CHILL TUBS°

ESSENTIAL

CHILLER

User Manual

WHAT'S IN THE BOX?

Take a moment to find out what's included;

- 1 x Chill Tubs Essentials Chiller Unit
- 2 x water pipes
- 1 x power cable

Unpacking your Chill Tubs Essential Chiller Unit

- Please read carefully through this user manual before using your Chill Tubs Essential Chiller Unit.
- Go to **chilltubs.com/support** to register and activate your Chill Tubs warranty.
- Complete the steps in the **QUICK START GUIDE** to assemble your Chill Tubs Essential Chiller Unit.

CUSTOMER SUPPORT

If you have any questions about setting up or using your Chill Tub, please visit our website for further information, FAQs, troubleshooting and customer support.

OWNERS RESPONSIBILITY

Electricity is very dangerous, in order to prevent accidents or death please pay attention to safety and ensure you fully read this instruction manual before use.

1. During and after transportation, the Chiller Unit must stay upright on a stable surface at all times.
2. After transportation, and before use, the chiller **must be left for 24hrs** for the refrigeration gas to settle.
3. Make sure there are **no water leaks** from the Chiller Unit, or inlet and outlet pipes when connected to the Chill Tubs Essential Bath.
4. Make sure the Chiller Unit is plugged into an AC socket or extension cable that is suitable for use, properly grounded, has a built in surge protector and preferably is 1P65 rated.
5. Ensure the Chiller Unit is **kept dry at all times**, do not immerse, splash or spray the unit with water. If the unit does get wet, unplug it immediately and do not use.
6. **Never** leave the Chiller Unit switched on when using the Chill Tubs Essential Bath, always ensure the unit is **turned off** during your cold water therapy session.
7. If the Chiller Unit stops working or doesn't work when switched on, unplug it immediately and do not use.
8. We accept no responsibility for misuse or failure to use this equipment safely as instructed**.**

HEALTH & SAFETY WARNINGS FOR THE USER

Taking the plunge is a big step

Chill Tubs declines all liability for damages arising for failure to observe the following directions.

Health disclaimer: If you're unsure about whether this is for you then please check with your doctor before using your Chill Tub.

Chill Tubs are suitable for most people, most of the time, however we recommend to take a cautious approach and we would advise that people with reduced mobility, sensory, and/or cognitive abilities only use the Chill Tub if supervised and only if they have the knowledge necessary to use the equipment safely, as well as to understand the dangers arising from improper use.

Tolerance to cold water varies from person to person and we recommend being mindful of gradually building up the duration of use with the Chill Tub and be cautious when using it alone.

New to this?

It is quite dangerous to suddenly jump into cold water that's significantly cooler than what you're used to as it can cause a shock to the body. Therefore, enter the water slowly and keep your face shoulders and hands clear until your breathing is under control.

The cold-water shock response decreases with cold exposure experience and being mentally prepared.

A risk factor is hypothermia.

This occurs when you suffer a drop-in core body temperature and can eventually lead to loss of consciousness and heart failure. The amount of time you can spend in cold water without suffering from hypothermia is determined by the water temperature, your body size and shape, your level of cold adaptation and your experience, among other factors. Check with your doctor as relevant. Start with safe, short dips of 30 seconds to learn what your limits are. If you begin to feel uncomfortable or you start to shiver, listen to your body, get out and slowly warm up by walking around.

If you have a chiller, you can check the water temperature before entering the Chill Tub, to ensure that it is at temperature that is suitable for your experience in cold exposure. If you don't have a chiller you can use a water temperature thermometer. Chill Tubs does not accept responsibility for any inaccuracies with your own thermometers.

Children must be supervised near the Chill Tub to make sure they do not play with the equipment and do not carry out operations to be performed by adults, such as maintenance and cleaning. Always attach the cover when not in use. Children are not advised to use the Chill Tub.

Please check with your doctor as relevant. Pregnant women should talk to a doctor first, low temperatures are not advised. Anybody under medical care, such as people with heart conditions, diabetes, high or low blood pressure or other health problems must not use the Chill Tub without first consulting their doctor. People with infectious diseases should not use the Chill Tub without first consulting their doctor.

Do not use the Chill Tub after drinking alcohol or taking recreational drugs.

