



“Arctic Ease is a first class product that can INSTANTLY cool and compress in one simple step.

I use and re-use it before and after workouts in order to recover faster and stronger. I love it!”

**-Meredith Kessler**

*Professional Triathlete,  
2010 Canadian Ironman Champion*



Bag The Ice... Ease the Pain!

  
ARCTIC EASE®

[www.arcticease.com](http://www.arcticease.com)