

Forum:[Hack Forums](#)

Thread: [Hot or cold shower?](#)

Traum - September 8, 2018, 3:45 am

What do you prefer?

I mostly go for cold showers but when it's a bit colder outside I'll start with a warm one, wash myself and then turn the temperature down to freshen up. I feel more awake and it's really refreshing.

Royal ! - September 8, 2018, 3:59 am

Hot showers in winter and cold in summer. That simple? lol.

Takehito Morokuzu - September 8, 2018, 4:03 am

Hot showers. I hate cold showers.

PerfectStorm - September 8, 2018, 4:04 am

(Sep 8, 2018 03:45 AM)_paint Wrote: [\[CITE\]](#) What do you prefer?

I mostly go for cold showers but when it's a bit colder outside I'll start with a warm one, wash myself and then turn the temperature down to freshen up. I feel more awake and it's really refreshing. Definitely going with hot shower but if it's very hot sometimes cool.

Tax - September 8, 2018, 4:07 am

Medium for me, not too hot but neither too cold. I hate cold showers and can't handle the heat if I put it too hot.

About 36 degrees is enough for me.

Traum - September 8, 2018, 4:07 am

(Sep 8, 2018 03:59 AM)Royal ! Wrote: [\[CITE\]](#) Hot showers in winter and cold in summer. That simple? lol.

I mean it's different for everybody. Most of my family prefer hot ones, even if it's really hot outside.

(Sep 8, 2018 04:03 AM)???? Wrote: [\[CITE\]](#) Hot showers. I hate cold showers. I used to hate them too, but I tried them more regularly and got used to it.

Abxrpt - September 8, 2018, 4:08 am

I like it hot! Or if it's a hot day but too cold for beach I'll have a coldish shower.

Tax - September 8, 2018, 4:11 am

(Sep 8, 2018 04:08 AM)Abxrpt Wrote: [\[CITE\]](#) I like it hot! Or if it's a hot day but too cold for beach I'll have a coldish shower.

I don't really feel like using a cold shower during hot days makes any difference for me. I just keep it at 36 degrees lol.

Raz Riverblade - September 8, 2018, 4:12 am

Hot, I can go up to 50°C

it helps me relax, and god knows I need that

Abxrpt - September 8, 2018, 4:12 am

(Sep 8, 2018 04:12 AM)Raz Riverblade Wrote: [\[CITE\]](#) Hot, I can go up to 50°C

it helps me relax, and god knows I need that
I enjoy a hot bath after the gym too!

Shelob - September 8, 2018, 4:13 am

Cold showers, it gives you a sudden blood flow and heart beats that is useful for your muscles and your blood circulation, especially if you are gym guy

Traum - September 8, 2018, 4:16 am

(Sep 8, 2018 04:13 AM)Braum Wrote: [\[CITE\]](#) Cold showers, it gives you a sudden blood flow and heart beats that is useful for your muscles and your blood circulation, especially if you are gym guy
Yeah, the increased blood flow is what got me started in doing cold showers. I don't go to the gym but I run a lot and it's very good for that aswell.

PerfectStorm - September 8, 2018, 4:19 am

(Sep 8, 2018 04:08 AM)Abxrpt Wrote: [\[CITE\]](#) I like it hot! Or if it's a hot day but too cold for beach I'll have a coldish shower.

Same as I do. Showers were simply meant for hot water.

Abxrpt - September 8, 2018, 4:20 am

(Sep 8, 2018 04:19 AM)PerfectStorm Wrote: [\[CITE\]](#) Same as I do. Showers were simply meant for hot water.

You are on the money! But even a warm shower is nice from time to time doesn't always have to be hot. I just prefer it.

Traum - September 8, 2018, 4:24 am

(Sep 8, 2018 04:21 AM)Braum Wrote: [\[CITE\]](#) exactly
A cold shower is awesome after a lengthy run or in general after doing sports. I find it very relaxing and it gives you an energy boost, although it's mostly only short term.

Abxrpt - September 8, 2018, 4:27 am

(Sep 8, 2018 04:24 AM)_paint Wrote: [\[CITE\]](#) A cold shower is awesome after a lengthy run or in general after doing sports. I find it very relaxing and it gives you an energy boost, although it's mostly only short term.

Yeah definitely refreshing, even other temps work too. Just to have a good soak, doesn't even have to be lengthy. Just enough to relax!

