

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 105 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 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.





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:

Camlock and 32mm connectors

Color:

Black granite



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.



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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 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

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 105 cm (20 cm longer than Kinos) | Pool: 145 x 79 x 100 cm Cooling & Heating Unit: 74 x 37 x 54 cm | Pool Ø 98 x 74 cm (82 cm with the lid) Cooling & Heating Unit: 72 x 37 x 54 cm |
| Weight (empty) | 145 kg | 160 kg | 48 kg + 43 kg (Cooling & heating Unit) | 11 kg + 43 kg (Cooling & Heating Unit) |
| Capacity (max) | 300 liters | 320 liters | 380 liters | 310 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 external 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 continuous UV purification | Water filtration and continuous UV purification |
| 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 | Small mesh filter: Min. 1-2 times per week External filter: not washable | Small mesh filter: 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 | Small mesh filter: washable External filter: 2 weeks to 2 months | Small mesh filter: washable |



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