

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 who wants to feel good.

- 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 Evo

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 +40°C, making Kinos Evo perfect for both cold recovery and heat therapy.

Compact & portable

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

Effortless use & maintenance

- Designed for simplicity, Kinos Evo 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

Steps module dimension:

Length 53 cm

Width 72 cm

Height 40 cm

Power consumption

Approx. 2 - 5 kWh / day

Required power supply

20-240V (single phase), 50Hz, power cord with RCD, length 2,5 m

Cooling/heating speed

Approx. 6-7°C/h

Refrigerant

R32

Capacity and weight

Empty 144 kg (with rails and stairs)

Full 444 kg

Capacity 300 l

Color options



Black



White



Grey

Avantopool Kinos Evo with classic stairs

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.

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Details

Dimensions

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

With stairs:
Length 160 cm
Width 79 cm
Height 122 cm

Power consumption

Approx. 2 - 5 kWh / day

Required power supply

220-240V (single phase), 50Hz, power cord with RCD, length 2,5 m

Cooling/heating speed

Approx. 6 - 7°C/h

Refrigerant

R32

Capacity and weight

Empty 144 kg (with rails and stairs)
Full 444 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 Evo, making it ideal for taller users. Enjoy automated cooling, premium comfort & ergonomics, and maximum recovery benefits.

Full-body immersion & ergonomic design

- 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 +40°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 therapy anywhere, anytime.





Details

Dimensions

Without stairs:

Length 140 cm

Width 79 cm

Height 105 cm

With stairs:

Length 180 cm

Width 79 cm

Height 105 cm

Power consumption

Approx. 2 - 5 kWh / day

Required power supply

220-240V (single phase), 50Hz, power cord with RCD, length 4 m

Cooling/heating speed

Approx. 6 - 7°C/h

Refrigerant

R32

Capacity and weight

Empty 160 kg (with rails and stairs)

Full 480 kg

Capacity 320 l



Color options



Black



White

Avantopool Kuura

Kuura represents the pinnacle of modern plunge pool design - engineered for both cold and heat therapy, as well as uncompromising recovery, always ready at exactly the temperature you desire.

Despite its compact size, Kuura offers exceptional comfort. Its 180 cm length is designed so that even taller users can relax effortlessly in the pool. The ergonomically shaped interior, integrated headrest, and refined seating comfort invite deep relaxation and effective recovery.

Finished in the radiant Midnight Opal color, Kuura is crafted from premium-grade spa acrylic that combines exceptional durability with striking aesthetics. The included insulated outdoor cover completes the experience, while the advanced filtration system with continuous UV purification keeps the water clear and clean with minimal maintenance.

Every Kuurapool featuring the Midnight Opal finish is completely unique. Due to the specialized manufacturing process, each unit displays its own distinct color patterns and variations.



Details

Dimensions

Length 180 cm
Width 79 cm
Height 78 cm

Power consumption

2-5 kWh / day

Cooling/heating speed

Approx. 6-7°C/h

Required power supply

20-240V (single phase), 50Hz,
power cord with RCD, cord
length 2,5 m

Refrigerant

R32

Capacity and weight

Empty 110 kg
Full 430 kg
Capacity 320 l



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 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 efficient 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.

With the external cooling & heating unit, you can precisely adjust the water temperature from +4°C to +40°C.





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:

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:

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 UV 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.



Avantopool

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

- 32mm connect hosing for effortless installation.



Details

Dimensions

Length 72 cm, width 37 cm,
height without wheels 49 cm /
with wheels 54 cm

Weight

43 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
continuous UV purification

Power consumption

Approx. 5 kWh / day

Cooling/heating speed

Approx. 8°C/h

Technical info

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	Avantopool Kuura	Avantopool Kinos Plus (upgrade)	Avantopool Kinos Evo	Avantopool Hanki
Dimensions	180 x 79 x 78 cm	Without stairs 140 x 79 x 105 cm, with stairs 174 x 79 x 122 cm	120 x 79 x 105 cm, with "classic" stairs 154 x 79 x 122 cm	Dimensions pool: 120 cm (146 cm with step), width 79 cm, height 100 cm Dimensions step: Length 32 cm, width 46 cm, height 45 cm
Weight (empty)	120 kg	160 kg	145 kg	Pool 39 kg, step 9 kg, CHU 42 kg
Water capacity (optimal)	320 liters	320 liters	300 liters	380 liters
Color options	Pool: Midnight Opal Panels, lid: Black	Panels, lid, corner plates, steps: black, white Basin: black, white	Panels, lid, corner plates, steps: black / white / grey Basin: white	Gray
Cooling /heating speed	6-7°C / h	6-7°C / h	6-7°C / h	6-7°C / h
Power supply, cord length	230V & 50Hz, 4 meters cord	230V & 50Hz, 4 meters cord	230V & 50Hz , 4 meters cord	220-240V (single phase), 50Hz, power cord with RCD, length 2,5 m
Current (Max)	3,7A	3,7A	3,7A	6A
Power consumption	2-5kWh/day	2-5kWh/day	2-5kWh/day	2-5kWh/day
Hygiene	Water filtration and continuous UV purification	Water filtration and continuous UV purification	Water filtration and continuous UV purification	Water filtration and continuous UV purification
Display	Integrated haptic touch screen control panel	Integrated haptic touch screen control panel	Integrated haptic touch screen control panel	CHU: Integrated haptic touch screen control panel
Sleep mode	Yes	Yes	Yes	Yes
Temperature range	+4°C - +40°C	+4°C - +40°C	+4°C - +40°C	+4°C - +40°C
WiFi remote control	Yes	Yes	Yes	CHU: Yes
Outdoor use	Only when fully weather-protected, temperature range -7°C - +40°C	Only when fully weather-protected, temperature range -7°C - +40°C	Only when fully weather-protected, temperature range -7°C - +40°C	Yes - weather protection, cooling unit IPX4 classified, temperature range -7°C - +40°C



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