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Subject: Re: Cold Showers

Posted by [Prince](#) on Sat, 11 Oct 2025 17:41:04 GMT

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Becky wrote on Sun, 05 October 2025 14:11 Cold showers have lots of benefits depending on the one you needed or aiming at that made one to be using cold showers. As for me, I like cold showers because I am always alert throughout the day and my skin also radiate beautifully if I'm consistent on taking cold showers.

That's very good! During the winter, it is not easy taking my bath with cold water though.

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