The use of alcohol or drugs can greatly increase the risk of fatal hypothermia when using the Chill Tub.

Do not use your Chill Tub during extreme weather conditions (during storms or floods etc). It is also recommended to place the Chill Tub in an area that will not attract standing water.

Be very careful when getting in and out of the Chill Tub. Surfaces may be slippery when wet.

DO NOT use other electrical appliances such as radios, hairdryers etc near the Chill Tub when it is not empty. It is important to maintain water cleanliness in accordance with Chill Tub's instructions by following the correct cleaning procedure, see page 14.

DO NOT use any unapproved chemicals or detergents unless you plan to rinse the Chill Tub thoroughly to remove any remnants of cleaning products before refilling with the water you will bathe in. Chemicals such as ammonia, combustible substances, bromine, fluorine are not advised on the Chill Tub as they may risk passing on to users.

DO NOT use a pressure washer to clean the Chill Tub as this may result in damage.

It is very important to keep the cover on when the Chill Tub is not in use - this is to prevent injury to children or animals.

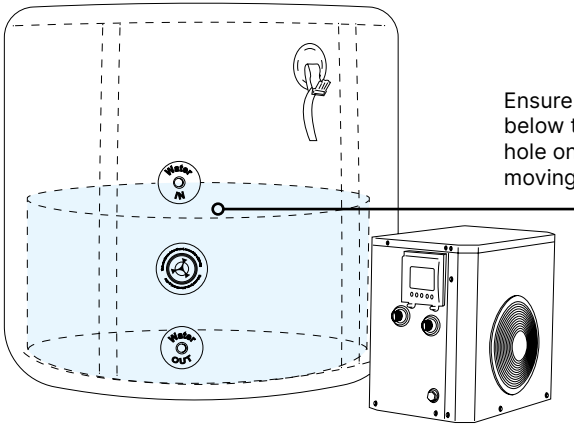
Any repairs required must be made by a Chill Tubs approved engineer. Chill Tubs cannot accept liability for any damage arising from alterations or repair made by non-approved engineers.

If you have a chiller unit, It is the end user's responsibility to ensure the power supply used is on an RCD protected circuit.

YOUR QUICK START GUIDE

Setting up the Essential Chiller

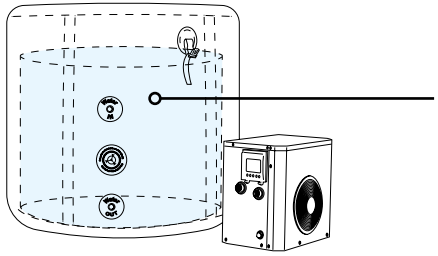
1. Ensure you have assembled and inflated your Essential Bath or Pod product first before continuing.
2. Place the essential chiller on a stable flat surface next to your ice bath, leaving a recommend 50cm space around the chiller unit for ventilation.
3. Connect both the Inlet and Outlet water pipes between the ice bath and chiller unit; ensure the pipes are 'hand tight', and the valves are first set to the closed position.
4. Now fill your ice bath with cold water - but initially ensure the water level is just below the water outlet hole on the ice bath before moving to the next step.



Ensure the water level is below the water outlet hole on the ice bath before moving to the next step.

First use - Switching on the Essential Chiller

1. Turn both the Inlet and Outlet water pipe valves to the Open position.
2. Next, wait until you see the water run through the first pipe to the chiller unit, and then run into the pipe that flows back to the ice bath. The chiller is now ready to be switched on.
3. Once you see the water run into both pipes, plug in and switch on your essential chiller unit.
4. After a few seconds, the chiller should start circulating the ice bath water, and can take up to a few minutes to push any remaining air out of the system and start chilling the water.
5. If required, you can now continue filling the ice bath with water, up to your desired level.



Once you see the chiller circulating the water, you can then continue filling the ice bath with water, up to your desired level.

We recommend that you turn your **Screen Lock On** once you have set your desired temperature or chosen program on the chiller unit, as water (rain) can sometimes activate the touch buttons, and also helps prevent against any accidental changes to your set program.

Once you see the chiller circulating the water, you can then continue filling the ice bath with water, up to your desired level. You can press and hold the power button for 3 seconds to lock and unlock the LCD screen.

HOW LONG SHOULD I STAY IN COLD WATER?

