

avant°pool

Pure cold. Premium quality. Life-changing benefits.





Avantopool

We Finns are cold experts. Long ago, we realized the health benefits of cold by swimming in the winter waters or rolling in the snow while taking a break from the sauna. So it's no wonder that the world's most advanced cold pools also come from Finland. The portable Avantopool cold pools bring the benefits of ice swimming to everyone, everywhere. They're always ready-to-use, and you can adjust the clean water to your desired temperature with a touch of a button. Avantopool brings the ice hole to the gym, your team's locker room, your work or home – all year round.

Who's this for?

Basically, anyone with a body.

- Pro athletes who push their limits daily
- Fitness lovers who live for that post-workout glow
- Recovery centers that take recharging seriously
- Physiotherapists helping people move better
- Sports clubs, academies, and training hubs
- Sauna and spa folks who love a good contrast
- Home wellness enthusiasts (yes, your bathroom counts)
- Workplaces that actually care about well-being
- Health clinics making recovery smarter

Got muscles? You'll love this. Got stress? Even better.



Why is cold good for you?

Science says cold is a total game-changer. It's like a reset button for your body and mind. Here's what happens when you take the plunge:

- Recovery? Faster.
- Pain? Less of it.
- Inflammation? Chilled out.
- Stamina and resistance? Upgraded.
- Brown fat? Activated (yeah, that's a good thing).
- Sleep? Deeper, better, dreamier.
- Energy? Through the roof.
- Mood? Boosted. Like, a lot.



Avantopool Kinos

A premium cold plunge designed for those who demand professional recovery in a space saving form. Perfect for athletes, fitness enthusiasts, and wellness seekers who want fast muscle recovery and refreshing cold therapy. Enjoy the cold or warm, but always clean water.

Crystal-clear water, always

- Advanced continuous filtration and UV purification keep the water free from bacteria and viruses, ensuring hygienic and safe immersion every time.

Wide temperature range

- Set the water anywhere between +4°C to +38°C, making Kinos perfect for both cold recovery and heat therapy.

Compact & portable

- With its smart design, Kinos is easy to transport and install almost anywhere, indoors or outdoors.

Effortless use & maintenance

- Designed for simplicity, Kinos requires only periodic water changes and filter clean up, ensuring hassle-free upkeep while maintaining optimal performance.

Controlled & safe immersion

- Experience cold water therapy with confidence, thanks to carefully designed safety features and a seamless immersion process.





Details

Dimensions

Without stairs:
 Length 120 cm
 Width 79 cm
 Height 105 cm

With stairs:
 Length 120/154 cm
 Width 79/113 cm
 Height 122 cm

Power consumption

Heating power 1,5 kW
 Cooling power 0,7 kW
 Approx. 5 kWh / day

Required power supply

220-240W, 50Hz

Cooling/heating speed

Approx. 4°C/h

Refrigerant

R290

Capacity and weight

Empty 147 kg (with rails and stairs)
 Full 450 kg
 Capacity 300 l



Color options



Black



White



Grey

Avantopool Kinos Plus

For perfect full-body cold immersion, Kinos Plus is 20 cm longer than the standard Kinos, making it ideal for taller users. Enjoy automated cooling, premium comfort & ergonomics, and maximum recovery benefits.

Full-body immersion & ergonomic design

- 20 cm longer than the standard Kinos, Kinos Plus ensures even taller users can fully immerse. The pool's gel-coated fiberglass construction offers durability and comfort.

Always clean, always ready

- Continuous water filtration and UV purification keep water crystal-clear, free from bacteria and viruses.