Raz Riverblade - September 8, 2018, 4:32 am

(Sep 8, 2018 04:12 AM)Abxrpt Wrote: [\[CITE\]](#) I enjoy a hot bath after the gym too!
I wish I could. But i'm so tall that I don't properly fit in a tub anymore.

Abxrpt - September 8, 2018, 4:36 am

(Sep 8, 2018 04:32 AM)Raz Riverblade Wrote: [\[CITE\]](#) I wish I could. But i'm so tall that I don't properly fit in a tub anymore.

How tall are you? Yeah I am borderline not fitting length ways lol!

Traum - September 8, 2018, 4:37 am

(Sep 8, 2018 04:32 AM)Raz Riverblade Wrote: [\[CITE\]](#) I wish I could. But i'm so tall that I don't properly fit in a tub anymore.

Ugh, I know that struggle. How tall are you? I wasn't able to properly fit in a bathtub since I was 14, probably because I didn't grow much in height since then. I'm 1,90m.

Banter. - September 8, 2018, 6:40 am

Cold in the mornings to wake myself up and hot at night to relax.

Traum - September 8, 2018, 6:43 am

(Sep 8, 2018 06:40 AM)Banter. Wrote: [\[CITE\]](#) Cold in the mornings to wake myself up and hot at night to relax.

Makes sense, when you take a cold shower at night you basically tell your body to stay awake.

DopplerAF - September 8, 2018, 6:45 am

Hot shower - whenever I am super tired and in winters.

I don't take cold shower that much it all depends on thr mood.

Banter. - September 8, 2018, 6:51 am

(Sep 8, 2018 06:43 AM)_paint Wrote: [\[CITE\]](#) Makes sense, when you take a cold shower at night you basically tell your body to stay awake.

Yeah dude exactly, i hate cold shower but if i wake up tired and feeling lazy a cold shower sure gets your woke up and moving lol.

Moxxi - September 8, 2018, 6:51 am

Hot, but I have to be careful cuz I don't have as many pain receptors so "hot" for me is way too hot for most people, like my skin will be red when I get out if I'm not careful cuz it doesnt bother me.

So most of the time I end up taking a "warm" shower so I dont burn my skin lol

DopplerAF - September 8, 2018, 6:53 am

(Sep 8, 2018 06:51 AM)M?xxi Wrote: [\[CITE\]](#) Hot, but I have to be careful cuz I don't have as many pain receptors so "hot" for me is way too hot for most people, like my skin will be red when I get out if I'm not careful cuz it doesnt bother me.

So most of the time I end up taking a "warm" shower so I dont burn my skin lol

Wow tha is some next level hot if your skin start burning.

CyberError. - September 8, 2018, 6:58 am

I vote for cold showers as it get me completely out of my sleepy mode to energy mode. And also it makes you mentally stronger as you have challenge you self to get out of your comfort zone and bath with cold water every single day. Belive me it is really good, I had done this for 90+ days during chilling winters.

DopplerAF - September 8, 2018, 6:58 am

(Sep 8, 2018 06:58 AM)RuleBreaker17 Wrote: [\[CITE\]](#) I vote for cold showers as it get me completely out of my sleepy mode to energy mode. And also it makes you mentally stronger as you have challenge you self to get out of your comfort zone and bath with cold water every single day. Belive me it is really good, i have done this challenge.

Even in winters ? I hope not,

CyberError. - September 8, 2018, 7:01 am

(Sep 8, 2018 06:58 AM)DopplerAF Wrote: [\[CITE\]](#) Even in winters ? I hope not,
Well, I did.It gets easy after few weeks.

Traum - September 8, 2018, 7:03 am

(Sep 8, 2018 06:58 AM)RuleBreaker17 Wrote: [\[CITE\]](#) I vote for cold showers as it get me completely out of my sleepy mode to energy mode. And also it makes you mentally stronger as you have

challenge you self to get out of your comfort zone and bath with cold water every single day. Believe me it is really good, I had done this for 90+ days during chilling winters.

It really does make you stronger! I've been feeling way better since I started taking cold showers. Also it's good in the winter as it gets your blood flowing and makes you more active.

DopplerAF - September 8, 2018, 7:03 am

(Sep 8, 2018 07:01 AM)RuleBreaker17 Wrote: [\[CITE\]](#) Well, I did. It gets easy after few weeks. I can't even imagine myself doing anything with cold water in winters.