The amount of time you can spend in cold water without suffering from hypothermia is determined by the water temperature, your body size and shape, your level of cold adaptation and your experience, among other factors.

Check with your doctor as relevant. Start with safe, short dips of 30 seconds to learn what your limits are. If you begin to feel uncomfortable or you start to shiver, listen to your body, get out and slowly warm up by walking around. If you like, you can check the water temperature before entering the Chill Tub to ensure that it is at temperature that is suitable for your experience in cold exposure.

KEEP UP TO DATE

Follow this QR Code to access our You Tube channel for all our helpful guides to help you get started with your cold water therapy experience.

LCD CONTROL PANEL GUIDE

Key Definition and Operation

On/Off Key

- On the main interface, press this button to turn the Chill Tub on or off
- In the parameter interface and parameter setting interface, press this key to return to the main interface
- On the main interface, press and hold this button for around 3 seconds to unlock or lock the screen.

Function Keys

- On the main interface of the power on, press the Function button to switch between working modes.
- ❄ Cooling mode (regulates the set temperature only by cooling).
- ☀ Heating mode (regulates the set temperature only by heating).
- △ Both (regulates the set temperature by heating and cooling).
- Set temperature. Once temperature has been selected and changed, the temperature will continue to flash until you press the to set and confirm.

Up and Down Key

- On the main interface, the two keys can be used to adjust the current set temperature.

Timer Key

- Press and hold the timer button for 3 seconds to enter the real-time clock setting interface.
- When entering the real-time clock setting interface, the hour and minute positions will flash together.
- Press the timer button again, the hour position will flash and the minute position will remain on .
- Move the up and down keys to adjust the hour position.
- After adjusting the hour position, press the timer button again, the hour position will remain on and the minute position will flash. Move the up and down keys to adjust the minute position.
- After adjusting the minute position, press the timer button again to confirm and return to the main interface Press the timer button to enter the timing setting interface. At this time, the timing group 1 flashes (you can select the timing group through the up and down keys).
- When the current timing group is selected, the timing group flashes.
  At this time, press the timer button to enter the current timing group setting.
- Use the timer button to alter either the minute or the hour time. The order is as follows - the hour number for timing on, the minute number for timing on, the hour number for timing off, and the minute number for timing off.
- After adjusting the time with the up and down keys, press the timer key again to return to the timer group 2 interface.

- After repeating the above operation, return to the main interface. The current timer group flashes. At this time, press the timer key for a few seconds, and the ON/OFF button will light up, indicating that the current timer group is valid.

Reset

- Pressing and holding the ⏻ key and key together for 10 seconds can restore the default values of the parameters.

Forced Defrosting

- Press and hold ⏲ + ▼ for 10 seconds to enter forced defrosting.

Status Query

- Press and hold ⏲ + ▲ for 5 seconds, collaborate with up and down keys to query running parameters.

Parameter Settings

- In the shutdown state, press and hold the ⏲ + Ⓜ for 10 seconds, combined with the up and down keys, to set various parameters.

Conversion between Celsius and Fahrenheit

- Press and hold ▼ + Ⓜ together for 3 seconds to allow for the conversion between Fahrenheit and Celsius degrees, with Celsius degrees displayed by default.

System Protection

Water Flow Monitoring and Recovery System

- Upon initiating the water pump for a duration of 10 seconds, the detection of a disconnected water flow switch for 2 consecutive seconds results in the identification of a water flow fault, prompting an immediate shutdown of the entire machine as a safety measure.
- In the event of a water flow fault, the system is designed for automatic recovery. Notably, this fault is not suppressed during defrosting periods. The recovery process involves the automatic cycling and activation of the water pump, continuously monitoring and awaiting closure of the water flow switch. This cycle repeats every 2 minutes and 30 seconds until the switch is successfully closed.
- To indicate the occurrence of this fault, the remote control interface will display the code **FFF**, notifying users of the issue.

Water Flow Fault

- After running the water pump for 10 seconds, if the water flow switch is detected to be disconnected for 2 consecutive seconds, it will be a water flow fault and the entire machine is shut down.
- After a water flow fault occurs, it can automatically recover. Please do not shield this fault during defrosting. After a water flow fault occurs, the water pump automatically cycles and starts, detecting the water flow switch until it is closed. Cycle every 2 minutes and 30 seconds.
- The remote control will display **FFF.**
- Winter Antifreeze Protection.

