- Baths

Health

THE BEST BREAKTHROUGH SCIENCE, MADE SIMPLE

Brrr-ighten your day

Cold plunges and ice baths are all the rage as a recovery tool among athletes, but are they useful for the everyday person? University of South Australia researchers who analysed 11 studies found that cold-water immersion can reduce stress for up to 12 hours. And you don't even need to slip into an icy bathtub to reap the rewards: participants who took cold showers between 20 and 90 seconds had higher quality-of-life scores compared with their hot-shower counterparts. While there was some evidence that cold water improved sleep quality in men, further research is needed to see if this effect extends to women. Ready to take the plunge? Talk to your doctor first if you have any medical conditions.



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