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Ice baths

2026/2027 collection

Cold recovery for athletes, clubs, clinics, spas and homes. Baths designed and made in Finland, the country where cold is part of life.

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MADE IN FINLAND



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Pure cold.
Premium quality.

Finns are cold experts. We have long known the benefits of swimming in icy water or rolling in the snow during a sauna break. No wonder, then, that some of the most advanced ice baths in the world also come from Finland.

Avantopool portable ice baths bring the benefits of cold plunging to everyone, anywhere. They are always ready to use and the temperature of the clean water adjusts with a simple touch. They take the ice-water experience to the gym, the team changing room, the workplace or the home, all year round.

Who is it for?

For anyone who wants to feel good.

- Professional athletes who push their limits every day
- Fitness enthusiasts who live for the post-workout feeling
- Recovery centres that take rest seriously
- Physiotherapists who help people move better
- Sports clubs, academies and training centres
- Sauna and spa lovers who enjoy hot and cold contrast
- Home wellness enthusiasts
- Companies that care about their teams' wellbeing
- Clinics that make recovery smarter



Made in Finland

All Avantopool baths are designed and made in Finland and carry the official Finnish origin symbol.



Why is cold good for you?

Avantopool describes cold as a reset button for body and mind. This is what happens when you take the plunge:

Recovery
faster

Pain
reduced

Inflammation
under control

Resilience and immunity
strengthened

Brown fat
activated, and that is good

Sleep
deeper and more restful

Energy
boosted

Mood
much better

The range



Kinos Evo 5
+4 to +40 °C



Kinos Plus 7
140 cm long



Kuura 9
180 cm long



Hanki 11
39 kg empty



Kide 13
Inflatable and portable



Cooling unit 15
Tanks up to 700 litres

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Kinos Evo

Professional recovery in a compact format

A premium ice bath for people who demand professional recovery in a space-saving format. Ideal for athletes, fitness enthusiasts and anyone seeking wellbeing, with fast muscle recovery and invigorating cold therapy.

Cold or warm water, but always clean. Also available with classic stairs.

+4 ℃ to +40 ℃

Cold recovery — Heat therapy











Black



White



Grey

Advantages

Always crystal-clear water
Advanced continuous filtration and UV purification keep the water free of bacteria and viruses, for hygienic and safe immersion every time.

Wide temperature range
Set the water between +4 °C and +40 °C. The Kinos Evo serves both cold recovery and heat therapy.

Compact and portable
Smart design makes it easy to move and install almost anywhere, indoors or outdoors.

Easy to use and maintain
Just change the water periodically and clean the filter to keep the best performance.

Controlled, safe immersion
Carefully designed safety features and a smooth entry for confident cold therapy.

Technical details

MADE IN FINLAND

Dimensions	Without stairs: 120 × 79 × 105 cm With classic stairs: 154 × 79 × 122 cm
Steps	Module of 53 × 72 × 40 cm
Capacity	300 l
Weight	144 kg empty (with rails and stairs), 444 kg full
Energy	Approx. 2 to 5 kWh per day
Speed	Cools or heats approx. 6 to 7 °C per hour
Power supply	220–240 V single-phase, 50 Hz, 3.7 A, 4 m cable with RCD
Control	Built-in touch panel, standby mode, control via Wi-Fi
Refrigerant	R32
Outdoor use	Only if fully protected from the weather, between −7 °C and +40 °C

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Kinos Plus

Full immersion, even for the tallest

For full-body immersion, the Kinos Plus is 20 cm longer than the Kinos Evo, which makes it ideal for taller users.

Automatic cooling, premium comfort and ergonomics, and the most from your recovery.

140 cm

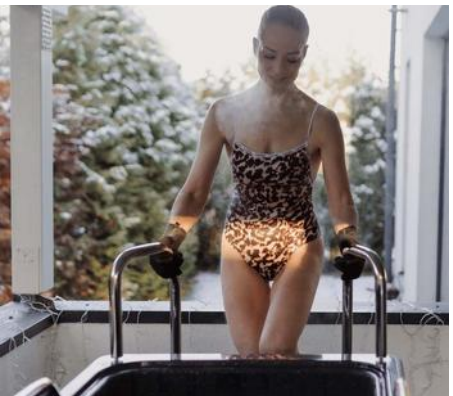
















Advantages

Full immersion and ergonomic design
Even the tallest users are fully immersed. The fibreglass and gel coat construction offers durability and comfort.

Always clean, always ready
Continuous filtration and UV purification keep the water crystal-clear, free of bacteria and viruses.

Versatile temperature control
Adjustable from +4 °C to +40 °C, ideal for cold recovery and warm-water therapy.