- Detect the inlet temperature T_{IN} and ambient temperature T_W in standby mode.
- When $T_{IN} < 15°C$ and $T_W \leq 0°C$,enter the first level antifreeze state, and the unit will automatically start and operate the water pump mode; when $T_{IN} > 15°C$ or $T_W \geq 2°C$, exit the antifreeze process.
- If $T_{IN} \leq 2°C$ and $T_W \leq 0°C$, enter the second level antifreeze state, and the unit will automatically start and operate in heating mode; until $T_{IN} > 15°C$ or $T_W \geq 2°C$ exit the antifreeze process.
- If T_W malfunctions, it is up to T_{IN} to decide whether to prevent freezing. If T_{IN} malfunctions, T_W decides whether to prevent freezing (TIN malfunctions can only enter first level antifreeze). If both T_{IN} and T_W malfunctions, the antifreeze function will not be processed.
- The remote control will display AFP.

Water Inlet Temperature Sensor Fault Detection

- The detection of a short circuit or open circuit in the water inlet temperature sensor is identified as a fault in the sensor itself, specifically labeled as a water inlet temperature sensor fault. This triggers an automatic shutdown of the system as a protective measure.
- The remote control will promptly indicate this issue with the identifier PP 1.

Discharge Temperature Sensor Fault Detection

- Detection of a short circuit or open circuit in the discharge temperature sensor is recognised as a fault in the sensor, termed as a discharge temperature sensor fault. This initiates an immediate system shutdown as a safety precaution.
- The remote control will display the specific fault using the code PP 2 to notify users of this issue.

Coil Temperature Sensor Fault

- Detection of a short circuit or open circuit in the coil temperature sensor is recognised as a fault in the sensor itself, referred to as a coil temperature sensor fault
- In the event of this fault, the remote control will display the identifier PP 3 to indicate the specific issue.

Fault Detection: Ambient Temperature Sensor

- Detection of a short circuit or open circuit in the ambient temperature sensor is identified as a fault in the sensor itself. Consequently, the antifreeze conditions associated with it are canceled, allowing the system to resume normal operation.
- When this fault is detected, the remote control will indicate the issue with the code PP 5.

Low Pressure Protection

- Following the system compressor's initial

five minutes of operation, if the system's low-pressure switch is identified as disconnected for 10 consecutive seconds, it triggers the activation of low-pressure protection.

- Exiting the low-pressure protection mode occurs upon detecting the closure of the low-pressure switch. However, if this fault recurs three times within 30 minutes, restoration becomes contingent on a power-off reset.
- Notably, this fault is exempted during defrosting periods.
- The remote control interface will indicate the occurrence of this issue with the code EE 2.

High Discharge Temperature Protection

- Once the compressor has been running for one minute, if the discharge temperature exceeds or equals 95°C (adjustable parameter P09), it signifies an overheating issue.
- As a safety measure, the machine will halt, indicating an EE5 error on display. If the discharge temperature drops to 80°C or 15 degrees less than the peak, normal display resumes, and the high discharge temperature protection deactivates.
- The compressor includes a 3-minute shutdown safeguard.
- If this issue occurs three times within a span of 30 minutes, a power-off reset becomes necessary for restoration.
- The remote control will also display EE5 when this protection mechanism triggers.

Communication Failure

- In the event that the motherboard fails to receive any communication signal from the remote controller within the first 20 seconds after initial power-up, it is regarded as disconnected from the remote controller. During this period, the system operates solely based on the mode switch signal without displaying any indication of disconnection.
- Alternatively, if the motherboard remains connected to a remote controller but fails to transmit its status signal for 10 consecutive seconds, it is identified as a communication fault.
- The occurrence of this communication fault is signaled by the remote control displaying EE 6.

WIFI Enabled

Your can control your chiller unit either via the built in LCD display or WIFI enabled mobile app for ease of use.

Quality Build

This high quality design, low maintenance, made to last, made with quality built components.

Small, but mighty

The chiller unit can cool the water down to a chilling 3°C (38°F).

Portable

Unlike some large bulky ice bath chillers on the market, our chiller is no larger than a PC tower, and weighs around 23kg.

