

Forum:[Hack Forums](#)

Thread: [Hot or Cold water when you take your bath?](#)

Binaryrider - February 27, 2026, 4:30 pm

For me i strongly prefer bathing with cold water. Each morning the moment the cold water touches my body I feel instantly refreshed and fully awake, as though my body and mind have been brought back to life. Cold water bathing give me powerful energy boost that help me start my day with clarity and focus.

What about you guys?

JoshAllen - February 27, 2026, 4:55 pm

Hot. I think it is insane people would have a bath or shower in cold water.

Binaryrider - February 27, 2026, 5:04 pm

(Feb 27, 2026 05:55 PM)JoshAllen Wrote: [\[CITE\]](#) Hot. I think it is insane people would have a bath or shower in cold water..

For me, cold water will always mean room-temperature water, I'm definitely not bathing with ice water, lol.

Au Jus Demon - February 27, 2026, 5:08 pm

I will always shower warm, but I will switch the temp colder sometimes towards the end.

R5N3T - February 27, 2026, 5:10 pm

(Feb 27, 2026 05:30 PM)Binaryrider Wrote: [\[CITE\]](#) For me i strongly prefer bathing with cold water. Each morning the moment the cold water touches my body I feel instantly refreshed and fully awake, as though my body and mind have been brought back to life. Cold water bathing give me powerful energy boost that help me start my day with clarity and focus.

What about you guys?

I like cold

Binaryrider - February 27, 2026, 5:17 pm

(Feb 27, 2026 06:08 PM)Au Jus Demon Wrote: [\[CITE\]](#) I will always shower warm, but I will switch the temp colder sometimes towards the end.

Switching it up make sense for sure.

Artisan - February 27, 2026, 9:30 pm

I prefer it hot on regular days and cold on ones where I feel dehydrated and thirsty from exertion and fasting.

Deany - February 27, 2026, 11:58 pm

Hot water. I feel like I am dying if I use cold.

Jamika - February 28, 2026, 12:17 am

Ofc hot... maybe it even gives off steam. I can't even wash my hands and face with cold water unless absolutely necessary.

Binaryrider - February 28, 2026, 2:30 am

(Feb 27, 2026 10:30 PM)Artisan Wrote: [\[CITE\]](#) I prefer it hot on regular days and cold on ones where I feel dehydrated and thirsty from exertion and fasting.

Oh what are the real benefit for the hot water on the body?

(Feb 28, 2026 12:58 AM)Deany Wrote: [\[CITE\]](#) Hot water. I feel like I am dying if I use cold.

Hahaha, that's funny! I know some of my friends who are so scared to pour or stand under a cold shower that they literally spend about four minutes just thinking about it, lol.

(Feb 28, 2026 01:17 AM)Jamika Wrote: [\[CITE\]](#) Ofc hot... maybe it even gives off steam. I can't even wash my hands and face with cold water unless absolutely necessary.

Really? You can't even wash your face or legs with cold water? Well, I actually like steaming that's sunnah and it helps open up the pores.

HerrWinston - February 28, 2026, 2:53 am

Warm water because it helps relaxing the body and so on, for me showering is also something to relax, but at the end of a shower i always turn it cold so my body wakes up, i shower then for another 2 min to have that energy to start the day!

JoshAllen - February 28, 2026, 11:36 am

(Feb 28, 2026 12:58 AM)Deany Wrote: [\[CITE\]](#) Hot water. I feel like I am dying if I use cold.

Finally, someone sane. Cold is insanity.