Versatile temperature control

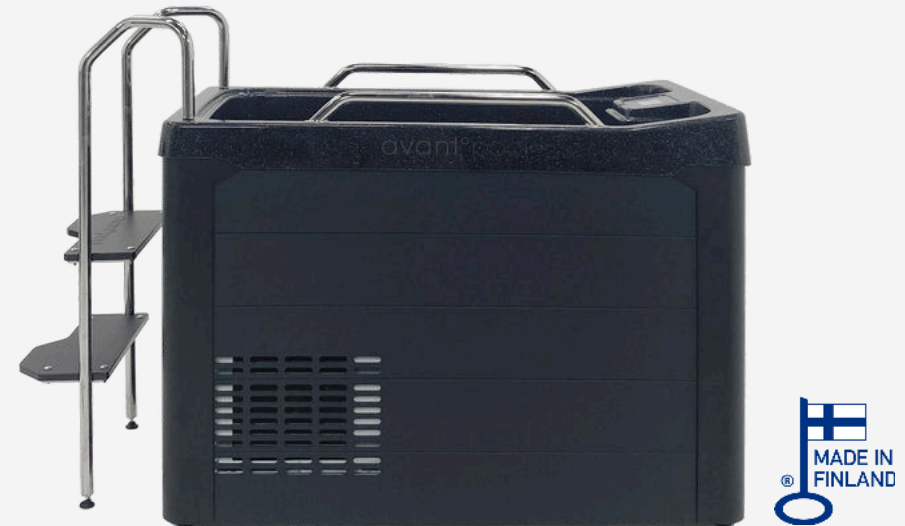
- Adjustable from +4°C to +38°C, ideal for both cold recovery and warm water therapy.

Easy operation & low maintenance

- Kinos Plus is built for convenience—just occasional water changes and filter cleaning are all it takes to keep it running smoothly and performing at its best.

Finnish innovation for professional recovery

- Designed for athletes and wellness enthusiasts alike, Kinos Plus brings the power of cold water therapy anywhere, anytime.



Details

Dimensions

Without stairs:
Length 140 cm
Width 79 cm
Height 105 cm

With stairs:
Length 140/174 cm
Width 79/113 cm
Height 122 cm

Power consumption

Heating power 1,5 kW
Cooling power 0,7 kW
Approx. 5 kWh / day

Required power supply

220-240V, 50Hz

Cooling/heating speed

Approx. 4°C/h

Refrigerant

R290

Capacity and weight

Empty 160 kg (with rails and stairs)
Full 480 kg
Capacity 320 l

Color options



White

Black



Avantopool Hanki

Hanki is a lightweight, durable cold pool with an external cooling & heating unit, designed for sports teams, wellness centers, and home users. Built for on-the-go cold therapy, Hanki ensures consistent temperatures and easy portability for effective recovery wherever you need it.

Effortless mobility & versatile placement

- Hanki's lightweight design allows for easy setup in various indoor and outdoor locations, making it ideal for both personal and professional use.

User-friendly cooling system

- The external cooling unit is simple to operate, with camlock and 32mm connectors enabling fast and secure hose attachment.

Stable & comfortable design

- Built for safe and immersive cold therapy, the pool features a sturdy structure and an insulated lid for effective temperature retention.

Hygienic & outdoor-ready

- Continuous UV-purification ensures clean water at all times, while the insulated lid keeps the pool free from dirt when placed outdoors.





Details

Dimensions, pool:

Length 120 cm (145 cm with step)
Width 79 cm
Height 100 cm

Dimensions, step:

Length 44 cm
Width 47 cm
Height 45 cm

Material:

2-layer polyethylene plastic with polyurethane insulation

Capacity:

In normal operation 350 - 380 l

Weight when empty:

Pool 39 kg, step 9 kg

Weight when filled:

400 - 450 kg

Pipe connections:

Camlock and 32mm connectors

Color:

Black granite



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Avantopool Kide

Kide is a practical, travel-friendly cold plunge that packs into a carry bag for effortless setup. Ideal for personal recovery, mobile wellness professionals, and home users, Kide combines convenience with high-quality cold therapy in a compact design.

Cold recovery on the go

- Kide is an inflatable, ultra-portable cold water therapy pool designed for easy use wherever you are—at home, at the gym, or even on the road. Lightweight yet durable, Kide brings professional-grade cold therapy to anyone, anywhere.

