

# Forum:[Hack Forums](#)

Thread: [Itchy after cold showers](#)

**hayesh** - May 26, 2023, 8:51 am

Do you guys ever feel itchy after cold showers or is it just me. Keep in mind i normally use hot water

**Hahaha** - May 26, 2023, 10:42 am

Nahh why should i do this? I prefer a warm shower over a cold one

**James Burnham** - May 26, 2023, 11:03 am

Yes, I do. It's maybe something related with blood flow. I think it's normal.

**Colioo** - May 26, 2023, 1:24 pm

Stick with warm shower.. Stay comfy ;)

**xmengun** - May 28, 2023, 1:25 pm

hot shower. you live only one time

**duhmbduhmbbum** - July 7, 2023, 5:42 pm

I think it's a sympathetic nervous system response to the cold. I don't take cold showers; but when I was a kid and would go play in the snow, I remember being super itchy if the snow soaked into my snowpants.

**Komodo** - October 8, 2023, 7:46 pm

(May 26, 2023 11:03 AM)Exchanger Wrote: [\[CITE\]](#) Yes, I do. It's maybe something related with blood flow. I think it's normal.

Pretty normal, it's actually your immune system!

You're body is having a histamine response to the cold water on the surface of your skin.

Some people can even get these nasty hives as well.

Depends, person to person.