Plug and Play

Quality built hoses easily connect between the chiller and your ice bath, circulating fresh, clean, cold water.

WIFI CONTROL AND APP

1.1 Install the APP

Click “**App Store**” (for IOS) or “App Gallery” (for android).

Enter “**Smart Life**” and install the app.

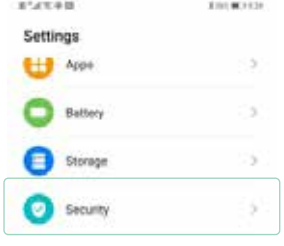
After installation, the “**Smart life**” app icon will appear on the phone desktop.

Before you install the app, you should turn the “**Download Apps from external sources**” in the android version.

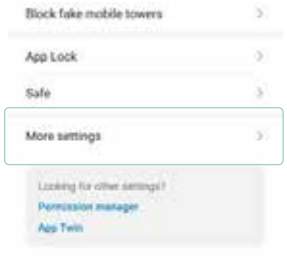
Please follow this guide below.

1. Press the “**Settings**” button to view the settings menu.

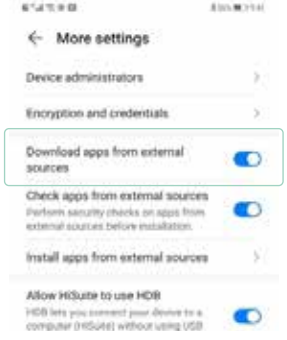
2. Press “**Security**” button.



3. Press “**More settings**” button.



4. Find “**Download apps from external sources**”, turn on the switch. Press the back icon to return to the previous page.

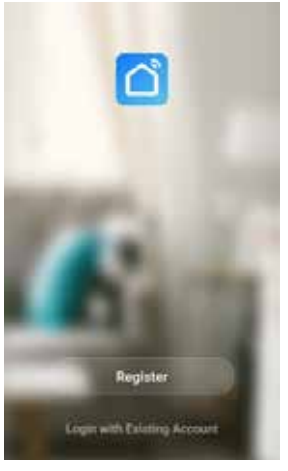


1.2 Run the APP

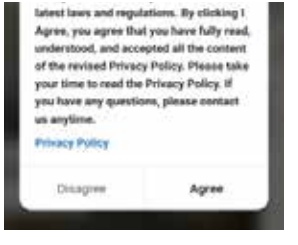
Click the icon “Smart Life”, to run the app. After installation, the “Smart life” app icon will appear on the phone desktop.

1.3 APP registration and configuration

Click the “**Register**” icon.

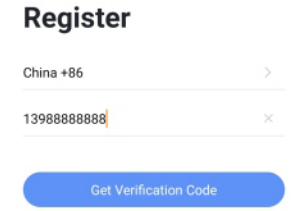


Click the “**agree**” button in the “**privacy policy**” interface that appears.

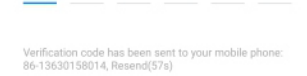


Enter your mobile phone number or your email address.

Enter your mobile phone number and click "**Get Verification Code**" button.



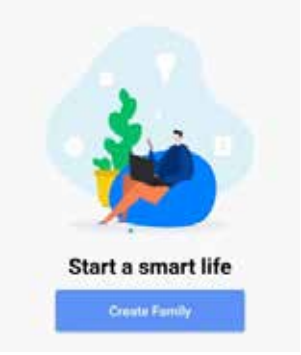
Enter the verification code you received on your mobile phone.



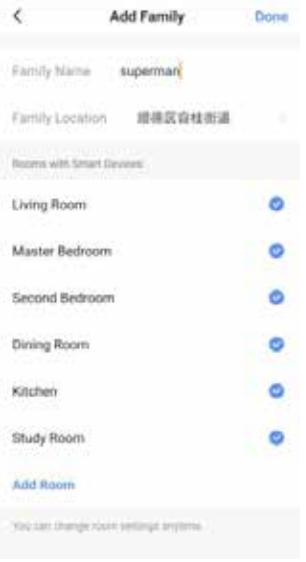
Enter password

Click "**Done**" button.

Click "**Create family**" button.