Quick setup, easy storage

- Kide inflates in minutes and packs neatly into a carry bag, making it ideal for mobile use or tight spaces.

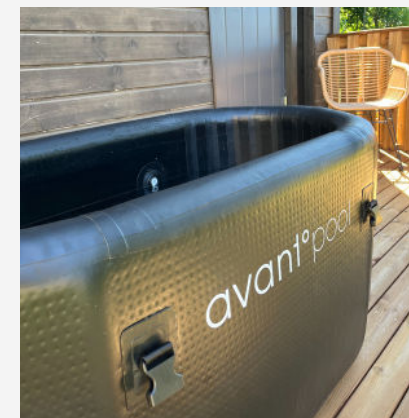
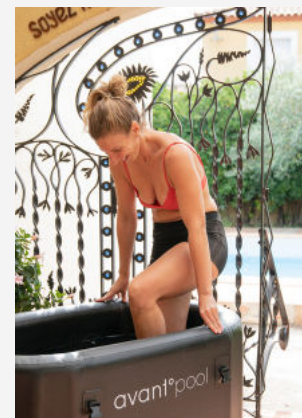
Flexible cooling system

- Paired with an external cooling and heating unit, Kide offers precise temperature control between +4°C and +40°C—perfect for cold plunging or warm therapy sessions.

Clean & safe water

- Continuous water circulation and ozone purification keep the water hygienic, clear, and ready whenever you are.

With the external Cooling & Heating Unit, you can precisely adjust the water temperature from +4°C to +40°C.



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Cooling & Heating Unit

The Avantopool External Cooling & Heating Unit is a versatile, high-performance temperature regulation system designed for seamless integration with the Hanki and Kide pools. Additionally, it can be connected to other water tanks up to 700 liters, making it an ideal choice for various hydrotherapy applications.

Adjustable temperature

- Set water between +4°C and +40°C for cold or hot therapy.

Fast & efficient

- Rapid heating and cooling for optimal recovery.

Easy operation

- Digital control panel with real-time temperature display.

WiFi connectivity

- Remote monitoring and adjustment.

Integrated circulation pump

- Ensures consistent water flow.

Weather-Resistant

- IPX4-rated for outdoor use.

Quick Setup

- Camlock and 32mm connect hosing for effortless installation.



Details

Dimensions

Length 74 cm, width 37 cm,
height without wheels 49 cm /
with wheels 54 cm

Weight

42 kg

Refrigerant

R32

Temperature range

+4°C - +40°C

Required power supply

220-240V, 50Hz

Water filtration

Small mesh filter and hoses
included.

Hygiene

Water filtration and continual
ozone purification.
UV from 6/2025 onwards.

Power consumption

Heating 1 kW
Cooling 1 kW
Approx. 5 kWh / day

What's the difference?

	Ideal for	Why you'll love it	What makes it different	Cooling & Heating Performance	Extra perks
Avantopool Kinos	For those who are looking for a compact, all-in-one cold plunge pool with easy maintenance.	Sets up easy, stays clean, and squeezes into most spaces like it was born to be there. No fuss – just pure, ice-cold bliss on demand.	All parts integrated to a compact form that fits in most spaces compared to other models.	Cools or heats at a rate of 4–5°C per hour, ensuring optimal temperature control for consistent recovery.	Easy maintenance, thanks to the built-in water filtration and continuous UV purification system.
Avantopool Kinos Plus	For those who want to stretch out in a longer pool, with premium comfort and ergonomics that make recovery feel like a hug.	The crème de la cold. Extra length for full-body immersion. Thoughtfully designed for comfort and recovery.	Offers extra length for full-body immersion, making it more comfortable for taller users.	Same top-tier cooling and heating magic as Kinos, with a stable temperature range from +4°C to +38°C.	All-black or all-white option. Ergonomically designed for comfort, ensuring a more enjoyable cold therapy experience.
Avantopool Hanki	A spacious cold therapy option with flexible user possibilities (stand or sit).	More room for multiple users, lightweight yet effective, can be used with or without cooling unit and filtration unit.	Light-weight (easy to move) and more spacious. Requires additional space for an external cooling unit.	External cooling and heating unit provides rapid adjustments (8°C per hour). Can also be used without the unit for a more flexible setup.	Flexible setup—can be used with or without Cooling & Heating Unit and filtration unit, depending on user preference.
Avantopool Kide	For athletes, travelers, and anyone who thinks cold therapy should come with a passport.	Featherlight, inflatable, and ready in no time. Take it with you wherever recovery is needed.	Inflatable and the most portable model, easy to pack and carry anywhere.	When used with an external cooling and heating unit, maintaining an 8°C per hour adjustment rate. Can be used without it for a simplified experience.	Packs into a bag for effortless transport, yet still delivers a powerful cooling experience wherever you go.

