

Forum:[Hack Forums](#)

Thread: [Hot or cold showers](#)

Fish - October 6, 2025, 3:33 am

What do you prefer, hot or cold showers?

I'm a fan of hot showers but usually I turn the temp down before I get out to cool down a little bit

Ieste - October 6, 2025, 3:37 am

Mostly hot showers, but cold showers when I feel overwhelmed.

Yanix - October 6, 2025, 3:45 am

It depends on the weather but most of the time I go with cold shower.

Oh_Well - October 6, 2025, 3:50 am

I like the feeling when the water is slightly above my body temperature

Rahul007rhp - October 6, 2025, 4:02 am

I like hot showers or mild hot works as well.

• **Enlil Wolf** • - October 6, 2025, 4:31 am

Definitely not skin melting hot, but that perfect sweet spot between slightly hot and cold.

Though I prefer cold showers during the summer ?

Slumerican ? - October 6, 2025, 5:21 am

Yeah I am also a fan of hot showers, even though I want to start learn my body with cold showers, I think it's healthier :)

plops - October 6, 2025, 6:37 am

I would takencold showers if I could. Pipes are shallow in the ground and its hot year round

Lefty - October 6, 2025, 6:47 am

You know what. I used to be a hot shower man. Very hot, before bed. It's heaven, if heaven was more on the hot side

DAL-SHA - October 6, 2025, 8:44 am

Cold showers after Gym sessions in the morning FTW ??

Quick Hot shower at the end of the day before bed to relax and sleep well because it helps to relax

Michael - October 6, 2025, 9:57 am

Cold showers are very nice.

aj33b9009 - October 6, 2025, 10:06 am

Use hot showers for relaxation and tension relief, choose cold showers for energy, recovery,

Mech - October 6, 2025, 11:38 am

Anyone who chooses a cold shower is a psychopath.

Deany - October 6, 2025, 11:57 am

I like hot showers more

Mix - October 6, 2025, 2:54 pm

I have tried cold showers now a few times and when its hot its great but all the other times I prefer a hot shower as it makes me feel much cleaner.

RangoWorld - October 9, 2025, 5:37 am

I was just thinking about this question. I prefer cold showers.

Jamika - October 9, 2025, 9:23 pm

I take hot shower all the year even in hot summer, cant withstand cold ones

Fish - October 10, 2025, 3:30 am

(Oct 9, 2025 09:23 PM)Jamika Wrote: [\[CITE\]](#) I take hot shower all the year even in hot summer, cant withstand cold ones

do you not get too hot in the summer? do you at least run the cold water for a bit before you get out?

Jamika - October 10, 2025, 7:10 am

(Oct 10, 2025 03:30 AM)Fish Wrote: [\[CITE\]](#) do you not get too hot in the summer? do you at least run the cold water for a bit before you get out?

I run air conditioner or fan all the time , but never bath in cold water , even in very hot weather

sharn - October 11, 2025, 12:11 pm

Cold showers wake me up instantly.

Hot showers feel too slow in the morning.

CryptoMancer - October 11, 2025, 12:12 pm

Hot showers help me sleep better and cold stay awake in the morning.

Fish - October 13, 2025, 5:43 am

(Oct 11, 2025 12:11 PM)sharn Wrote: [\[CITE\]](#) Cold showers wake me up instantly.

Hot showers feel too slow in the morning.

That's so true! Cold ones get your blood pumping

SIM-5022267 - October 14, 2025, 5:43 pm

I don't have time to sit there and wait for my cold tolerance to build up, so hot/warm.

Palestine - October 14, 2025, 5:53 pm

I used to always take burning hot showers until I learned that it wasn't good it would always make you break out more so I started turning the shower really cold just before I get out to close all the pores. I noticed immediate changes at the time, I wouldn't break out anymore at all and rarely ever got pimples (this was during high school).

So I definitely recommend people doing the same it also has some health benefits

JoshAllen - October 14, 2025, 6:27 pm

Hot is the only option.

Cold showers are the opposite of relaxing.

Palestine - October 14, 2025, 6:31 pm

(Oct 14, 2025 06:27 PM)Josh Allen Wrote: [\[CITE\]](#) Hot is the only option.

Cold showers are the opposite of relaxing.

True I agree but it's important to rinse off in real cold water after a real hot shower it helps close all your pores. Look it up you'll see that it has lots of benefits

Yin Yang - October 14, 2025, 7:08 pm

Hot shower for the most part. Lukewarm if it's super hot out

Plague - October 14, 2025, 8:10 pm

Showers are really relaxing for me so I gotta go with hot

Pimping - October 14, 2025, 8:12 pm

Definitely hot. i hate cold showers

Fish - October 15, 2025, 4:01 am

(Oct 14, 2025 08:10 PM)Plague Wrote: [\[CITE\]](#) Showers are really relaxing for me so I gotta go with hot

They a are definitely relaxing!

Eran - October 15, 2025, 9:16 am

Can't remember the last time I had a legit long cold shower. Excluding during the extremely hot summer days. Ngl I became a bit of a bitch lately which I am not proud of.