



RETURN TO YOURSELF.

Hot and cold plunges, saunas and recovery equipment for homes, hotels, gyms and events. Designed, installed and serviced from Singapore.

ICE BATHS AT FIVE ATP TOUR
TOURNAMENTS IN 2026

RECOVERY LOUNGES AT
HYROX SINGAPORE, BANGKOK
AND HONG KONG

TUNDRA.HEALTH

AT A GLANCE

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5

ATP Tour tournaments supplied with TUNDRA ice baths in 2026.

3

HYROX host cities with TUNDRA recovery lounges: Singapore, Bangkok and Hong Kong.

66

Tournaments, hotels, gyms, studios and brands we have worked with.

15

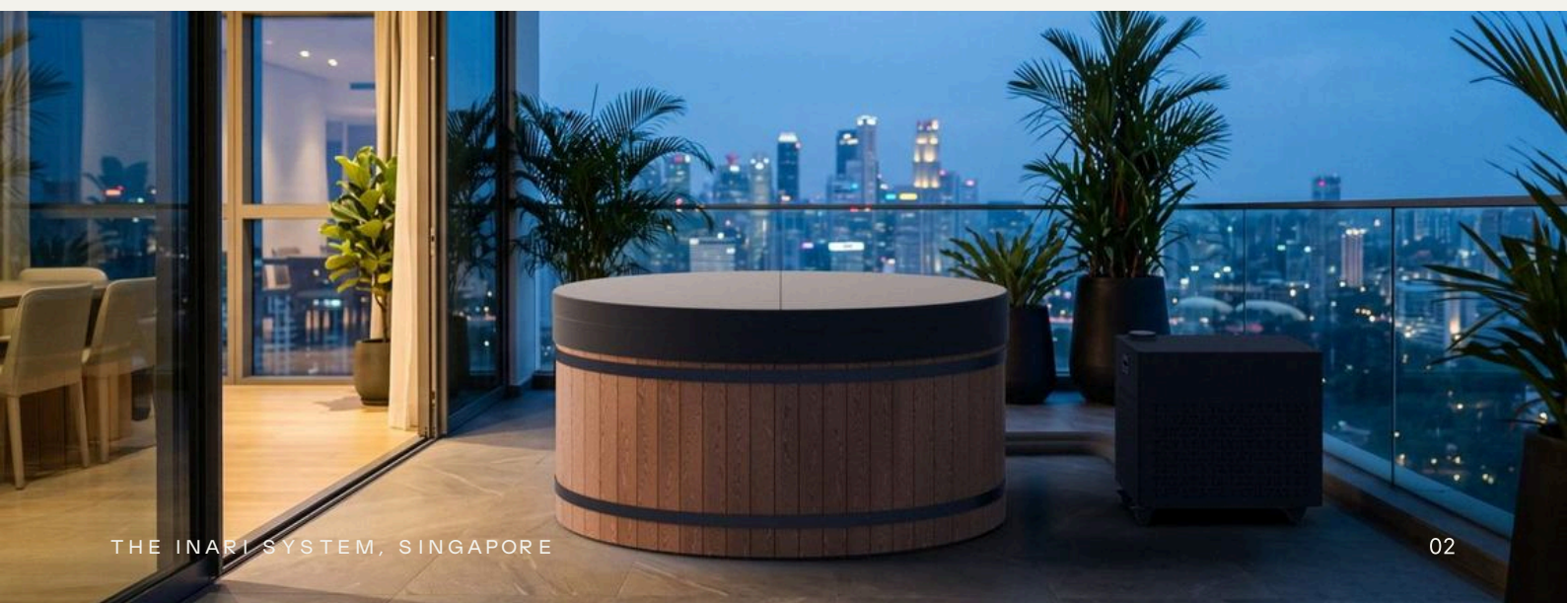
Plunge and sauna models, from portable tubs to glazed cabins.

3 to 42 °C

Cold plunge and hot soak in one system, held by one heater-chiller.

5

Website languages: English, German, Japanese, Traditional Chinese and Thai. Delivery included to Europe, North America, Hong Kong and Asia-Pacific.





HEAT AND COLD, DESIGNED AND SERVICED IN SINGAPORE

TUNDRA is a Singapore company that designs and supplies hot and cold plunges, saunas and recovery equipment. Every plunge runs on our Borealis heater-chiller, which holds the water at a set temperature anywhere between 3 and 42 °C.

