

REFRESHINGLY COLD, EXPERTLY CRAFTED

Meet The Emerge™ Cold Plunge.



**The Perfect Complement to Your
Wellness Routine, from Caldera Spas®**

Why Take the Plunge?

Unlock the transformative power of cold therapy with the Caldera Emerge™—a revolutionary cold plunge solution designed to bring recovery and holistic well-being to your home. This proven practice, favored by athletes to reduce inflammation, ease muscle soreness, accelerate recovery, and enhance physical performance, is now accessible to anyone seeking to elevate their wellness and enjoy their favorite activities, longer. Discover the harmony of mind and body with the Emerge.

The Science of Cold Exposure.



HEIGHTENED MOOD, FOCUS AND MENTAL CLARITY

Cold exposure stimulates the release of norepinephrine and dopamine, which enhance mood, motivation, and mental clarity.



ENHANCED RESILIENCE TO STRESS

Pushing past “mental hurdles” with regular cold exposure trains the nervous system to handle stress calmly, reducing baseline anxiety over time.



INCREASED METABOLISM

Activating brown fat during cold immersion can increase metabolic rate, aiding in calorie burning and energy balance.



REDUCED MUSCLE SORENESS & INFLAMMATION

By lowering tissue temperature and reducing pro-inflammatory cytokines, cold exposure helps muscles recover faster and reduces soreness, making it ideal for athletes and active individuals.



Craftsmanship Meets Innovation.

The Caldera Emerge offers an unparalleled cold plunge experience. The perfect addition to your wellness retreat, it delivers the seamless performance, thoughtful design, and premium quality Caldera is famous for. Cold plunge enthusiasts seek experiences that inspire. With its ergonomic design, customizable temperature settings, and easy-fill system, the Emerge delivers on every level—helping you build resilience and recover faster.

CABINETS

ASH

MOCHA

SHELL

ARCTIC WHITE

COVERS

GRAY

STORM



SPECIFICATIONS	
Size	7'4" x 3'6" x 29" (224cm x 107cm x 74cm)
Seats	1
Lowest Temp	40°F
Dry Weight	365 lbs / 165 kg
Water Capacity	110 gallons / 425 liters
Electrical	110V / 15 amp Plug In with GFCI cord

Hot & Cold Therapy in Perfect Harmony.

Experience the transformative power of contrast therapy by alternating between the soothing warm water hydrotherapy of a Caldera spa and the bracing chill of the Emerge cold plunge. This comprehensive wellness ritual delivers a complete therapeutic experience —providing a range of benefits from boosting your immune system and reducing inflammation to improving sleep and elevating your mood. Discover a practice that renews both body and mind, helping you recover faster, feel more balanced, and embrace total well-being.

Building Your Cold Plunge Routine.

Setting up a cold plunge routine tailored to your goals is simple:

START SAFE AND GRADUAL:

Begin with water temperatures between 45-60°F for 1-2 minutes, gradually extending duration and lowering temperature as tolerance builds.

FREQUENCY:

Aim for 2-4 sessions weekly, targeting a total of 11 minutes per week. This approach aligns with research highlighting optimal benefits from consistent exposure.

MINDSET:

Embrace the initial discomfort as an opportunity to practice calmness and resilience. Controlled breathing techniques, such as slow rhythmic breaths, can help manage the cold and extend your time comfortably.

Ready to Take the Plunge?

Visit our website or contact your local Caldera Spas dealer to learn how the Emerge can bring the ultimate recovery and rejuvenation ritual to every day.