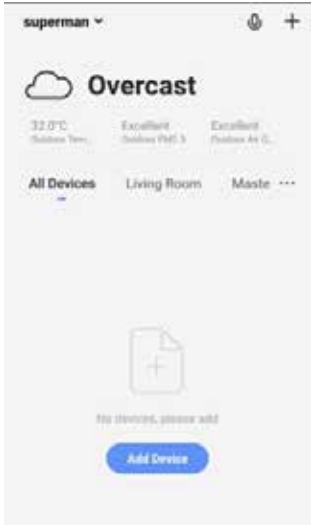
Enter into the main interface.



Enter your "**Family Name**" and "**Family Location**", Click "**Done**".

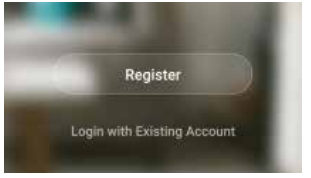
Click "**Done**" and your family name will be created successfully.

You can add devices or set your family and manage it.



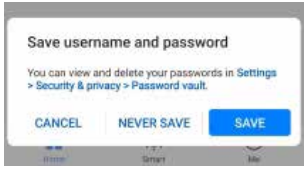
1.4. Sign in

Run the app, click "**Login with Existing Account**".



Enter your phone number and password, click "**Log in**".

Click the "**Save**" button to save your username and password.



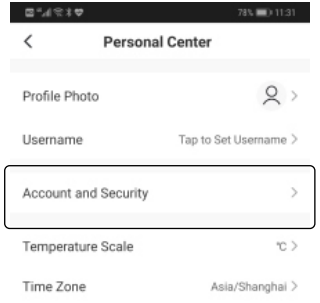
You can add devices or set your family and manage it.

1.5 Sign out

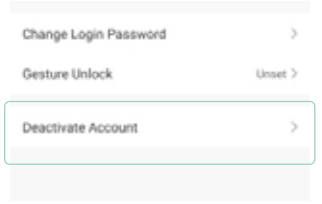
Click "**Me**" button on the bottom right.

Click "**Tap to Set Username**" on the top of interface.

Click "**Account and Security**".



Click "**Deactivate Account**".

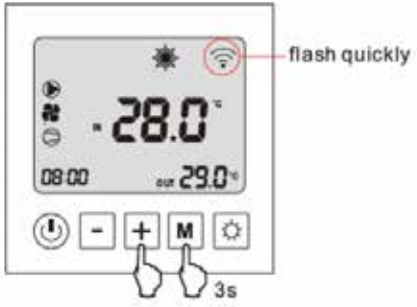


Click "**Confirm**".

Click "**Confirm**" to sign out.

1.6 Add smart advice

Turn on the heat pump, press "**up**" and "**M**" buttons together for 3 seconds, after a drip, the system will enter into the WIFI mode, the icon in the top right corner of the wire controller will flash quickly. It means the controller is scanning WIFI signal.



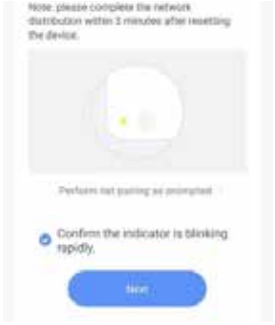
Open the "**Smart Life**" app on your phone.

Click "**+**" button on top right of the interface screen.

Choose "**Large Home Appliance**" and click it.

Choose “**Smart heat pump**” and click it.

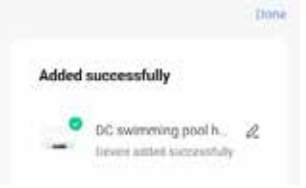
Check “**Confirm the indicator is blinking rapidly**” and click “**Next**”.



Enter your WIFI name and password, click “**Next**”.

The device will start scanning and will connect. If the blue check marks appear before each of the three items on the bottom, it means the device connection is complete.

When the connection is complete, the name of heat pump will appear on the interface. Please click “**Done**” on the top right.