We sell to homeowners, and we equip hotels, gyms, studios and sports events. In Singapore our own team delivers, installs, commissions and services every system. Abroad, we ship with delivery included in the price.

Custom work covers built-in plunges, saunas and complete recovery rooms, from the first drawing to handover.

PRODUCTS

Plunges, saunas, heater-chillers and recovery tech, sold online at tundra.health and through our showroom.

PROJECTS

Recovery rooms for hotels, gyms, studios and residences, planned with the architect and contractor.

EVENTS

Recovery lounges for races, tournaments, festivals and brand launches, set up and run by our crew.

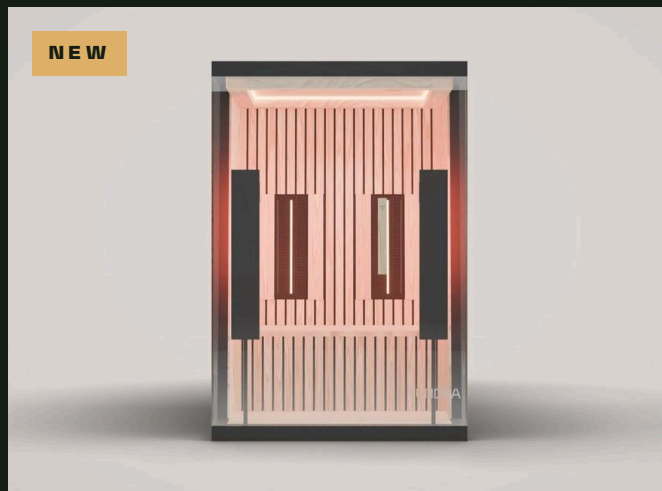
NEW SINCE JUNE

Three new products and one bundle joined the range in October 2026.



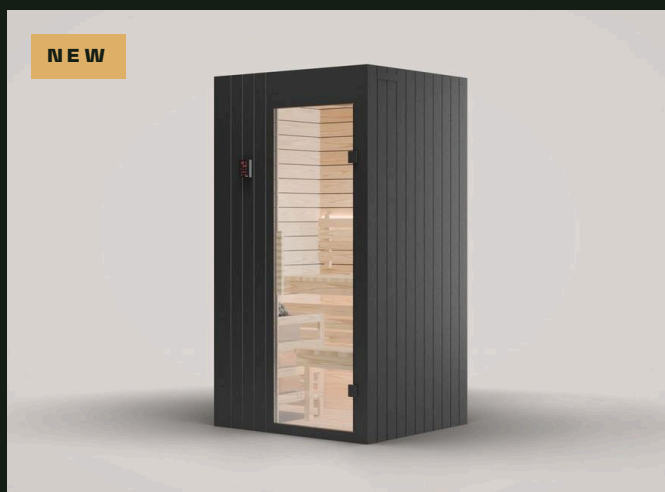
THE INARI SYSTEM

Two-person oval plunge in black electroplated stainless steel with WPC cladding. Page 07.



VALO

Two-person infrared sauna glazed on three sides, with red light panels. Page 09.



OUNAS

Indoor Finnish sauna for one or two people, 40 to 110 °C. Page 10.



RECOVERY BUNDLE

FLUX compression boots and the TUNDRA LUX massage gun, sold together. Page 11.

INTERNATIONAL

Prices in local currency, with delivery included to Europe, North America, Hong Kong and Asia-Pacific.

WARRANTY

Two years on the Equinox and Valo infrared saunas. Twelve months on other products.

TECHNICAL GUIDES

Installation and care guides for each plunge and infrared sauna at tundra.health/pages/technical-guides.



BOREALIS GEN 5

One heater-chiller runs every TUNDRA plunge system.

It cools and heats the water and holds the temperature you set, from 3 to 42 °C. A 20-micron filter and ozone help keep the water clean between changes. Fill once with a hose; it runs from a standard power socket.

Two sizes. Pro suits most home plunges. Elite has twice the compressor and reaches cold temperatures faster in tropical heat.