CyberError. - September 8, 2018, 7:05 am

(Sep 8, 2018 07:03 AM)_paint Wrote: [\[CITE\]](#) It really does make you stronger! I've been feeling way better since I started taking cold showers. Also it's good in the winter as it gets your blood flowing and makes you more active.

yep totally agree. Keep going buddy don't break the streak.

(Sep 8, 2018 07:03 AM)DopplerAF Wrote: [\[CITE\]](#) I can't even imagine myself doing anything with cold water in winters.

I will take it as appreciation, thanks doppler.

My Computer - September 8, 2018, 7:06 am

I prefer hot showers. However, if I'm really tired I switch to cold showers because it wakes me up a bit.

Banter. - September 8, 2018, 7:07 am

(Sep 8, 2018 06:51 AM)M?xxi Wrote: [\[CITE\]](#) Hot, but I have to be careful cuz I don't have as many pain receptors so "hot" for me is way too hot for most people, like my skin will be red when I get out if I'm not careful cuz it doesn't bother me.

So most of the time I end up taking a "warm" shower so I don't burn my skin lol

Damn I remember getting a shower before it was red hot burned the shit out of my body! that shit hurts!

30y old boomer - September 8, 2018, 7:09 am

Contrast. Hot then cold (repeat). It's more fun. If it's winter finish on cold, summer finish on hot.

DopplerAF - September 8, 2018, 8:08 am

(Sep 8, 2018 07:09 AM)30y old boomer Wrote: [\[CITE\]](#) Contrast. Hot then cold (repeat). It's more fun. If it's winter finish on cold, summer finish on hot.

Making me feel cozy.

s1nister - September 8, 2018, 8:55 am

Hot shower 365 days of each year. It's more cozy and doesn't freeze you in winter ?

Seyyah - September 8, 2018, 9:14 am

Hot showers. Thank you

Traum - September 8, 2018, 9:17 am

(Sep 8, 2018 07:09 AM)30y old boomer Wrote: [\[CITE\]](#) Contrast. Hot then cold (repeat). It's more fun. If it's winter finish on cold, summer finish on hot.

I'm already kind of doing that but not as repeatedly as you are. Seems like something I could try out the next time I'm taking a shower.

Bluffer - September 8, 2018, 5:47 pm

I'm kind of neutral I obviously have a hot-ish shower normally but nothing better than a cold shower

when it's really hot outside in the summer and nothing better than a hot shower when it's really cold outside (our winters are harsh af).

Brendan - September 8, 2018, 6:58 pm

If you don't take hot showers you are not a human.

100% facts.

devnull - September 8, 2018, 7:04 pm

Hot shower. I can't take a cold shower. A few times, I almost slipped on my ass due to me jumping out because of people turning on the faucet resulting the shower to shoot cold water.

0xB9 - September 8, 2018, 7:05 pm

Hot for sure, if I feel tired I'll turn it to cold then back to hot a few times to wake me up.

Kaleb - September 8, 2018, 7:09 pm

Hot showers always. Never falling for the cold shower meme.

SIM-1349466 - September 8, 2018, 7:11 pm

I always take cold showers. Well, not super cold, but colder.

mehranux - September 8, 2018, 9:17 pm

Hot shower for night, cold for day

Abrxpt - September 8, 2018, 9:18 pm

(Sep 8, 2018 09:17 PM)mehranux Wrote: [\[CITE\]](#) Hot shower for night, cold for day
You don't throw baths up in the mix?

Mr. Robot - September 8, 2018, 9:19 pm

Cold shower at the end of all hot showers.

mehranux - September 8, 2018, 9:20 pm

(Sep 8, 2018 09:18 PM)Abrxpt Wrote: [\[CITE\]](#) You don't throw baths up in the mix?
Nah I'm not really into this

(Sep 8, 2018 09:19 PM)Mr. Robot Wrote: [\[CITE\]](#) Cold shower at the end of all hot showers.
That sounds cool

Abrxpt - September 8, 2018, 9:21 pm

(Sep 8, 2018 09:20 PM)mehranux Wrote: [\[CITE\]](#) Nah I'm not really into this

That sounds coolOh fair enough. I personally enjoy them so relaxing lol.

mehranux - September 8, 2018, 9:23 pm

(Sep 8, 2018 09:21 PM)Abrxpt Wrote: [\[CITE\]](#) Oh fair enough. I personally enjoy them so relaxing lol.
Maybe I should try it

Abrxpt - September 8, 2018, 9:24 pm

(Sep 8, 2018 09:23 PM)mehranux Wrote: [\[CITE\]](#) Maybe I should try it
Do it you won't regret it bud.

