

Cold therapy

You have surely dived into the cold sea water before or felt the biting cold of the snow on your skin. Our first instinct is always to pull away. We're used to seek protection from cold and to look for warmth instead, it's a natural human need. Of course, you know the physiological benefits of heat, but have you ever wondered what beneficial effect you may get through the direct contact with cold? The term "cryotherapy", which has very ancient origins, literally means "cure with cold". Over recent years, it has been used more and more as a new treatment. Have you ever heard of it?

The Iceman and cold therapy

Wim Hof, aka The Iceman, is known worldwide for his extraordinary ability to withstand extremely cold temperatures. His method is based on three milestones: breathing exposure to cold, meditation. His most famous challenges include a half marathon barefoot on ice and snow. Through his experience, he has showed how the controlled exposure to low temperatures may cause benefits for blood flow, heart rate, and skin. Science says so too: capillaries and blood vessels, stimulated by the vasoconstriction generated by the cold and by the subsequent vasodilation, are trained and strengthened, like the muscles. The alternation of heat, water and rest – the very essence of the Starpool formula – has always focused on the regenerating power of cold.

The benefits of cold therapy

The immediate and natural benefits of cold are countless. It is important to learn how to make the most of them to improve our well-being and health significantly. Cold reduces muscle pain and inflammation, strengthens the immune system, and makes our metabolism faster. It also reduces oxidative stress, which is strictly connected to the ageing process. It has analgesic, anti-inflammatory and antiedematous effects, with an increased production of endorphins. Even in the medical and sports domains, cold has nearly infinite functions. It is most often employed to ensure effective recovery after physical activity, and enhance the treatment of acute and sub-acute injuries.

Our proposals for cold therapy

- Zerobody Cryo Pro / Personal
- Ice Bath
- Ice Fall
- Cold Breez / Rain / Storm
- Ice Room Sweet
- Ice Room Glamour
- Ice Room Classic

Best regards,
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STARPOOL

Zerobody Cryo



<https://www.starpool.com/products/zerobody-cryo-pro>

Zerobody Cryo Pro - 232 x 112 x 74 h / XL version 257 x 112 x 74 h

Zerobody Cryo Personal - 232 x 112 x 74 h / XL version 257 x 112 x 74 h

<https://www.starpool.com/products/zerobody-cryo-personal>



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Ice Bath

Ice Bath - 120 x 79 x 105 h
Ice Bath xl - 140 x 79 x 105 h



<https://www.starpool.com/products/ice-bath-personal>
Ice Bath personal - 190 x 140 x 75 h

Ice Bath pro - Ø210 x 85 h
<https://www.starpool.com/products/ice-bath-pro>



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Ice Fall



<https://www.starpool.com/products/ice-fall>
Ice Fall with basin 50 x 50 x 80 h

Ice Fall with basin Ø46 x 96 h
<https://www.starpool.com/products/ice-fall>



STARPOOL

Cold Breeze
Cold Rain
Cold Storm

Cold Breeze - blue led light with a refreshing ice mint fragrance
<https://www.starpool.com/products/cold-breeze>



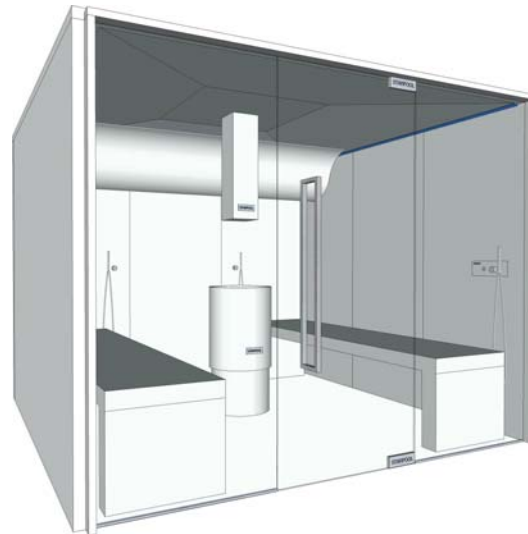
<https://www.starpool.com/products/cold-rain>
Cold Rain - green led light with lemon-scented freshness

Cold Storm - blue led light with a Scots pine fragrance
<https://www.starpool.com/products/cold-storm>



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Ice Room *Sweet Collection*



Sweet Ice Room

<https://www.starpool.com/products/sweet-ice-room>



STARPOOL

Ice Room *Glamour Collection*

Glamour Ice Room

<https://www.starpool.com/products/glamour-ice-room>



STARPOOL

Ice Room Classic Collection

Classic Ice Room

<https://www.starpool.com/products/classic-ice-room>