PERFORMANCE, PRO TO ELITE

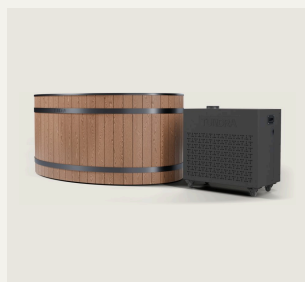
2,450 to 5,000 W	3,800 to 5,800 W
Cooling capacity	Heating capacity

SPECIFICATION	GEN 5 PRO	GEN 5 ELITE
Compressor	1.0 HP, 900 W	2.0 HP, 1,660 W
Cooling capacity	2,450 W	5,000 W
Heating capacity	3,800 W	5,800 W
Temperature range	3 to 42 °C	3 to 42 °C
Dimensions (W x D x H)	62.9 x 39.4 x 60.3 cm	67.7 x 42.3 x 62.6 cm
Weight	38 kg	40 kg
Refrigerant	R410A	R410A
Housing	Coated stainless steel	Coated stainless steel

For commercial pools and larger built-in plunges: Borealis CC and Borealis Ultra Gen 2, page 11.

HOT AND COLD PLUNGES

Every system runs from 3 to 42 °C with a Borealis Gen 5 Pro or Elite. Taiga has the chiller built in and runs from 2 to 42 °C.



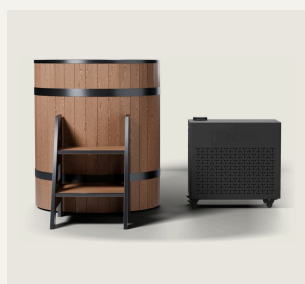
INARI **NEW**

Two-person oval. Black electroplated stainless interior, WPC cladding. 154 × 107 × 70 cm, approx. 590 L.



TAIGA (GEN 2)

All-in-one acrylic plunge with the chiller built in. 195 × 80 × 71 cm, approx. 380 L, 2 to 42 °C.



TAVIK

Upright barrel with step. Electroplated stainless interior, oak-look composite cladding. 86 cm diameter, 100 cm high, 380 L.



AURORA

Freestanding acrylic tub in three sizes, 150 to 170 cm long, 210 to 250 L.



POLARIS

Rectangular acrylic tub for taller users. 170 or 180 cm long, 278 or 288 L.



YUKON

Portable drop-stitch tub. 135 or 154 cm long, 340 or 460 L.



LENA

Drop-stitch barrel for full immersion. 90 × 90 × 75 cm, 300 L.



OASIS

Communal drop-stitch tub for events and clubs. 200 × 200 × 70 cm, 1,100 L.

SOLID

Inari, Taiga, Tavik, Aurora and Polaris. For homes, hotels and studios.

PORTABLE

Yukon, Lena and Oasis. Set up in minutes, used at events and rentals.

DELIVERY

Included in the price. In Singapore, installed and commissioned by our own team.



THE INARI SYSTEM

Our largest solid plunge: an oval for two adults sitting face to face. The interior is black electroplated stainless steel. The exterior is WPC with an oak woodgrain, which needs no oiling or sealing in tropical weather. It pairs with Borealis Gen 5 Pro or Elite and holds any temperature from 3 to 42 °C.

Filled with two people inside, the Inari weighs about 870 kg. On a balcony or roof terrace, have the floor loading checked before delivery.

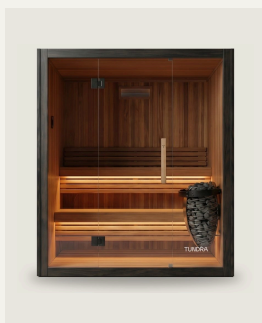


SPECIFICATION

Tub	154 × 107 × 70 cm
Volume	Approx. 590 L at normal fill
Seats	Two adults
Range	3 to 42 °C with Borealis Gen 5
Interior	Electroplated stainless steel, black
Exterior	WPC cladding, oak woodgrain
Cover	Insulated hard cover
Filled weight	Approx. 710 kg; 870 kg with two adults
Water care	20-micron filter and ozone, continuous circulation

SAUNAS

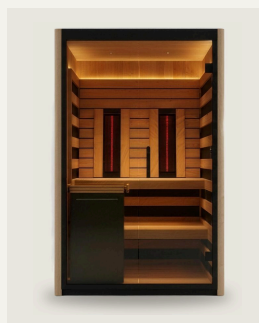
Finnish, infrared, hybrid and portable steam.
Cabins for a garden, a balcony, a bathroom or a spare room.



HAVEN

OUTDOOR FINNISH

Canadian red cedar interior, cedar composite exterior, 8 mm tempered glass. 6 kW heater with WiFi control. 160 × 150 × 210 cm.



IGNIS

HYBRID

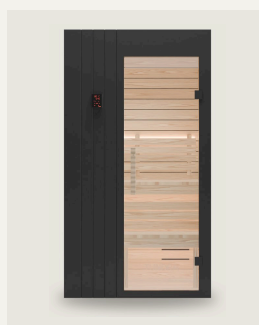
A 4.5 kW Finnish stove and approx. 3,800 W of infrared in one cabin, on one control panel. Two to three people. 140 × 150 × 216 cm.



