

HANSCRAFT[®]
european spa producer



COOL POOL
BY HANSCRAFT

David Vencel

THE CZECH ICEMAN

COOL POOL Brand Ambassador

"Hardening is not always about extreme performance, but about personal courage, overcoming your own fears and the right motivation. The human body and mind are capable of incredible things if we prepare and train them properly. I love to inspire others with my performances and awaken a passion for hardening and self-discovery. Cooling tubs are the perfect choice for those who want to cool down during the warmer months and regulate their cooling temperature."



David Vencel is a Czech freediver and a hardened swimmer who loves to move and explore himself. He is the world record holder for swimming under the ice in a swimsuit and goggles only, and he set another world record in a dive under the ice.

For David, it is important to take care of his own body, not only physically (training and eating the most natural and varied plant-based diet possible) but also spiritually, as it takes a high level of concentration and focus to both scuba dive and harden.

www.davidvencel.cz



5 reasons to start hardening up

1

Strengthening immunity

Regular contact with cold increases the production of white blood cells, which are key in the fight against viruses and bacteria. It's not magic – cold water wakes up the body and activates defence mechanisms that keep you healthier.

2

Improving blood circulation

On contact with cold, the blood vessels react immediately – they constrict and then expand again. This process promotes the elasticity of blood vessels and improves circulation, allowing more oxygen and nutrients to reach your muscles and organs. You will feel more energetic and your body will regenerate better.

3

Stress reduction and improved psychological well-being

Cold water reduces levels of the stress hormone cortisol and stimulates the release of endorphins, the so-called happiness hormones. After just a few seconds in the icy water, you'll feel a change – it may be a shock, but then comes relief and a rush of good cheer. And the more often you cool down, the better your body responds to stress.

4

Increase energy and vitality

A morning cold shower or a short dip in cool water is like a natural energy drink. The cold stimulates the nervous system, promotes adrenaline production and gives you strength for the day. Instead of sleepy mornings, you'll feel full of life and ready to face challenges.

5

Better sleep and regeneration

The cold helps lower body temperature, which is a signal to the brain that it's time to rest. Regular cooling will also improve the quality of your deep sleep, so you wake up feeling refreshed. And if you play sports, cold water will speed up muscle recovery and reduce inflammation.





COOL POOL PRO



The Cool Pool Pro is a rectangular cooling tub made of durable acrylic, which we have designed for perfect relaxation and regeneration after a sauna session. A powerful cooler (1100 watts) keeps the water in the tub cold and an integrated filter pump ensures the tub is clean. The Cool Pool Pro provides intense refreshment for one person. The tub is an ideal addition to a sauna centre. It is suitable for both domestic and commercial use.



acrylic cooling tubs

COOL POOL PRO

PARAMETERS

Dimensions:	178 × 84 × 95 cm
Water volume:	300 l
Number of seats:	1
Filter pump:	90 W
Chiller:	1100 W
Control unit:	Joyonway P16B162
Control panel:	Joyonway PB557-02
Filtration:	1× 50 sf
Insulation:	full foam
Construction:	galvanized steel frame
Light:	1× main LED light
Tub material:	acrylic (Lucite, USA)



EQUIPMENT

- Black thermocover
- Two-stage steps

Temperature range

40 °C

3 °C

