

HARVIA

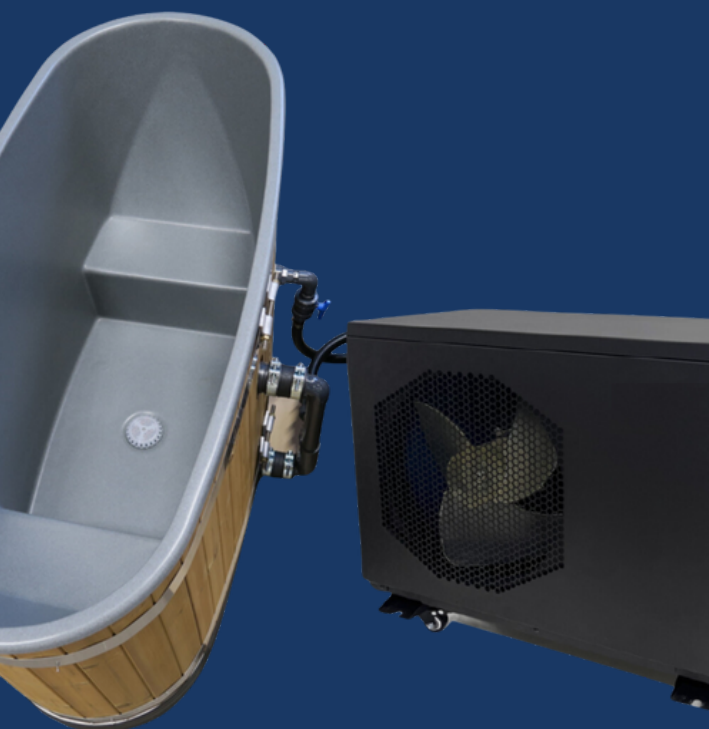
Sauna & Spa



Harvia Frosty Cold Plunge



- The Harvia Frosty cold plunge offers a professional alternative to cold/hot recovery. The pool is larger than most cold plunge pools on the market, offering a place to recover for one or two people.
- The cooling unit in the pool cools/heats the water by approx. 8°C per hour and it is easy to keep the temperature at the desired temperature (lowest 4°C, highest 40°C). The water continuously circulates around the pool, guaranteeing an even temperature.
- We recommend changing the water every 1-3 days, although the same water can be used for up to 14 days if pool chlorine is added.



Benefits of Cold Therapy

- **Faster recovery**
- **Reduced pain**
- **Improved immunity**
- **Reduced stress, improves mood**
- **Improved sleep quality**
- **Activates brown fat**

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