VALO NEW

GLAZED INFRARED

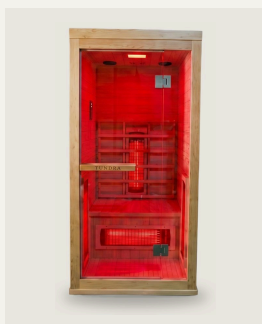
Glass on three sides, carbon infrared panels and red light panels. Two people, up to 65 °C. 135 × 110 × 200 cm.



OUNAS NEW

INDOOR FINNISH

For one or two people, 40 to 110 °C. Finnish spruce interior, black timber exterior, two-tier bench.



EQUINOX

FULL-SPECTRUM INFRARED

Carbon and ceramic emitters, Canadian hemlock. One or two people, up to 65 °C. Plugs into a 13 A socket.



CALDERA

PORTABLE STEAM

One-person or four-person cabin with a 1,000 W steam unit, up to 55 °C.



VAPORA

PORTABLE STEAM

Soft-sided portable steam cabin with a separate steam unit.

BUILT TO THE ROOM

Saunas and steam rooms built into a home, spa or gym, designed to the space. Page 13.

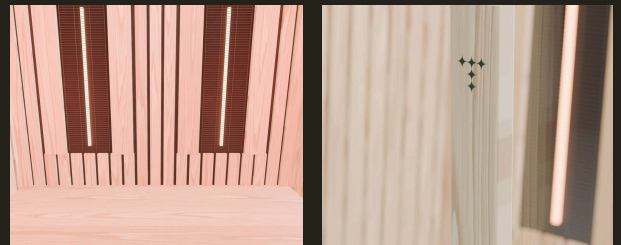


VALO

GLAZED INFRARED SAUNA

A two-person infrared sauna with tempered glass on three sides. Carbon infrared panels and two infrared lamps heat the cabin to up to 65 °C. Two red light panels sit alongside the heaters.

The glass keeps the cabin open to the room, so it suits an apartment, a bedroom corner or a covered terrace. It runs on a dedicated 20 A circuit.



Size	1,350 × 1,100 × 2,000 mm
Seats	Two people
Temperature	Up to 65 °C
Red light	630, 660, 810, 830, 850 and 1,060 nm
Glass	10 mm tempered, front and sides
Materials	Walnut-tone WPC exterior, hemlock interior
Placement	Indoor or covered outdoor
Warranty	Two years



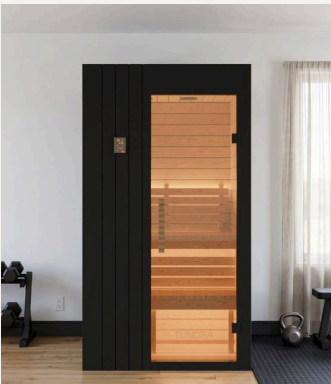
OUNAS

INDOOR FINNISH SAUNA

A compact Finnish sauna for a spare room, a bathroom or a home gym. An electric stove with WiFi control heats the cabin from 40 to 110 °C, and water on the stones gives löyly, the Finnish word for the steam that follows.

It comes in a one-person and a two-person size, both 2.18 m high. The heater is hard-wired by a licensed electrician; in Singapore our team handles installation.

	1 PERSON	2 PERSONS
Width	1,000 mm	1,200 mm
Depth	1,050 mm	1,050 mm
Height	2,180 mm	2,180 mm
Heater	3.5 kW	4.5 kW
Supply	16 A	20 A
Range	40 to 110 °C	
Control	WiFi, from a phone	
Interior	Finnish spruce, two-tier bench	
Exterior	Black timber	
Placement	Indoor	



COMMERCIAL CHILLERS

For built-in plunges, larger pools and commercial use, where a home unit is too small.



BOREALIS CC

Use	Commercial plunges
Range	1 to 45 °C
Cooling / heating	4,800 W / 5,600 W
Input power	1,950 W
Size, weight	61 × 42.5 × 57.5 cm, 60 kg



BOREALIS ULTRA GEN 2

Use	Large and built-in pools
Range	3 to 42 °C
Cooling / heating	14,600 W / 18,000 W
Compressor, refrigerant	4,300 W, R32
Size, weight	68 × 68 × 100 cm, 114 kg

RECOVERY TECH



FLUX COMPRESSION SYSTEM

Pneumatic boots with five overlapping chambers. 30 to 250 mmHg, five modes, sessions of 5 to 60 minutes. 2,600 mAh battery, 2 to 3 hours per charge. Medium and Large.



