

---

Subject: Re: Cold Showers

Posted by [Prince](#) on Tue, 30 Sep 2025 05:25:10 GMT

[View Forum Message](#) <> [Reply to Message](#)

---

There are lots of benefits that come with taking a cold shower. The first one is to help increase your energy levels and how alert you become.

Secondly, I feel focused and relaxed each time that I stick to bathing with cold water, and that has made me continue with it.

Lastly, I read that it helps to improve skin health once you keep bathing with it. I've seen my skin glow, but I never thought it was because of that.

---