacity or serious structural damage could result.

THE CEDRO COLD PLUNGE with water is close to 2,000 lbs. ELECTRICAL INSTALLATION REQUIREMENTS PLUNGE MUST BE WIRED IN ACCORDANCE WITH ALL APPLICABLE LOCAL ELECTRICAL CODES. ALL ELECTRICAL WORK SHOULD BE DONE BY AN EXPERIENCED, LICENSED ELECTRICIAN AND APPROVED BY A LOCAL BUILDING/ELECTRICAL INSPECTION AUTHORITY. WE RECOMMEND THE USE OF APPROPRIATE ELECTRICAL CONDUIT, FITTINGS, AND WIRE FOR ALL CIRCUITS.

WARNING: Removing or bypassing any Ground Fault Circuit Interrupter breaker will result in an unsafe Plunge and will void the Plunge's warranty. WARNING: All electrical hookups (except where cords with built-in GFCI are supplied by Plunge) must be performed by a licensed electrician. WARNING: Do not turn on power to the Plunge until the Plunge is filled to the required level. Running the pump without water could cause immediate damage and void your warranty!

1-Year Limited Warranty

Your Plunge is warranted against water loss due to defects in the Stainless surface of the Cold Plunge due to defects in workmanship or materials for one year from the original date of purchase.

1-YEAR EQUIPMENT AND CONTROLS – Specifically the pumps, heater, and control system – are warranted against malfunctions due to defects in workmanship or materials for one year from the original date of purchase.

1-YEAR PLUMBING COMPONENTS – Plunge plumbing components are warranted against leaks due to defects in workmanship or materials for one year from the original date of purchase. The factory-installed Plunge Water Purification system is warranted against malfunction due to defects in workmanship or materials for one year from the original date of purchase, except the UV-C bulb and quartz tube. The UV-C bulb and quartz tube are warranted for ninety (90) days from the original date of the spa purchase. All other factory-installed components not mentioned specifically, including, but not limited to the frame valves Lighting systems, filter shield, filter lid, and mechanical components are warranted against malfunction due to defects in workmanship or materials for one year from the original date of purchase.

This Limited Warranty is void if Plunge or its designated representative determines that the Cold Plunge has been subjected to damage or failure due to the installation of aftermarket parts that are not Genuine Cedro Cold Plunge branded Parts & Accessories. This disclaimer includes, but is not limited to filters, UV-C bulbs, repair parts, and other accessories. Genuine Cedro Cold Plunge brand Parts & Accessories are built to our highest standards of quality, durability, and performance, and they are designed to work with your Plunge to ensure optimal performance and function.

PERFORMANCE To obtain service in the event of a defect covered by this Limited Warranty, notify Cedro as soon as possible and use all reasonable means to protect the spa from further damage. Upon proof of purchase, a designated service representative will correct the defect subject to the terms and conditions contained in this Limited Warranty. There will be no charge for parts or labor to repair the defect, although providing access to affect the repair is your responsibility as the Cold Plunge owner. You may be assessed reasonable repairman travel mileage charges. In the event that the spa is removed to a repair facility for repair and reinstalled, the cost of removal and reinstallation will be your responsibility as the Cold Plunge owner. The Manufacturer reserves the right, at its sole option, to either repair or replace any covered part and in the event it chooses to provide a replacement Cedro Cold Plunge, it will be of equal value to the original Cedro Cold Plunge. In such an event, reasonable costs for removal of the original Plunge, shipping costs from the factory for the replacement Plunge, and delivery and installation of the replacement will be your responsibility as the owner. The replacement Cedro Cold Plunge will carry the balance of the original Cedro Cold Plunge warranty.

1-Year Limited Warranty

WARRANTY LIMITATIONS This Residential Limited Warranty is void if: Used in a commercial setting, the Manufacturer or its designated representative determines that the Cedro Cold Plunge has been subjected to alteration, neglect, misuse or abuse, or freight damage caused by the common carrier; any repairs have been attempted by anyone other than a designated representative; or if the failure is caused by accident, acts of God or other causes beyond the control of the Manufacturer. Neglect, misuse, and abuse include any installation, operation, or maintenance of the Cedro Cold Plunge other than in accordance with the instructions contained in the owner's manual provided with the Plunge, including but not limited to the failure to maintain proper water chemistry and chemical balance and the use of abrasive or improper cleaners or non-genuine parts and accessories. This Limited Warranty does not provide coverage for the insulating cover, any item attached to or installed on the Plunge after the date of manufacture, or for gaining access to any component for repair or replacement. Cedro Cold Plunge used in commercial applications is excluded from any coverage whatsoever. The owner accepts liability for repair work performed by anyone other than the Manufacturer or a designated Cedro Cold Plunge representative. Cedro Cold Plunge is not responsible for work performed on any units outside of the contiguous United States.

LIMITATIONS ON IMPLIED WARRANTIES This Limited Warranty takes the place of all other warranties, express or implied, in fact or at law. All warranty service must be performed by the Manufacturer or its designated representative using authorized Plunge parts. No agent, dealer, distributor, service company, or other party is authorized to change, modify, or extend the terms of this limited warranty in any manner whatsoever. The Manufacturer will not be responsible for any statements or representations made in any form that go beyond, are broader than, or are inconsistent with any authorized literature or specifications furnished by Plunge.

DISCLAIMERS The MANUFACTURER AND ITS REPRESENTATIVES WILL NOT BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, and shall not be liable for any injury, loss, cost, or other damage, whether incidental or consequential, arising out of any defect covered by this limited warranty, including without limitation, loss of use of the Cedro Cold Plunge and cost for removal of defective product even if the Manufacturer was advised of the possibility of damage, and water damage. The liability of the Manufacturer under this limited warranty, if any, shall not exceed the original amount paid for the defective product. Coverage under this limited warranty shall commence as of the original date of purchase and the duration of such coverage shall not extend for any reason whatsoever beyond the stated time periods. These disclaimers shall be equally applicable to any service provided by the Manufacturer and its designated representatives.

LEGAL RIGHTS This Limited Warranty gives you specific legal rights. There are no warranties applicable to Cedro Cold Plunge products except as expressly stated herein or as implied by applicable state and federal laws. You may also have other rights that vary from state to state. Some states do not allow limitations on how long an implied warranty lasts, disclaimer of certain warranties, or the exclusion or limitation of incidental or consequential damages so some of the above limitations.