TUNDRAGUN LUX

Percussion massage gun with 32 red LEDs at 660 nm and 32 near-infrared LEDs at 850 nm. Up to 2.5 hours per charge, USB-C.

NEW

RECOVERY BUNDLE

FLUX and TUNDRAGUN LUX together.



AT HOME

GARDEN, BALCONY, BATHROOM

Every plunge runs from a standard power socket and is filled with a hose. No plumbing is needed. Saunas list their electrical supply on the product page; some need a dedicated circuit.

Before delivery we check access, floor loading and power with you.

DESIGNED AROUND THE SPACE

Built-in hot and cold plunges, saunas, steam rooms and complete recovery rooms, finished in stone, slate, travertine or timber.

We work from the architect's drawings, coordinate power, water and drainage with the contractor, and commission the system on site.

01 BRIEF AND SURVEY

Use, users, space, power and water on site.

02 CONCEPT AND DRAWINGS

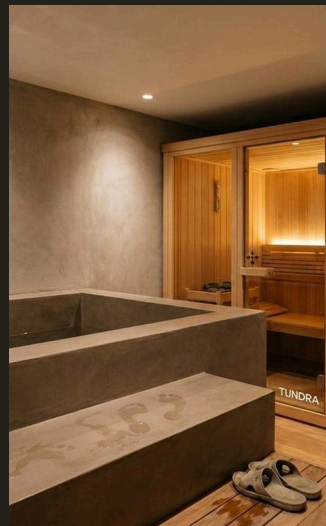
Layout, plant room and coordination drawings for the contractor.

03 BUILD AND INSTALL

Equipment supplied, installed and connected.

04 HANDOVER AND SERVICE

Commissioning, training for staff or owners, then scheduled maintenance.



Images on this page are design visualisations of the kind of rooms we build.

HOTELS, GYMS AND STUDIOS

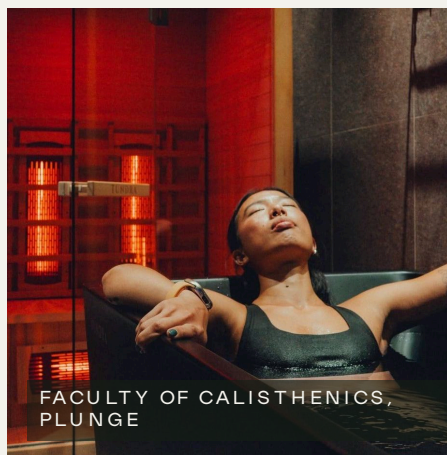
We supply, install and maintain recovery equipment for commercial spaces, and run recovery areas for events. One team handles it from the first site visit to the service schedule.



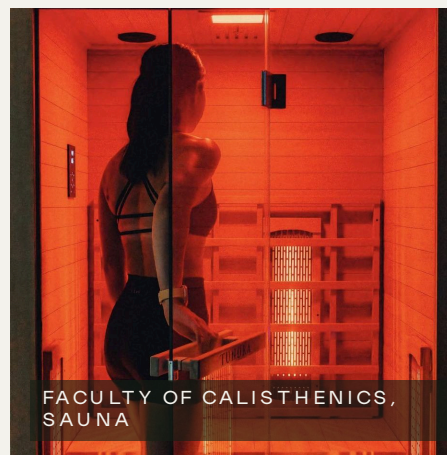
YOGA MOVEMENT, SINGAPORE



ROAR GYM, SINGAPORE



FACULTY OF CALISTHENICS,
PLUNGE



FACULTY OF CALISTHENICS,
SAUNA

SUPPLY AND INSTALLATION

Plunges, saunas and commercial chillers for spas, gyms, members' clubs and hotels.

EVENT RENTALS

Plunges, saunas and compression lounges delivered, set up and run by our crew, then taken down.

HOME RENTAL

A plunge with Borealis on a monthly plan. One month is credited if you buy.

MAINTENANCE

In-house service team in Singapore. Filters and consumables shipped abroad.

BRANDED BOOTHS

Co-branded plunges and recovery lounges for sponsors, venues and brand launches.

SHOWROOM

Plunges and saunas to try in Singapore, by appointment.