Wolf?TC - September 8, 2018, 11:16 pm

Cold showers every day. For me I am just more productive and feel like I have more energy.

Abxrpt - September 8, 2018, 11:17 pm

(Sep 8, 2018 11:16 PM)Wolf?TC Wrote: [\[CITE\]](#) Cold showers every day. For me I am just more productive and feel like I have more energy.

Cause the cold shower shocks ya and wakes you up!

Money- - September 8, 2018, 11:19 pm

Well obviously cold , I like the refreshed feeling with my brain filled with dopamine.

LonerStoner - September 8, 2018, 11:43 pm

I keep it warm then slightly colder when washing hair out.

Abxrpt - September 9, 2018, 1:10 am

(Sep 8, 2018 11:43 PM)LonerStoner Wrote: [\[CITE\]](#) I keep it warm then slightly colder when washing hair out.

Does temperature make a difference when washing hair out? Or is that just preference.

DopplerAF - September 9, 2018, 1:13 am

(Sep 8, 2018 11:19 PM)Money- Wrote: [\[CITE\]](#) Well obviously cold , I like the refreshed feeling with my brain filled with dopamine.

True but what do yo do in winters ?

Money- - September 9, 2018, 1:24 am

(Sep 9, 2018 01:13 AM)DopplerAF Wrote: [\[CITE\]](#) True but what do yo do in winters ?

Well my country has no winter season. The weather is neutral , it hots it gets hots when it rains it colds down.

Everyone here have nice neutral skin , not dried or shit.

But most of the time is hot here but not really that hot like in India or some desert.

So yeah , cold showers everyday is pretty much what I did from baby until now. Its a habit.

DopplerAF - September 9, 2018, 1:26 am

(Sep 9, 2018 01:24 AM)Money- Wrote: [\[CITE\]](#) Well my country has no winter season. The weather is neutral , it hots it gets hots when it rains it colds down.

Everyone here have nice neutral skin , not dried or shit.

But most of the time is hot here but not really that hot like in India or some desert.

So yeah , cold showers everyday is pretty much what I did from baby until now. Its a habit.

That is lovely mild sunny season all the time that must be very calming.

Anon?M ID - September 9, 2018, 1:34 am

cold for morning shower, and hot for evening shower. that's it

Money- - September 9, 2018, 2:37 am

(Sep 9, 2018 01:26 AM)DopplerAF Wrote: [\[CITE\]](#) That is lovely mild sunny season all the time that must be very calming.

Yeah , well it can be really hot sometimes until you feel like you are just going to sleep in the afternoon and wake up for the night.

Abxrpt - September 9, 2018, 2:38 am

(Sep 9, 2018 01:34 AM)Anon?M ID Wrote: [\[CITE\]](#) cold for morning shower, and hot for evening shower. that's it

If it were me, id be doing these around the other day. I couldn't stand cold in the morning

Traum - September 9, 2018, 2:50 am

(Sep 9, 2018 02:38 AM)Abxrpt Wrote: [\[CITE\]](#) If it were me, id be doing these around the other day. I couldn't stand cold in the morning

I can't get up without a cold shower in the morning. I don't know how you do it.

mehranux - September 9, 2018, 3:01 am

(Sep 9, 2018 02:50 AM)_paint Wrote: [\[CITE\]](#) I can't get up without a cold shower in the morning. I don't know how you do it.

This is great that you can do it.

You do it even in cold winter?

Traum - September 9, 2018, 3:04 am

(Sep 9, 2018 03:01 AM)mehranux Wrote: [\[CITE\]](#) This is great that you can do it.

You do it even in cold winter?

I plan on, only really started doing cold showers this spring.

mehranux - September 9, 2018, 3:05 am

(Sep 9, 2018 03:04 AM)_paint Wrote: [\[CITE\]](#) I plan on, only really started doing cold showers this spring.

It's feel good in summer ...

Traum - September 9, 2018, 3:10 am

(Sep 9, 2018 03:05 AM)mehranux Wrote: [\[CITE\]](#) It's feel good in summer ...

Yeah, but it should be good in the winter aswell. I guess I just have to find out once it's time.

