

Forum:[Hack Forums](#)

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

Tyr - October 14, 2025, 11:46 pm

Does it also depend on the time of day for you?

Jinu - October 14, 2025, 11:53 pm

I usually take cold showers. If I feel too freeze in the morning I'd choose hot showers.

Tyr - October 14, 2025, 11:56 pm

(Oct 14, 2025 11:53 PM)Jinu Wrote: [\[CITE\]](#) I usually take cold showers. If I feel too freeze in the morning I'd choose hot showers.

Oh my. Do you have AC too or live where it's cold? yikes

I switch it up from time to time ngl

Jamika - October 15, 2025, 12:44 am

(Oct 14, 2025 11:46 PM)Tyr Wrote: [\[CITE\]](#) Does it also depend on the time of day for you?

Neither day time or weather , i never shower with cold water whatever happens

SIM-4331310 - October 15, 2025, 2:35 am

Had a few cold ones before..only when power is off or something like that..hot water all the way....

CryptoMancer - October 15, 2025, 3:10 am

Hot showers at night and maybe cold showers in the morning if its summer.

kuraANT - October 15, 2025, 3:25 am

Always hot for me morning, night, doesn't matter. I'm not out here trying to get frostbite in my own shower. Cold water is for dishes, not people.

aj33b9009 - October 15, 2025, 5:21 am

Cold showers feel better than warm showers

DAL-SHA - October 16, 2025, 11:42 am

after gym ALWAYS cold showers whatever the weather is ..

before bed : HOT showers FTW !! ??

FrostMost - October 16, 2025, 12:04 pm

Hot showers and medium heat showers when it is hot. Just cant stand cold showers
??????

Tyr - October 16, 2025, 12:05 pm

Everyone saying cold showers need to be locked up in a mental asylum unless you live at the equator

Michael - October 16, 2025, 12:29 pm

For me it's starting with a cold shower, some nice benefits for this.

Palestine - October 16, 2025, 12:30 pm

(Oct 16, 2025 12:05 PM)Tyr Wrote: [\[CITE\]](#) Everyone saying cold showers need to be locked up in a mental asylum unless you live at the equator

Lmao I just put it on cold for like 30 seconds before I get out. I can't imagine taking a full cold ass shower fuck that

PacketPilot - October 16, 2025, 12:35 pm

(Oct 14, 2025 11:46 PM)Tyr Wrote: [\[CITE\]](#) Does it also depend on the time of day for you?Depends on season. Cold in summer, hot in winter.

Palestine - October 16, 2025, 12:44 pm

(Oct 16, 2025 12:35 PM)PacketPilot Wrote: [\[CITE\]](#) Depends on season. Cold in summer, hot in winter.

I guess that makes sense then lol I can't imagine taking a cold ass shower in the winter voluntarily

Yin Yang - October 16, 2025, 12:52 pm

Hot in the fall and winter. AND then lukewarm in the summer

PacketPilot - October 16, 2025, 12:54 pm

(Oct 16, 2025 12:44 PM)Palestine Wrote: [\[CITE\]](#) I guess that makes sense then lol I can't imagine taking a cold ass shower in the winter voluntarily

Yeah, that's also make fun to taking cold shower in winter

Mix - October 16, 2025, 3:18 pm

Hot showers are the best but I have had a few cold showers in my time & I must admit it does feel like it helps but I dont have them enough to say it makes a difference.

sharn - October 19, 2025, 10:04 am

Cold water feels refreshing on my skin.
It clears my mind too.

?ystem - October 20, 2025, 3:15 pm

It really depends. For the most part, I take lukewarm showers, but I take cold showers during the hot summers.

Sqlinjking - October 20, 2025, 4:42 pm

Hot shower

Michael - October 25, 2025, 4:15 am

Still liking the cold showers.

leste - October 25, 2025, 4:09 pm

Definitely a hot shower. I don't think cold showers are sustainable.

kzldn5cu0r - October 25, 2025, 4:39 pm

If I don't have to, I'll choose warm water.

Tyr - November 14, 2025, 9:30 am

(Oct 25, 2025 04:39 PM)kzldn5cu0r Wrote: [\[CITE\]](#) If I don't have to, I'll choose warm water.

Interesting one right there and notably should be added to the list because when SWIM did time, all they had were lukewarm showers

Artemisss - November 14, 2025, 2:39 pm

Cold showers most of the time they wake me up way faster. Hot ones only when I'm trying to relax.

darkINT - November 14, 2025, 2:41 pm

in winter hot shower, in summer cold shower ?

Lefty - November 14, 2025, 3:18 pm

Boiling/Scolding hot in the morning. It's the best

Tyr - November 14, 2025, 5:31 pm

I posted this to troll a member and cannot believe you people are debating this still. ?

How can you survive without taking a hot shower once a day ffs

kinnu543 - November 14, 2025, 11:51 pm

In winter hot showers, in summer cold showers

RangoWorld - November 15, 2025, 2:15 am

Cold showers. Except when it's freezing.

Flariuu - November 15, 2025, 7:13 am

I prefer hot showers, but I know cold showers are better for your hair and skin

diablospartan - November 15, 2025, 8:13 am

Well a cold shower its like an healthy medicament but so hated by your body as it makes you leave the confort zone and your mind and body dont want that

A hot shower its like a delicious meal who you body and mind loves it but its not even close so healthy like a cold shower

Tyr - November 15, 2025, 8:25 am

(Nov 15, 2025 09:13 AM)diablospartan Wrote: [\[CITE\]](#) Well a cold shower its like an healthy medicament but so hated by your body as it makes you leave the confort zone and your mind and body dont want that

A hot shower its like a delicious meal who you body and mind loves it but its not even close so healthy like a cold shower
This guy knows his shit.

holyshtss - November 16, 2025, 9:58 am

hot showers

FriedChicken666 - November 26, 2025, 8:08 pm

hawt hawt HAWT!

RangoWorld - November 26, 2025, 11:10 pm

Because of the weather changing. I'm leaning towards hot showers.

pauliegumshoes - November 28, 2025, 2:01 pm

Neither hot nor cold, a warm shower is what I prefer

DrowRanger - November 29, 2025, 3:34 am

Hot , if u wanna sleep and relax

Cold , if u wanna be active and wanna your muscles to be responding also gives the brain a huge

bump

Ha Haaa - *November 29, 2025, 4:16 am*

Depends if the day has been hot or cold