



Healing with heat

HARVIA FROSTY – COLD PLUNGE



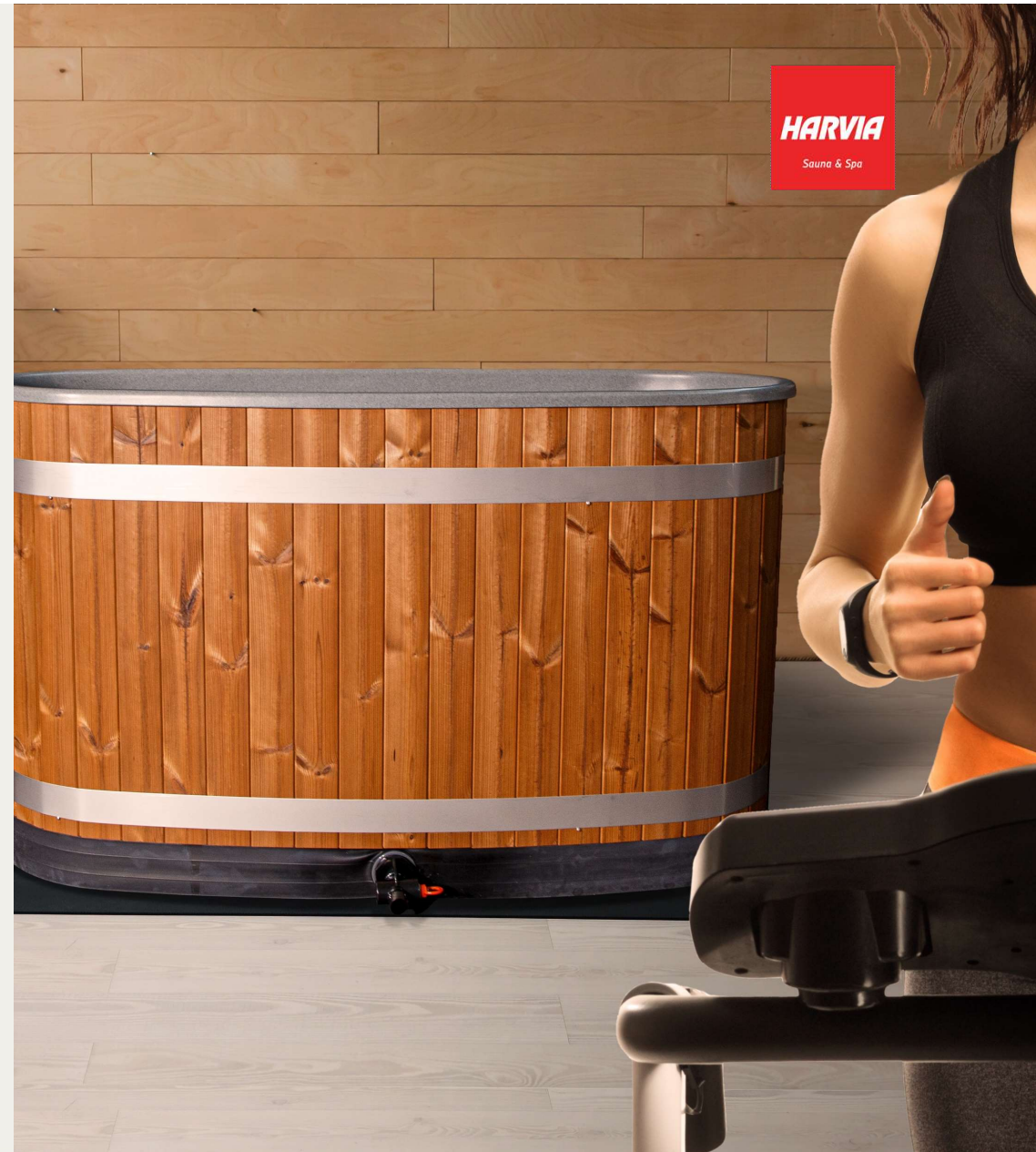
Harvia Frosty

- The Harvia Frosty cold plunge offers a professional alternative to cold 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 the water by approx. 4°C per hour and it is easy to keep the temperature at the desired temperature (lowest 4°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



How do you recover?

- Exercise or competition
- Active aerobic recovery
- Cooling down
- Recovery drink
 - (carbs and protein) when cooling down
- Cold recovery
 - e.g. 5 min. in cold, 10 °C water
- Wash and warm, dry clothes
- Calming down the body
 - Before 8-10 hours of sleep



Technical details

Pool:

- Capacity (persons) 1-2
- Filling volume 500 l
- Water volume 615 l
- Outer length 170 cm
- Height (basin) 99 cm
- Depth 83 cm
- Product length 170 cm (the longest dimension of the pool)
- Product width 144 cm (Includes cooling device)
- Product height 99 cm
- Net weight 112 kg
- Package length 171 cm
- Package width 80 cm
- Package height 115 cm
- Gross weight 135 kg

Cooler:

- Length 600mm
- Width 410mm
- Height 425mm
- Weight 48 kg
- The temperature can be adjusted to the lowest temperature of +4 °C
- Cooling power 0.7 kW (5°C per hour)
- Refrigerant R410a
- Digital control unit: Water temperature, target water temperature
- Electrical connection: 230V/50Hz, equipped with residual current protection
- 4 rings to facilitate moving
- 2 sturdy handles for lifting
- Sound level 52 dB(A)



USPs

- For two persons
- Easy to maintain due to material
- Sustainable, long lasting thermally modified pine exterior
- Package includes insulated top for better energy efficiency
- Interior material conducts less heat than stainless steel tubs, thus feeling more comfortable
- Double pump inlet ensuring safety (no vacuum accidents)
- Constant water circulation ensures evenly cooled, crystal clear water