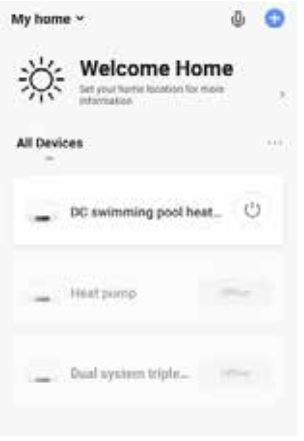
The main interface of heat pump control will appear

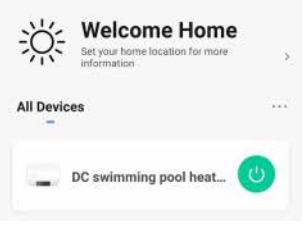
1.7 Control the heat pump through WIFI

1.7.1 Turn on/off the heat pump

Method 1:

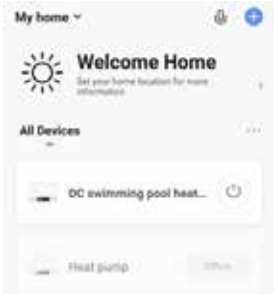
Press the “**on/off**” button in the main interface, when the icon becomes green, this means that the heat pump is now on.





Method 2:

Press the name of the heat pump, enter into the control interface, then press the "**on/off**" button on the bottom, the heat pump will turn on.



1.7.2 Interface description

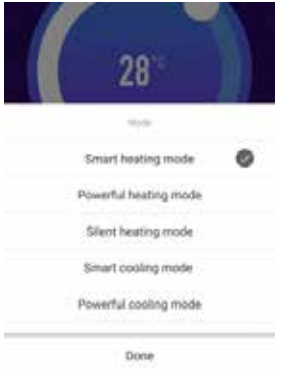
1. name of the product
2. error description
3. set temperature
4. current temperature
5. operation mode
6. timer setting
7. mode selection
8. turn on/off

1.7.3 Adjust the temperature

Click any part of the temperature ring with your finger to set the temperature to the corresponding value, or pull the head of the temperature ring with your finger to adjust the set temperature smoothly.

1.7.4 Mode setting

Click "**M**" button on the bottom left, then choose the running mode you want.



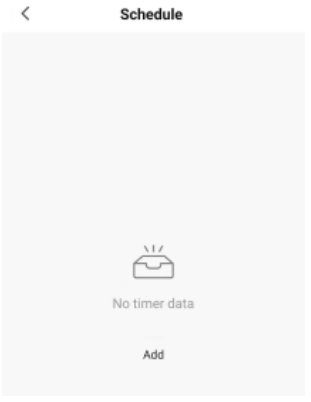
1-7-5. Error record

When the heat pump fails, the fault description will appear on the main interface.

1.7.6 Timer setting

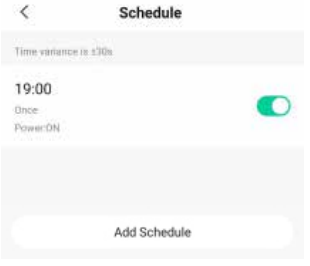
Click "**timer**" button on the right bottom.

Click "**Add**" in the middle of the page.

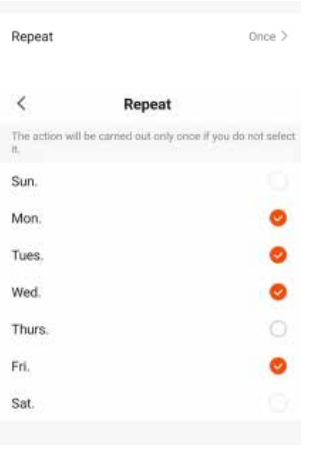


Slide the hour and minute column numbers up or down to adjust to the time that you require, then click "**Save**" on the top right.

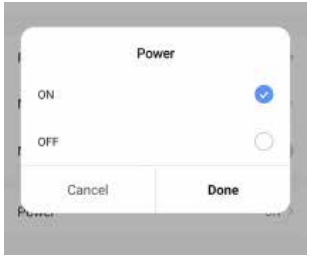
Now we have one timer setting, If you would like to set another timer, click "**Add Schedule**" at the bottom of the page. You can set another timer.



If you wish to repeat the timer on set days please click "**Repeat**".



Click the "**Power**" button, if you wish to turn it on or off at certain times.