Yuikoro - September 9, 2018, 3:12 am

Always start the shower hot, the end it cold

Traum - September 9, 2018, 3:13 am

(Sep 9, 2018 03:12 AM)Yuikoro Wrote: [\[CITE\]](#) Always start the shower hot, the end it cold

Great alternative aswell. Cold at the end is important to wake up.

mehranux - September 9, 2018, 3:14 am

(Sep 9, 2018 03:10 AM)_paint Wrote: [\[CITE\]](#) Yeah, but it should be good in the winter aswell. I guess I just have to find out once it's time.

And you gonna catch a cold

SIM-3257834 - September 9, 2018, 3:16 am

I like room temp water, not too hot(Dry skin) or too cold(Pain).

mehranux - September 9, 2018, 3:19 am

(Sep 9, 2018 03:16 AM)Ahri. Wrote: [\[CITE\]](#) I like room temp water, not too hot(Dry skin) or too cold(Pain).

Good for you, too cold is more like breathtaking xD

Traum - September 9, 2018, 3:22 am

(Sep 9, 2018 03:19 AM)mehranux Wrote: [\[CITE\]](#) Good for you, too cold is more like breathtaking xD

It is at first, but after a while it becomes bearable. For me it's only for very cold temperatures like that. I got used to normal cold.

Condoms - September 9, 2018, 3:24 am

I love hot showers, All the time. Never took a cold one, so I doubt that I would be used to it.

mehranux - September 9, 2018, 3:28 am

(Sep 9, 2018 03:24 AM)Condoms Wrote: [\[CITE\]](#) I love hot showers, All the time. Never took a cold one, so I doubt that I would be used to it.

And you always have a dry skin

Condoms - September 9, 2018, 3:29 am

(Sep 9, 2018 03:28 AM)mehranux Wrote: [\[CITE\]](#) And you always have a dry skin
Not entirely tho. Doesn't seem like my skin is at all dry.

Traum - September 9, 2018, 3:30 am

(Sep 9, 2018 03:28 AM)mehranux Wrote: [\[CITE\]](#) And you always have a dry skin
Not necessarily, everybody has a different type of skin so it doesn't bother some people. Also there's still lotions to keep your skin healthy.

bellummachina - September 9, 2018, 3:47 am

Hotter than the depths of hell. It must sear my skin when I get in. Cold showers feel like dry ice burning me alive or razor blades on my skin. ?

Traum - September 9, 2018, 3:49 am

(Sep 9, 2018 03:47 AM)bellummachina Wrote: [\[CITE\]](#) Hotter than the depths of hell. It must sear my skin when I get in. Cold showers feel like dry ice burning me alive or razor blades on my skin. ?
Doesn't sound like an enjoyable experience to me ? I'll stick to my cold showers.

SIM-964740 - September 9, 2018, 4:09 am

Get fucked. Having cold showers suck if you have the choice

Traum - September 9, 2018, 4:11 am

(Sep 9, 2018 04:09 AM)Deadpan Wrote: [\[CITE\]](#) Get fucked. Having cold showers suck if you have the choice
Why do you think they suck?

SIM-964740 - September 9, 2018, 4:12 am

(Sep 9, 2018 04:11 AM)_paint Wrote: [\[CITE\]](#) Why do you think they suck?
It's painful. I dont like it. been there done that.. trust me

DopplerAF - September 9, 2018, 4:15 am

(Sep 9, 2018 02:37 AM)Money- Wrote: [\[CITE\]](#) Yeah , well it can be really hot sometimes until you feel like you are just going to sleep in the afternoon and wake up for the night.
Still its better than weather on my side.

Traum - September 9, 2018, 4:21 am

(Sep 9, 2018 04:12 AM)Deadpan Wrote: [\[CITE\]](#) It's painful. I dont like it. been there done that.. trust me
I get that, I think it's just a matter of bein used to it.

Abrxpt - September 9, 2018, 5:21 am

(Sep 9, 2018 02:50 AM)_paint Wrote: [\[CITE\]](#) I can't get up without a cold shower in the morning. I don't know how you do it.
Idk hey, it's just a habit I guess! Do it so often thencjt becomes a normal thing

Banter. - September 9, 2018, 5:26 am

Also cold showers are good for blood circulation which is good for your over all cardiovascular health, so there is health benefits to a cold shower.

Abxrpt - September 9, 2018, 5:27 am

(Sep 9, 2018 05:26 AM)Banter. Wrote: [\[CITE\]](#) Also cold showers are good for blood circulation which is good for your over all cardiovascular health, so there is health benefits to a cold shower.

