

Forum:[Hack Forums](#)

Thread: [Warm or Cold shower?](#)

Calmbot - June 28, 2024, 3:34 am

I would say cold shower to wake me up in the morning and warm shower to relax for bed! whats your guys opinion?

?

Deany - June 28, 2024, 3:35 am

When in a rush = cold , other than that only hot.

Calmbot - June 28, 2024, 3:36 am

(Jun 28, 2024 03:35 AM)Deany Wrote: [\[CITE\]](#) When in a rush = cold , other than that only hot. honestly valid I hate cold showers but they really make you alert ?

Deany - June 28, 2024, 3:36 am

(Jun 28, 2024 03:36 AM)Calmbot Wrote: [\[CITE\]](#) honestly valid I hate cold showers but they really make you alert ?

I live in a hot place so "cold" doesn't really exist here lol

Calmbot - June 28, 2024, 3:37 am

(Jun 28, 2024 03:36 AM)Deany Wrote: [\[CITE\]](#) I live in a hot place so "cold" doesn't really exist here lol

hot places are nice until my place becomes the "hot" place because the air is so wet here the humidity kills you

Deany - June 28, 2024, 3:37 am

(Jun 28, 2024 03:37 AM)Calmbot Wrote: [\[CITE\]](#) hot places are nice until my place becomes the "hot" place because the air is so wet here the humidity kills you

Facts , it's one of the reasons I can't sleep .

Calmbot - June 28, 2024, 3:38 am

(Jun 28, 2024 03:37 AM)Deany Wrote: [\[CITE\]](#) Facts , it's one of the reasons I can't sleep . are you in a jungle then if its both a hot and humid place ?? say hi to the monkeys for me

Deany - June 28, 2024, 3:39 am

(Jun 28, 2024 03:38 AM)Calmbot Wrote: [\[CITE\]](#) are you in a jungle then if its both a hot and humid place ?? say hi to the monkeys for me

Yes , it's basically a jungle ?

Calmbot - June 28, 2024, 3:40 am

(Jun 28, 2024 03:39 AM)Deany Wrote: [\[CITE\]](#) Yes , it's basically a jungle ?

what country is that then somewhere like Australia or one of the country's in south America? I'm from the uk so luckily even though its like constantly 80% or more humidity it never gets too hot apart from a week in the summer where is 30-40c and you are brutally dying

Deany - June 28, 2024, 3:42 am

(Jun 28, 2024 03:40 AM)Calmbot Wrote: [\[CITE\]](#) what country is that then somewhere like Australia or

one of the country's in south America? I'm from the uk so luckily even though its like constantly 80% or more humidity it never gets too hot apart from a week in the summer where is 30-40c and you are brutally dying

That's why I be taking like 5 showers a day , icky as heck mane

Calmbot - June 28, 2024, 3:44 am

(Jun 28, 2024 03:42 AM)Deany Wrote: [\[CITE\]](#) That's why I be taking like 5 showers a day , icky as heck mane

i just sit and take it like a good girl until the heat ends and then i go and wash off the skin that melted off me ?

Bastille - June 28, 2024, 3:58 am

I used to take cold showers when I worked out, but don't have enough motivation now

3nvyc0r3 - June 28, 2024, 3:58 am

Hot as hell, can't stand showering with cold water

Calmbot - June 28, 2024, 3:58 am

(Jun 28, 2024 03:58 AM)Bastille Wrote: [\[CITE\]](#) I used to take cold showers when I worked out, but don't have enough motivation now

wdym you dont have enough motivation to take showers or just cold ones?

