

## Dear Cold Lover,

I am Aristos Tropos teacher, Kriya Yoga and Tai Chi instructor and one of the first international WHM instructors. I am also an inventor & designer & producer of this simple and yet very efficient water cooling device, I call Cold Shower Enhancer (CSE)!

### A bit of history behind...

You might have heard snippets of the story on how the CSE was born in 2017. As it happens time and time again, it is the necessity that was the most humble mother of invention... Having been using a sealed chest freezer for cold immersions for about a year—day in, day out—my family and myself had been left disappointed, yet highly inquisitive at the same time, when the chest freezer stopped working. Trying to resuscitate the big beast did not work so immediately we began testing other solutions of cold exposure that would last longer and provide much better future-proof investment in personal cold exposure.

To cut the long story short, the first prototypes of the CSE were completely different to the current models, working on a different principle and although a bit more efficient, very difficult to maintain proper sealing between the CSE and the external world, therefore not as maintenance-free as the current model. The second big leap in the R&D was the actual CSE we use to this day, with only one modification that came a few months later. The modification came out in the form of the addition of a Gas Diffuser Module (GDM) and initially we were experimenting with compressed carbon dioxide, eventually embarking again on the simplest idea of just using the air to fuel the GDM. The cheapest and the simplest solution was again only slightly less efficient but just great for everyday use.

### How to make the CSE work the best way?

If you have not yet, please read the Q&A sheet on the [www.aristos.org.uk/litecart/](http://www.aristos.org.uk/litecart/) website's shop, where the description of the CSE is. Here is the hardware you need:

**1.** A standard shower hose of desired length, possibly between 1.2-1.5m (the longer version for the smaller CSE is recommended) plus a few rubber washers if your shower hose does not come with them; this is a required element;

**2.** If you want to use the Gas Diffuser Module straight away, it is a good idea to purchase about 1.2-3m length of a (reinforced) hose of 8mm internal diameter (ID). The GDM's purpose is to mix the ice with water inside the CSE so that the mixture is cooling the internals of the CSE, effectively providing the most stable and efficient cooling system for the shower; this is a recommended element but pretty much a required one in the long run;

**3.** For the GDM to work with the CSE—and it is important to mention this in the beginning you might use the CSE without the GDM—you can use any type of gas, including compressed carbon dioxide, but from our experience using just air is only slightly less efficient but much cheaper. The air is everywhere around so it is just between yourself and your imagination to think on how to use it! The most effective way is using a small air compressor but you can start with using your own lungs, blowing air into the CSE every 15-20s. Other ideas include a garden pond/aquarium air pump which is also a very good solution (45-70l of air per minute is sufficient, if there is a choice) or a very simple idea of a hand dust blower but we are sure there is a ton of possibilities; this is a recommended element but required in the long run;

**4.** A shower diverter valve is not required but you might want to purchase one if you wanted to be able to switch quickly between using hot/cold water standard shower and the CSE ice-cold shower. The cost is negligible but I highly recommend it and if you wanted to make use of this accessory, you would also have to buy another shower hose and a shower head to serve for the CSE shower, leaving the existing shower system for the hot/cold water; this is a non-essential element but recommended for everyday use as it saves about a minute of your time every day and it looks nice;

Now, the above are the supplies you will or might need but you will certainly need a coolant for the CSE to work. We use a combination of ice cubes and home-made crushed ice/ice chunks (have a look at our [Aristos Tropos channel on YouTube](#) for some visual instructions). From our experience, the best way is to lay the ice cubes on the bottom of the CSE, filling the CSE up with the crushed ice and ice chunks. After placing about 8-10kg of ice in total, add the coldest possible water using the shower head coming from hose from the CSE, counting to 12. Then use a long Phillips screwdriver or any sharp object to crush the ice chunks further. Remember to crush the ice away from the internal walls of the CSE, not to damage the copper coils. Add more cold water, counting to 6.

**You are ready to go—enjoy the coldest possible ice-cold shower!**