I just don't understand how people go straight to cold after waking up.

Banter. - September 9, 2018, 5:28 am

(Sep 9, 2018 05:27 AM)Abxrpt Wrote: [\[CITE\]](#) I just don't understand how people go straight to cold after waking up.

Best way to wake yourself up dude, a cold shower right as your wake up will do a better job that like 10 cups of coffee ?

mehranux - September 9, 2018, 5:53 am

(Sep 9, 2018 05:28 AM)Banter. Wrote: [\[CITE\]](#) Best way to wake yourself up dude, a cold shower right as your wake up will do a better job that like 10 cups of coffee ?

I am agree with you

Traum - September 9, 2018, 6:10 am

(Sep 9, 2018 05:28 AM)Banter. Wrote: [\[CITE\]](#) Best way to wake yourself up dude, a cold shower right as your wake up will do a better job that like 10 cups of coffee ?

And it's infinitely more healthy for you than all the coffeine.

Cryptlord - September 9, 2018, 6:10 am

Depends on the time of the year of course, but sometimes having a cold shower in winter and then warm bed is best thing you can do

tripleseven - September 10, 2018, 12:42 pm

Obviously i prefer a hot shower, but im not gonna fucking compromise, so i have to take the freezing shower for dem health gainz

DopplerAF - September 10, 2018, 12:44 pm

Cold showers with some hot showers in summers and hot showers whole winter.

CustodyMM - September 10, 2018, 12:53 pm

Cold showers require discipline tbh. I should use them, but I love hot showers too much

Traum - September 10, 2018, 7:59 pm

(Sep 10, 2018 12:53 PM)CustodyMM Wrote: [\[CITE\]](#) Cold showers require discipline tbh. I should use them, but I love hot showers too much

You get used to them pretty quickly. After that it's just benefits.

Abxrpt - September 10, 2018, 8:00 pm

(Sep 10, 2018 07:59 PM)Flex Up Wrote: [\[CITE\]](#) You get used to them pretty quickly. After that it's just benefits.

Once you have a few you do begin to get used to them.

Traum - September 10, 2018, 8:01 pm

(Sep 10, 2018 08:00 PM)Abxrpt Wrote: [\[CITE\]](#) Once you have a few you do begin to get used to them.

Right. I'll take one right now ;)

Abxrpt - September 10, 2018, 8:01 pm

(Sep 10, 2018 08:01 PM)Flex Up Wrote: [\[CITE\]](#) Right. I'll take one right now ;)
Let us know how you get on! Obviously not ice cold but cold enough!

Niko - September 10, 2018, 10:54 pm

Generally I have a hot shower and near the end of it I let it go really cold before I hop out. This way it doesn't feel cold when I get out because the air around me is warmer than the water on my body.

SoapyLady34 - September 10, 2018, 10:57 pm

I haven't took a cold shower since like 1981 lmao

Redwall - September 10, 2018, 11:00 pm

hot shower for sure man any day

Abxrpt - September 10, 2018, 11:06 pm

(Sep 10, 2018 11:00 PM)Redwall Wrote: [\[CITE\]](#) hot shower for sure man any day
You ever have cold showers?

Minnesota Nice - September 10, 2018, 11:48 pm

Cold after work/the gym

Hot if its any other time. I sweat a ton when I work out so I like to cool down after.

TheTrafficSurge - September 12, 2018, 12:13 pm

cold to boost testosterone not the entire shower though.

Abxrpt - September 12, 2018, 12:15 pm

(Sep 10, 2018 11:48 PM)Minnesota Nice Wrote: [\[CITE\]](#) Cold after work/the gym

Hot if its any other time. I sweat a ton when I work out so I like to cool down after.
Yeah exactly that. Are you even working out if you ain't break a sweat? Haha

DopplerAF - September 12, 2018, 12:15 pm

(Sep 12, 2018 12:13 PM)TheTrafficSurge Wrote: [\[CITE\]](#) cold to boost testosterone not the entire shower though.

What does it suppose to mean ?

mehranux - September 12, 2018, 12:50 pm

(Sep 12, 2018 12:13 PM)TheTrafficSurge Wrote: [\[CITE\]](#) cold to boost testosterone not the entire shower though.

I think host will boost testosterone ...

LoveOverFear - September 12, 2018, 12:51 pm

Cold water to get rid of all the BS

Hot water to relax after all the BS is gone

ririki - September 12, 2018, 2:22 pm

Sometimes i like hot bath however i go for cold shower cause when i go with hot i am in bathroom for hours ?