LOOKING AFTER YOUR CHILL TUB

Maintenance, cleaning and storage

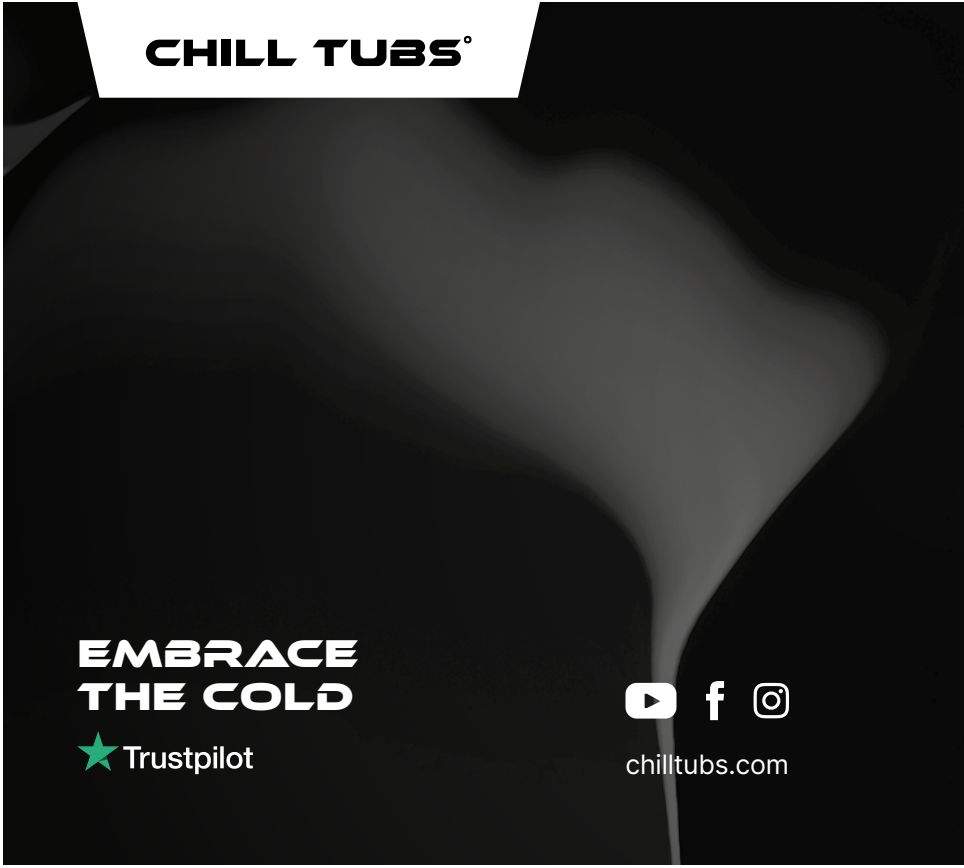
- Before using your Chill Tubs Essential Bath or Pod for the first time, please wash with **warm soapy water**, rinse and wipe down with a clean dry cloth.
- **Never** clean your Chill Tubs Essential Bath with a strong bleach-based detergents, as this may degrade the materials and waterproof seals.
- To empty your Chill Tubs Essential Bath, use the 'Water Out' drain plug. Take care with the drain tap, don't force it and make sure turn it to the closed position after use and clean it regularly.
- We recommend changing the water once per week. To extend the life of your Chill Tubs Essential, when you drain the water, we recommend washing the inside surfaces with warm soapy water.

How to fill your Chill Tub

- Your Chill Tubs Essential Bath can be filled with cold water. Always start filling with room temperature water, adjusting to your desired temperature as the Chill Tubs Essential Bath gets closer to full.
- Never fill your Chill Tubs Essential Bath more than 2/3 full to compensate for your body mass and displacement of water when you enter. So it's always best to start 1/2 full and adjust afterwards.

PRODUCT SPECIFICATIONS

Power Supply	AC220-240V 50/60Hz
Input Power	350W
Noise	48 dB(A)
Cooling Capacity	770W
Cooling Function	Yes
Heating function	Yes
Refrigerant	R32 / 300g
Water Temp range	3°C~42°C / 38°F~107.6°F
Operating Temp	-5°C ~ 43°C / 23°F~109.4°F
Circulation Pump	Built-in circulation pump
WiFi Remote Control	IOS & Android mobile app
Carry Handle	Yes
Quick Connectors	Yes
AC Plug	UK standard
Net Weight	23kg
Dimensions	430(L) x 270(W) x 420(H)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