



WHISKY BARREL COLD PLUNGE · 1 PERSON

The Cask

A one-person cold plunge made from a reclaimed oak whisky barrel, with a built-in seat and a lid crafted from the barrel's own top.

SEATS

1 person

WATER

450 litres

SIZE

Ø1.0 × 1.1 m

WEIGHT

95 kg

POWER

None needed

COOLING

Cold mains and ice

OVERVIEW

A simple, characterful ritual

The Cask is a one-person cold plunge made from a reclaimed oak whisky barrel, finished with steel hoops and a lid crafted from the barrel's own top. Inside, a built-in seat lets you settle into 450 litres of cold mains water, with ice to take it lower when you want it. No two are quite the same.

There is nothing to plug in and nothing to service, and through the colder months the weather does much of the work.

PURCHASE PRICE

£850.00

Final package pricing to confirm

TYPICAL LEAD TIME

3 to 5 days

From order to delivery

THE DETAILS

Specifications

SEATS	1 person
DIMENSIONS	Approx. Ø1,000 mm at its widest × 1,100 mm tall
WATER CAPACITY	Approx. 450 litres
WEIGHT	Approx. 95 kg (empty)
ELECTRICAL	None
COOLING	Cold mains water, with ice to take it lower
TIMBER AND FINISH	Treated reclaimed oak with steel hoops, and a hand-crafted lid made from a whisky barrel's own top
ASSEMBLY	None – release tap fitted on site
DELIVERY	Delivered ready to use, with the release tap fitted on site

AS STANDARD

What's included

THE BARREL	Reclaimed oak whisky barrel, treated, with steel hoops
BUILT-IN SEAT	So you can settle into the water rather than crouch
HAND-CRAFTED LID	Made from a whisky barrel's own lid
RELEASE TAP	Fitted on site, for easy draining
READY TO FILL	Fills from cold mains water, with nothing to plug in

PLANNING YOUR SPACE

Site and running

BASE	A firm, level base at least 1 metre across. Gravel, stone chippings or paving slabs are ideal; soil and lawn are not. No concrete needed.
ACCESS	The Cask is around 1 metre across, 1.1 metres tall and 95 kg empty. We review access, route and lifting with you first.
WATER	Fills from cold mains water. Change it weekly with daily use by one, or every three to four days if it's shared.
RUNNING COST	No electricity needed, so running costs are mainly fresh water, ice if you use it, and upkeep. We explain the assumptions behind any figure.

JAMES'S TAKE

The Cask is the cold plunge I'd point you to if you want something with real character. Each one is made from a reclaimed whisky barrel, with a seat inside and a lid crafted from the barrel's own top. There's nothing to plug in: fill it from the mains, add ice if you like, and through the colder months the weather does the rest.

James Outdoor Wellness Specialist

Figures are from the manufacturer's specification and may change. Nothing is final: James confirms the product, access, base, warranty terms and specification with you in writing before any money changes hands.