COMMERCIAL BUILDS

Built-in pools and saunas for two of Singapore's bath and recovery clubs, from layout to commissioning.



sochill
BATH CLUB

SOCHILL BATH CLUB

HOLLAND VILLAGE · 2025

Full build of a bath club: a communal pool, a plunge pool with steps and a glass-fronted Finnish sauna, with the heating, chilling and filtration behind them.



shelter

SHELTER

1 RAFFLES LINK · 2025

Recovery club in the CBD: built-in hot and cold plunge pools and a Finnish sauna, run on three commercial chillers.



ATP TOUR 2026

TUNDRA ice baths in the players' recovery areas at five tournaments on the ATP Tour, from the clay of Munich to the indoor courts of Brussels.



BMW Open by Bitpanda

MUNICH · ATP 500 · CLAY



BOSS Open

STUTTGART · ATP 250 · GRASS



Mallorca Championships

MALLORCA · ATP 250 · GRASS



Hamburg Open

HAMBURG · ATP 500 · CLAY



European Open

BRUSSELS · ATP 250 · INDOOR

"Fast and effective recovery is everything during a tournament. TUNDRA delivers exactly that."

PATRIK KÜHNEN, FORMER ATP PLAYER AND TOURNAMENT DIRECTOR, BMW OPEN



HYROX

We build and run the recovery areas at HYROX races in Singapore, Bangkok and Hong Kong: communal plunges, compression lounges and recovery zones for athletes over a race weekend.

MAR 2026

HYROX Bangkok, BITEC. BYD HYROX House.

2026

AIA HYROX Singapore, National Stadium.

MAY 2026

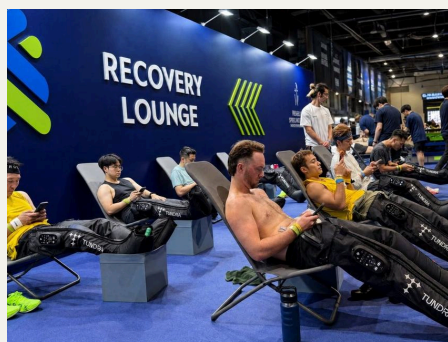
HYROX Hong Kong, AsiaWorld-Expo. Standard Chartered Recovery Lounge. More than 19,500 athletes from over 60 countries took part.

AUG 2026

HYROX Bangkok. Singha Sparkling Water Recovery Lounge, technology by TUNDRA.

NEXT

HYROX Singapore, 26 to 29 November 2026. HYROX Hong Kong, AsiaWorld-Expo, 7 to 10 January 2027.



HONG KONG, MAY 2026



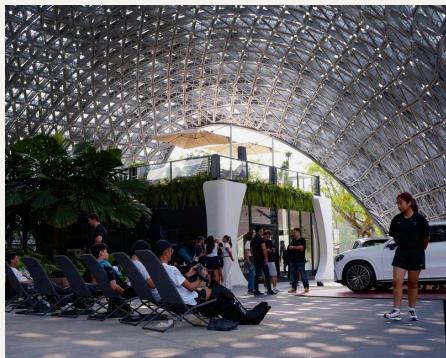
BANGKOK, MARCH 2026



BANGKOK, AUGUST 2026

EVENTS AND ACTIVATIONS

Plunges, saunas and compression lounges for brand launches, races, festivals and corporate days. Our crew delivers, sets up, runs the sessions and takes it all down.