Easy to use, low maintenance
Just change the water now and then and clean the filter to keep it running at its best.

Finnish innovation
Designed for athletes and wellness enthusiasts, it takes cold therapy anywhere, at any time.

Technical details

MADE IN FINLAND

Dimensions	Without stairs: 140 × 79 × 105 cm With stairs: 174 × 79 × 122 cm
Capacity	320 l
Weight	160 kg empty (with rails and stairs), 480 kg full
Energy	Approx. 2 to 5 kWh per day
Speed	Cools or heats approx. 6 to 7 °C per hour
Power supply	220–240 V single-phase, 50 Hz, 3.7 A, 4 m cable with RCD
Control	Built-in touch panel, standby mode, control via Wi-Fi
Refrigerant	R32
Colours	Black or white (panels, lid, corners and steps)
Outdoor use	Only if fully protected from the weather, between −7 °C and +40 °C

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Kuura

Modern design and uncompromising comfort

The Kuura is the pinnacle of modern design in immersion baths: made for cold and heat therapy and uncompromising recovery, always ready at exactly the temperature you want.

Despite its compact size, it offers exceptional comfort.

180 cm

A length designed so that even the tallest users relax effortlessly.















Advantages

Comfort to relax
An ergonomic interior, integrated headrest and comfortable seat invite deep relaxation and effective recovery.

Midnight Opal spa acrylic
A radiant finish in premium spa acrylic that combines exceptional durability with striking looks.

Insulated cover included
The insulated outdoor cover completes the experience.

Clean water, low maintenance
The advanced filtration system with continuous UV purification keeps the water clean and crystal-clear.

Every unit is unique
Thanks to the specialist manufacturing process, every Midnight Opal Kuura has its own patterns and colour variations.

Technical details

MADE IN FINLAND

Dimensions	180 × 79 × 78 cm
Capacity	320 l
Weight	110 kg empty, 430 kg full
Energy	Approx. 2 to 5 kWh per day
Speed	Cools or heats approx. 6 to 7 °C per hour
Power supply	230 V, 50 Hz, 3.7 A, 4 m cable with RCD
Control	Built-in touch panel, standby mode, control via Wi-Fi
Refrigerant	R32
Colours	Midnight Opal basin, black panels and lid
Outdoor use	Only if fully protected from the weather, between −7 °C and +40 °C

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Hanki

Cold recovery, wherever you need it

The Hanki is a light, sturdy ice bath with an external cooling and heating unit, designed for sports teams, wellness centres and home users.

Made to take cold therapy anywhere, it ensures stable temperatures and easy transport. With the external unit, the water temperature is set precisely from +4 °C to +40 °C.

39 kg

Weight of the empty bath. Light and easy to move, indoors or outdoors.















Advantages

Mobility and versatility

The lightweight design makes it easy to install in many places, indoors or outdoors, for personal or professional use.

Easy-to-use cooling

The external unit is easy to operate, with 32 mm connections to attach the hoses quickly and securely.

Stable and comfortable

A sturdy structure for safe immersion and an insulated lid that keeps the temperature.

Hygienic and ready for outdoors

Continuous UV purification keeps the water clean and the insulated lid keeps out dirt when outdoors.

Technical details

MADE IN FINLAND

Bath	120 × 79 × 100 cm (145 cm with step)
Step	44 × 47 × 45 cm
Capacity	350 to 380 l in normal use
Empty weight	Bath 39 kg, step 9 kg, unit 42 kg
Full weight	400 to 450 kg
Material	Polyethylene with polyurethane insulation
Connections	Hoses with 32 mm connections
Power supply	220–240 V single-phase, 50 Hz, 6 A, 2.5 m cable with RCD
Colour	Black granite
Outdoor use	Yes, with the IPX4 unit protected, between −7 °C and +40 °C

Kide

Cold therapy that fits in a bag

The Kide is a practical ice bath that is easy to take on the road: it packs into a carry bag and sets up effortlessly. Ideal for personal recovery, wellness professionals on the move and home users.

It combines convenience and quality cold therapy in a compact format. With the external unit, the temperature is set precisely from +4 °C to +40 °C.



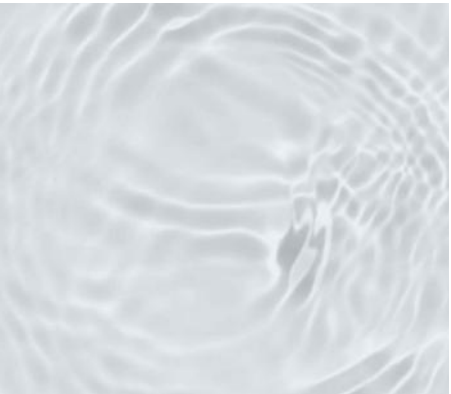
Inflatable

Fills in minutes and packs into a carry bag.