Technical info

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	Avantopool Kinos	Avantopool Kinos Plus	Avantopool Hanki with CHU	Avantopool Kide with CHU
Dimensions	Without stairs 120 x 79 x 105 cm, with stairs 154 x 79 x 122 cm	Without stairs 140 x 79 x 105 cm, with stair 174 x 79 x 122 cm (20 cm longer than Kinos)	Pool: 145 x 79 x 100 cm Cooling & Heating Unit: 74 x 37 x 54 cm	Pool: 132 x 78 x 62 cm + Cooling & Heating Unit: 74 x 37 x 54 cm
Weight (empty)	145 kg	160 kg	48 kg + 42 kg (Cooling & Heating Unit)	10 kg + 42 kg (Cooling & Heating Unit)
Capacity (max)	300 liters	320 liters	380 liters	265 liters
All-in-one	Yes	Yes	External Cooling & Heating Unit	External Cooling & Heating Unit
Color options	Panels, cover/lid, corner plates, steps: black, white, grey	Panels, cover/lid, corner plates, steps: black, white Basin: black, white	Black Granite	Black
Cooling & heating	Yes	Yes	Yes	Yes
Water filtration	Yes included	Yes included	Small mesh filter and hoses included. Optional washable filter or sand filter.	Small mesh filter and hoses included.
Power	230V, 50Hz, 10A	230V, 50Hz, 10A	230V, 50Hz, 10A	230V, 50Hz, 10A
Power cord length RCD	5 m	5 m	2,5 m	2,5 m
Hygiene	Water filtration and continuous UV purification	Water filtration and continuous UV purification	Water filtration and continual ozone purification. UV from 6/2025 onwards.	Water filtration and continual ozone purification. UV from 6/2025 onwards.
Control	Integrated touch screen control panel	Integrated touch screen control panel	In Cooling & Heating Unit	In Cooling & Heating Unit
Recovery timer	Yes	Yes	No	No
Sleep mode	Yes	Yes	Yes	Yes
Temperature range	+4°C - +38°C	+4°C - +38°C	+4°C - +40°C	+4°C - +40°C
WiFi remote control	No	No	Yes	Yes
Outdoor use	When protected from weather	When protected from weather	Yes – cooling unit IPX4 classified	Yes – cooling unit IPX4 classified
Filling	Water hose	Water hose	Water hose	Water hose
Emptying	Submersible pump	Submersible pump	Submersible pump, outlet connection	Submersible pump, outlet connection
Water change frequency	High use volume: 1-4 weeks Home use: 3-4 months	High use volume: 1-4 weeks Home use: 3-4 months	High use volume: 1-4 weeks Home use: 3-4 months	High use volume: 1-4 weeks Home use: 3-4 months
Filter cleaning	Min. 1-2 times per week	Min. 1-2 times per week	Min. 1-2 times per week	Min. 1-2 times per week
Filter change frequency	High use volume: 1-2 months, home use: 4-6 months	High use volume: 1-2 months, home use: 4-6 months	Filter is washable	Filter is washable



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