Mercedes-Benz Studio Singapore

Opening weekend, Gardens by the Bay, August



BYD PURE GAMES 2026

Re:set by PURE zone, Ngee Ann City, September



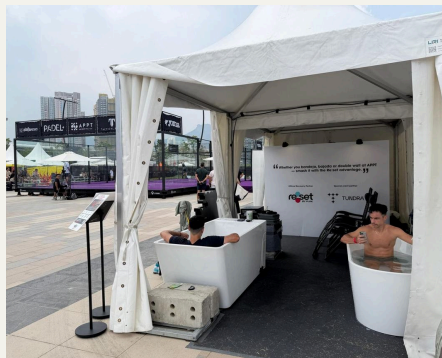
GLOW Festival by Prudential

Cold plunge zone, July



Good Vibes Social

FOC Beach Club, Sentosa, August



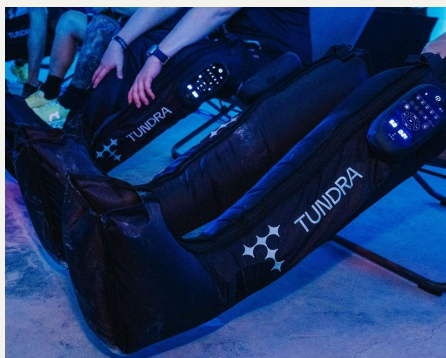
Re:set by PURE, Hong Kong

Recovery lounge



The Longevity Suite

Pre-ILTM Longevity Lounge, Singapore



On Squad Race Singapore

TUNDRA Recovery Lounge



ASICS Running Club

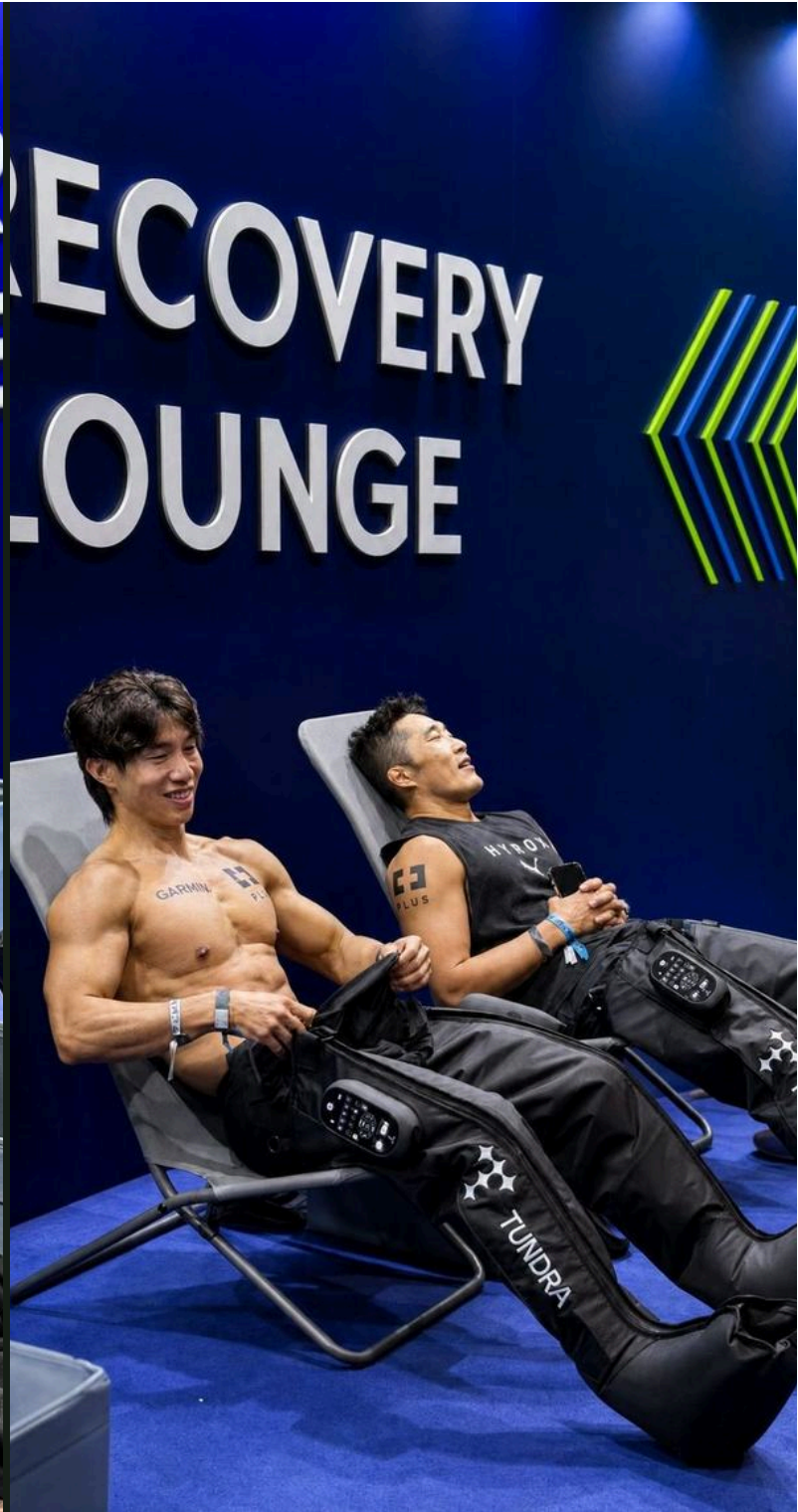
Communal plunge, Singapore



TOKEN2049 Singapore

Terrace recovery area, Marina Bay Sands

ALSO IN 2026 ICE HOUSE Bangkok, The Big Chill. ROAR Gym launch, Singapore. The Longevity Salon at METT. Shack Summer Wellness, Sentosa. Palooza RESET at METT.