(Jun 28, 2024 03:58 AM)3nvyc0r3 Wrote: [\[CITE\]](#) Hot as hell, can't stand showering with cold water i mean i cant stand one either its just a way to get up in the morning when i struggle

Bastille - June 28, 2024, 4:12 am

(Jun 28, 2024 03:58 AM)Calmbot Wrote: [\[CITE\]](#) wdym you dont have enough motivation to take showers or just cold ones?

i mean i cant stand one either its just a way to get up in the morning when i struggle
Just cold ones lol, however as summer is here I may take cold ones again, may help to fight the heat

Betty Blue - June 28, 2024, 4:15 am

Cold showers are better for your testicles

Calmbot - June 28, 2024, 4:16 am

(Jun 28, 2024 04:15 AM)Betty Blue Wrote: [\[CITE\]](#) Cold showers are better for your testicles
What if I don't have testicles ?

(Jun 28, 2024 04:12 AM)Bastille Wrote: [\[CITE\]](#) Just cold ones lol, however as summer is here I may take cold ones again, may help to fight the heat

Fair enough i was hoping it was just the cold ones ?

Betty Blue - June 28, 2024, 4:19 am

(Jun 28, 2024 04:16 AM)Calmbot Wrote: [\[CITE\]](#) What if I don't have testicles ?

Fair enough i was hoping it was just the cold ones ?Then you probably shouldn't take cold showers

DashPHP - June 28, 2024, 4:34 am

I am well over 900 or so days of cold showers man.

Best thing ever.

Calmbot - June 28, 2024, 4:36 am

(Jun 28, 2024 04:34 AM)DashPHP Wrote: [\[CITE\]](#) I am well over 900 or so days of cold showers man.

Best thing ever.

First cold shower defender in this thread ooo

DashPHP - June 28, 2024, 4:39 am

(Jun 28, 2024 04:36 AM)Calmbot Wrote: [\[CITE\]](#) First cold shower defender in this thread ooo
I stand by it 1000000%.

I remember the first day, how instantly amazing I felt.

Never going back.

Zalbai - June 28, 2024, 6:21 am

The answer is very simple. In winter you take warm showers and in summer you take cold ones.

Calmbot - June 28, 2024, 6:22 am

(Jun 28, 2024 06:21 AM)Sifiorka Wrote: [\[CITE\]](#) The answer is very simple. In winter you take warm showers and in summer you take cold ones.
this one is a very valid one or better said when its cold go warm and when its warm go cold

Euaggelistes - June 28, 2024, 6:40 am

Both.

I like to start with a warm shower, and end it with a few minutes of cold.

Net Hustler - June 28, 2024, 7:05 am

I don't take cold showers I don't know why anyone would subject themselves to torture for no reason anyone who takes cold showers is a sadist of some kind and is kinda sus.

Calmbot - June 28, 2024, 7:06 am

(Jun 28, 2024 07:05 AM)Net Hustler Wrote: [\[CITE\]](#) I don't take cold showers I don't know why anyone would subject themselves to torture for no reason anyone who takes cold showers is a sadist of some kind and is kinda sus.
some people say it has benefits I just do it because it helps me wake up.

Dirtbikes - October 11, 2024, 5:49 am

Cold showers morning warm in evening

Portugals - October 11, 2024, 6:39 am

Hot shower is best while sleeping at night

Zalbai - October 11, 2024, 8:51 am

(Oct 11, 2024 06:39 AM)Portugals Wrote: [\[CITE\]](#) Hot shower is best while sleeping at night
I didn't know hot showers were the new sleep therapy! Next, we should recommend a bubble bath during conference calls. You made my day! ??

sharn - October 12, 2024, 10:26 am

Cold showers for me, especially right after exercising. They are refreshing and a great way to recharge!

Jake Johnson - *October 19, 2024, 4:12 pm*

I still like my hot showers. I have debated trying cold showers but haven't stuck to them yet. I have tried them once or twice but it never became a thing where I continued doing them instead of hot.

F4tDoinkz - *October 19, 2024, 4:18 pm*

Always a warm shower. I can't stand cold showers lol.

DanielZ - *October 19, 2024, 9:24 pm*

only hot showers, helps to relax

Pimping - *October 19, 2024, 9:34 pm*

Warm/hot all the way i hate cold showers honestly