Pikachu - September 12, 2018, 2:27 pm

Honestly, i prefer hot, but when it gets too hot, i slowly bring the temperature down, and slowly work my way to cold sometimes, but i mainly use hot water more than anything.

Business - September 12, 2018, 2:58 pm

I always need a steaming hot shower!

?ystem - September 12, 2018, 6:56 pm

I'm definitely on the colder side when I'm taking a shower. It's extremely refreshing and comfortable for a human radiator such as myself.

Abxrpt - September 12, 2018, 6:59 pm

(Sep 12, 2018 06:56 PM)?ystem Wrote: [\[CITE\]](#) I'm definitely on the colder side when I'm taking a shower. It's extremely refreshing and comfortable for a human radiator such as myself.

A human radiator? Lol it is definitely refreshing! Had one before actually!

?ystem - September 12, 2018, 7:03 pm

(Sep 12, 2018 06:59 PM)Abxrpt Wrote: [\[CITE\]](#) A human radiator? Lol it is definitely refreshing! Had one before actually! Yes, I'm always warm. It's common for me to hear either a complaint or comment about how I radiate heat from someone sitting next to me or being held by me. Lol.

Abxrpt - September 12, 2018, 7:05 pm

(Sep 12, 2018 07:03 PM)?ystem Wrote: [\[CITE\]](#) Yes, I'm always warm. It's common for me to hear either a complaint or comment about how I radiate heat from someone sitting next to me or being held by me. Lol. Bahaha. I love it man, I am not someone that likes the heat so I'll gladly sit by you .

RØY?L - September 12, 2018, 7:15 pm

Cold showers are better for you, but it's whatever you like i guess, personally I go with cold showers.

Ømen Xiii - September 12, 2018, 7:17 pm

I love me a nice hot shower man, one of the best feelings in the world.

Fortunate - September 13, 2018, 12:41 am

(Sep 8, 2018 03:59 AM)Royal ! Wrote: [\[CITE\]](#) Hot showers in winter and cold in summer. That simple? lol.

This. I should take more cold showers though because I think it's better for your health. Warm showers just feel so good though.

Vossen - September 13, 2018, 1:02 am

Mainly cold showers, hands down the best way to start your day. I hate them, still have them. Might make an exception here and there in winter when I'm not going out, but even then I'll turn the temperature down for like the last 30 sec or so.

Traum - September 13, 2018, 3:05 am

(Sep 13, 2018 01:02 AM)Vossen Wrote: [\[CITE\]](#) Mainly cold showers, hands down the best way to start your day. I hate them, still have them. Might make an exception here and there in winter when I'm not going out, but even then I'll turn the temperature down for like the last 30 sec or so.

It's good discipline having one every day even if you hate them.

DopplerAF - September 13, 2018, 3:47 am

(Sep 13, 2018 01:02 AM)Vossen Wrote: [\[CITE\]](#) Mainly cold showers, hands down the best way to start your day. I hate them, still have them. Might make an exception here and there in winter when I'm not going out, but even then I'll turn the temperature down for like the last 30 sec or so.

Showers everyday is very healthy and refreshing.

Abxrpt - September 13, 2018, 3:49 am

(Sep 13, 2018 01:02 AM)Vossen Wrote: [\[CITE\]](#) Mainly cold showers, hands down the best way to start your day. I hate them, still have them. Might make an exception here and there in winter when I'm not going out, but even then I'll turn the temperature down for like the last 30 sec or so.

Yeah I start off cold then turn the temp up. Complete opposite.

Business - September 13, 2018, 4:14 am

(Sep 13, 2018 03:49 AM)Abrxpt Wrote: [\[CITE\]](#) Yeah I start off cold then turn the temp up. Complete opposite. I've heard it's good for the hair if you rinse with cold water right before you get out of the shower, so I do that usually.

mehranux - September 13, 2018, 5:03 am

(Sep 13, 2018 03:47 AM)DopplerAF Wrote: [\[CITE\]](#) Showers everyday is very healthy and refreshing. Yeah it pumps you up

Abrxpt - September 13, 2018, 10:04 am

(Sep 13, 2018 04:14 AM)?usiness Wrote: [\[CITE\]](#) I've heard it's good for the hair if you rinse with cold water right before you get out of the shower, so I do that usually. What's good about it? Help with growth or something?

ririki - September 13, 2018, 12:50 pm

(Sep 13, 2018 10:04 AM)Abrxpt Wrote: [\[CITE\]](#) What's good about it? Help with growth or something? I heard that too, but it's mostly if you have got long hair I think. You keep your hair more fresh/clean.

