



**FOR AN EVEN MORE
INTENSE COOLING EFFECT,
INITIATE ARCTIC COOL'S
3-STEP COOLING PROCESS:**

1. SOAK IT

Apply water directly to the shirt.

2. SQUEEZE IT

Wring out the shirt to remove excess water.

3. SNAP IT

Snap the shirt to circulate air and activate the cooling process.

Apply these 3 steps and the Arctic Cool™ Instant Cooling Shirt will immediately begin to cool up to 30° below body temperature and remain cool for up to 2 hours.



1-SOAK IT



2-WRING IT



3-SNAP IT