Advantages

Cold recovery anywhere

Inflatable and ultra-portable, for use at home, in the gym or when travelling. Light but tough, it brings professional cold therapy to everyone.

Quick set-up, easy storage

Fills in minutes and packs into a carry bag, ideal for mobile use or small spaces.

Flexible cooling

With the external cooling and heating unit, the temperature is controlled precisely between +4 °C and +40 °C, for cold plunges or warm-water sessions.

Clean, safe water

Continuous circulation and UV purification keep the water hygienic, clean and ready to use.

Technical details

MADE IN FINLAND

Outside	ø 98 × 74 cm (82 cm with lid)
Inside	ø 82 × 74 cm
Capacity	310 l
Weight	11 kg empty, 321 kg full
Material	PVC, black
Connections	32 mm quick couplings
Temperature	+4 °C to +40 °C, with the external unit
Works with	Cooling and heating unit (pages 15 and 16)
Hygiene	Continuous circulation and UV purification
Transport	Carry bag

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Cooling and heating unit

Temperature control for the Hanki, the Kide and other tanks

The Avantopool external cooling and heating unit is a versatile, high-performance temperature control system, designed to work with the Hanki and Kide baths.

It can also be connected to other water tanks of up to 700 litres, making it an ideal choice for many hydrotherapy applications.

700 litres

Maximum capacity of the tanks it can be connected to.

+4 °C
Minimum temperature

+40 °C
Maximum temperature

≈ 8 °C/h
Cooling and heating speed















Advantages

Adjustable temperature
From +4 °C to +40 °C, for cold or heat therapy.

Fast and efficient
Fast heating and cooling for optimal recovery.

Simple to use
Digital control panel with real-time temperature.

Built-in circulation pump
Ensures a constant water flow.

Quick installation
Hoses with 32 mm connections.

Technical details

MADE IN FINLAND

Dimensions	72 × 37 × 49 cm (54 cm with wheels)
Weight	43 kg, 4 wheels
Temperature	+4 °C to +40 °C
Power	2.3 kW, cools or heats approx. 8 °C per hour
Energy	Approx. 5 kWh per day
Power supply	220–240 V single-phase, 50 Hz, 6 A, 2.5 m cable with RCD
Control	Digital, with water and target temperature, clock and timer, Wi-Fi app
Outdoor use	Between −7 °C and +43 °C, IPX4 protection
Noise	51 dB(A)
Filtration	Fine mesh filter and hoses included, continuous UV purification
Refrigerant	R32
Certification	CE

Technical information

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	Kuura	**Kinos Plus**	**Kinos Evo**	**Hanki**
Dimensions	180 × 79 × 78 cm	140 × 79 × 105 cm With stairs: 174 × 79 × 122 cm	120 × 79 × 105 cm With classic stairs: 154 × 79 × 122 cm	120 × 79 × 100 cm (145 cm with step)
Empty weight	110 kg	160 kg	144 kg	Bath 39 kg, step 9 kg, unit 42 kg
Capacity	320 l	320 l	300 l	350 to 380 l
Colours	Midnight Opal basin, black panels and lid	Black or white	Black, white or grey; white basin	Black granite
Speed	6 to 7 °C per hour	6 to 7 °C per hour	6 to 7 °C per hour	6 to 7 °C per hour
Power supply	230 V, 50 Hz, 4 m cable	230 V, 50 Hz, 4 m cable	230 V, 50 Hz, 4 m cable	220–240 V, 50 Hz, 2.5 m cable
Max. current	3.7 A	3.7 A	3.7 A	6 A
Energy	2 to 5 kWh per day	2 to 5 kWh per day	2 to 5 kWh per day	2 to 5 kWh per day
Hygiene	Continuous filtration and UV purification	Continuous filtration and UV purification	Continuous filtration and UV purification	Continuous filtration and UV purification
Control	Built-in touch panel	Built-in touch panel	Built-in touch panel	Touch panel on the unit
Standby mode	Yes	Yes	Yes	Yes
Temperature	+4 °C to +40 °C	+4 °C to +40 °C	+4 °C to +40 °C	+4 °C to +40 °C
Wi-Fi	Yes	Yes	Yes	Yes, on the unit
Made in	Finland	Finland	Finland	Finland
Outdoor use	Only if fully protected, −7 °C to +40 °C	Only if fully protected, −7 °C to +40 °C	Only if fully protected, −7 °C to +40 °C	Yes, IPX4 unit, −7 °C to +40 °C

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Let’s talk and find the right cold solution for you.

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