Nayborhood - September 13, 2018, 12:56 pm

Cold showers are just so weird only if i rly need to wake up

Abrxpt - September 13, 2018, 1:04 pm

(Sep 13, 2018 12:50 PM)ririki Wrote: [\[CITE\]](#) I heard that too, but it's mostly if you have got long hair I think. You keep your hair more fresh/clean. That's good to know! My hair is always kept short anyway haha.

DopplerAF - September 13, 2018, 1:07 pm

Just tried cold shower today and holy hell its like I got electric shock at once and wasn't able to breathe for awhile. Dam it was so cold.

Business - September 13, 2018, 1:12 pm

(Sep 13, 2018 10:04 AM)Abrxpt Wrote: [\[CITE\]](#) What's good about it? Help with growth or something? I heard it's good for strengthening your hair but I'm not sure if it's true.

Kelsey X - September 13, 2018, 1:34 pm

Hot bath, cold shower.

Hot baths in the winter are the best.

Kill Joy - September 13, 2018, 1:37 pm

Hot shower, hot bath. I'll be sweating my ass off then take a hot shower, but will cool it slowly so I'm not sweating when I get out.

ririki - September 13, 2018, 1:41 pm

(Sep 13, 2018 01:07 PM)DopplerAF Wrote: [\[CITE\]](#) Just tried cold shower today and holy hell its like I got electric shock at once and wasn't able to breathe for awhile. Dam it was so cold. Don't do that cold then, and try to acclimatise in.

darkturismo - September 13, 2018, 2:00 pm

(Sep 13, 2018 01:34 PM)Kelsey X Wrote: [\[CITE\]](#) Hot bath, cold shower.

Hot baths in the winter are the best.

Cold shower if you wanna be a man and wake up in the morning. I have yet to take a true cold shower.

Abbrxpt - September 13, 2018, 2:15 pm

(Sep 13, 2018 01:12 PM)?usiness Wrote: [\[CITE\]](#) I heard it's good for strengthening your hair but I'm not sure if it's true.

Haha hair can't be strong if it's short to begin with right. Wouldn't have a clue when it comes to hair maintenance

V?rt - September 13, 2018, 2:39 pm

It depends on my mood to be honest. Most time I take a hot shower, but from time to time, I'll take a hot shower, then put on cold water after I'm done and just sit there for a second.

Tempr5 - September 13, 2018, 5:01 pm

Always a hot shower unless it is either very Hot out or I have a sunburn.

ThomasGB - September 13, 2018, 5:05 pm

I can't have a cold shower or bath , it's impossible

Traum - September 13, 2018, 8:00 pm

(Sep 13, 2018 01:07 PM)DopplerAF Wrote: [\[CITE\]](#) Just tried cold shower today and holy hell its like I got electric shock at once and wasn't able to breathe for awhile. Dam it was so cold.

And after you felt really awake? That's how cold showers work.

Abbrxpt - September 13, 2018, 8:15 pm

(Sep 13, 2018 05:01 PM)Tempr5 Wrote: [\[CITE\]](#) Always a hot shower unless it is either very Hot out or I have a sunburn.

Sunburn and any water is the worst.

Traum - September 13, 2018, 8:28 pm

(Sep 13, 2018 08:15 PM)Abbrxpt Wrote: [\[CITE\]](#) Sunburn and any water is the worst.

Oh yeah, sunburns suck.

Anubis God - October 17, 2018, 4:37 pm

Taking a warm shower or bath at night not only relaxes your body, but also adjusts your body temperature. ... While there is nothing harmful about taking cold showers when menstruating, a warm shower is better in helping the muscles to relax, thereby alleviating cramps – just like how a hot water bottle helps. So hot showers for me!!!!

TheGoldenRelik - October 17, 2018, 5:05 pm

Warm showers on winter slightly cold on summer

RAT - October 17, 2018, 5:05 pm

Probably golden shower, I'd agree yea.

Pikachu - October 17, 2018, 5:08 pm

Depends on my mood, and the temperature of the house. If the AC is out and its a hot ass day, im going for a nice cold shower, if i wanna relax or warm up, warm/hot showers are the way to go.