IN THE RECOVERY LOUNGE

Gabe Heck

HYROX World Series competitor. HYROX Hong Kong, May 2026.

Hong Beom-Seok and Stungun Kim

HYROX athletes from South Korea. HYROX Hong Kong, May 2026.

WORKED WITH

Tournaments, races, hotels, gyms, studios and brands that have bought, rented or hosted TUNDRA equipment, or run an event with us.

						
						
						
						
					+33 MORE, LISTED BELOW	

SPORT AND EVENTS

AIA · Standard Chartered · BYD · Prudential · On · ASICS · TOKEN2049 · Sunda Festival · Sundown Festival

GYMS, STUDIOS AND WELLNESS

MOVE REPEAT · REVL Training · WAO Fitness · CrossFit Mobilus · UFIT · MATTER · ICE HOUSE Bangkok · The Longevity Suite

HOTELS, VENUES AND CLUBS

QT Singapore · METT Singapore · Soho House · Tanjong Beach Club · FOC Sentosa · Rumours Beach Club · Topsy Unicorn

BRANDS AND ORGANISATIONS

Mercedes-Benz Studio Singapore · Shake Shack · Palooza · Heaven's Portfolio · No Sleep Club · Wild Pearl · Free Human Project · Sentosa Development Corporation · Outward Bound Singapore

IN THE PRESS

The Straits Times · CNA Luxury · The Edge Singapore · Time Out Singapore · FACT Magazine

WHAT THE RESEARCH SAYS

We print a health statement only when we can name the study behind it. Each line below summarises a published paper, with its limits. Most studies are small, and none of them tested TUNDRA products.

COLD WATER

A meta-analysis of nine trials found cold water immersion slightly better than passive rest for easing muscle soreness after exercise. [1]

The best soreness results in those trials came from water at 11 to 15 °C for 11 to 15 minutes. [1]

In one small study, adults reported a more positive mood after five minutes in 20 °C water. [2]

INFRARED SAUNA

In a study of 16 athletes, a 20-minute infrared sauna after strength training reduced muscle soreness and improved perceived recovery compared with resting. [3]

FINNISH SAUNA

A 20-year Finnish study of 2,315 men linked sauna use four to seven times a week with a lower risk of sudden cardiac death. This is an association, not proof of cause. [4]

A systematic review of 40 studies concluded that regular dry sauna bathing has potential health benefits, while calling for better research. [5]

COMPRESSION AND MASSAGE

A 2024 meta-analysis of 17 studies found compression boots may reduce perceived muscle soreness after training. [6]

A 2023 systematic review of 11 studies found massage guns can improve flexibility in the short term. [7]

TIMING Plunging straight after strength training may slightly reduce muscle growth. After weight sessions, we suggest waiting a few hours. [8]

SOURCES

[1] Machado AF et al. Sports Medicine 2016; 46(4): 503-514.

[2] Yankouskaya A et al. Biology 2023; 12(2): 211.

[3] Ahokas EK et al. Biology of Sport 2023; 40(3): 681-689.

[4] Laukkanen T et al. JAMA Internal Medicine 2015; 175(4): 542-548.

[5] Hussain J, Cohen M. Evidence-Based Complementary and Alternative Medicine 2018: 1857413.

[6] Maia F et al. Biology of Sport 2024; 41(4): 263-275.

[7] Ferreira RM et al. Journal of Functional Morphology and Kinesiology 2023; 8(3): 138.

[8] Piñero A et al. European Journal of Sport Science 2024; 24(2): 177-189.

TUNDRA products are wellness equipment, not medical devices. If you are pregnant or have a heart, circulatory or other medical condition, speak to your doctor first.



TUNDRA

RETURN TO YOURSELF

TALK TO US

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tundra.health

VISIT

Showroom in Singapore,
by appointment
Instagram @tundrahealthco

COMPANY

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Singapore 068914

Specifications are taken from our product records in October 2026 and may change. Some images are design visualisations. Tournament and event names and logos belong to their owners and are shown to record where TUNDRA equipment was used. Photo of the BOSS Open partner wall by Sascha Feuster.