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BEAUTY / SKINCARE

The 7 Best Cryo Tools to Sculpt and Depuff Make My DIY Facials Feel Like a Luxury Spa Experience

Call 911, my pores are MIA.



BY ARIEL WILSON | PUBLISHED 4 SEPTEMBER 2026 IN [BUYING GUIDES](#)

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(Image credit: Getty/Revolve)

JUMP TO CATEGORY: [The Best Cryo Tools](#) | [Best Cryo Tool Overall](#) | [Best Luxury Cryo Tool](#) | [Best Multi-Purpose](#)

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I'm on a mission to have flawless skin by my 30th birthday. If you're a beauty fanatic like I am, then you know that preparation for this task starts months in advance and typically involves a few trips to the dermatologist for all the peels, injectables, and lasers that you can find. While I do plan on doing some of those more intensive procedures, I've also started my own weekly at-home facial routine. Some of my favorite products to incorporate? Cryo tools.

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“Consumers will always be in the market for the next big promise for great skin and love quick fixes,” Rachel Westbay, MD, a board-certified dermatologist based in New York City, previously told Marie Claire. “Cryotherapy and these chilling devices capitalize on being short treatments without a prolonged time commitment.”

While I know that patience is the name of the game when it comes to getting the skin of my dreams, I'm not above a little instant gratification. It's awesome to see how my cryo tools instantly calm any redness in my skin. While I love a good pair of ice globes as much as the next person, the cryo tools space has gotten a serious glow-up over the past few years, and I have a ton of recommendations to suit pretty much every need.

Whether you want a bit of gua sha action or prefer your own version of the classic ice water facial, keep reading for the best cryo tools on the market—no dermatologist or aesthetician

appointment needed.

The Best Cryo Tools

- **Best Cryo Tool Overall:** [TheraFace Depuffing Wand](#)
- **Best Luxury Cryo Tool:** [111 Skin Cryo Sculpting Globes](#)
- **Best Multi-Purpose Cryo Tool:** [Shark FacialPro Glow At Home Hydro-Powered Facial System](#)
- **Best Cryo Tool for Travel:** [Nurse Jackie Super-Cryo Massaging Orb Mini](#)
- **Best Easy-to-Use Cryo Tool:** [Skin Gym Cryoroll Ice Roller](#)
- **Best Depuffing Cryo Tool:** [Odacité Cryo-Tech Facial Tool](#)
- **Best Handheld Roller Cryo Tool:** [Skin Gym Pink CryoGel Ice Roller](#)

Best Cryo Tool Overall



THERABODY

Theraface Depuffing Wand

\$170

SHOP NOW

I swear by this wand from TheraFace. It has both hot and cold settings, so I use the warmer temperature to help the serums from my sheet masks sink into the skin a little better, and then the cold to seal everything in afterward. Plus, it's so slim you can slip it into your carry-on when traveling for an easy skin reset.

Review: "I love this! I use it in the morning, and my face feels so much better and less puffy!" — Revolve

Best Luxury Cryo Tool

111SKIN

Cryo Sculpting Globes



\$115

SHOP NOW

111Skin is one of my favorite luxury skincare brands. Not only does the brand have an entire cryo collection, including eye and face masks as well as a cooling moisturizer, but when paired with these sculpting globes, the entire facial experience is elevated to give you the snatched face of your dreams. Of course, the effect is temporary, but post-procedure or in a hotter climate in particular, the masks paired with these globes will feel heaven-sent.

Review: “I’ve been loving the cooling sensation that helps me get up in the morning and promotes a great mood plus more defined cheekbones.” — Bloomingdale's

Best Multi-Purpose Cryo Tool



SHARK

Facialpro Glow at Home Hydro-Powered Facial System

\$400

SHOP NOW

I consider this tool an easy DIY facial, and once you get your hands on it, you’ll see I’m not that far off. Not only does the FacialPro Glow employ contrast therapy (hot and cold settings in one device), but it also has extraction and infusion settings to remove excess sebum and blackheads from the skin, then flood it with a gentle salicylic acid solution to keep your pores clog-free. See? Facial in a bottle.

Review: “I’ve been using this device periodically for a month now, and I love it! It’s a two-step: once with serum and once with essence, and I see blackhead removal in both steps. Clogged pores I didn’t even know were clogged are gone. I can’t afford monthly facials, and the nearest

esthetician is too far—this is the best alternative.”
— Sephora

Best Cryo Tool for Travel

NURSE JAMIE

Super-Cryo Massaging Orb Mini

\$27

SHOP NOW

If you're a gal on the go, then this Nurse Jackie orb may be just the cryotherapy tool you're looking for. Not only can you use it on your face and body (somatic therapy lovers, please rise), but it also fits snugly in the palm of your hand and takes up barely any space in a bag. Whether you're on a plane, train, or back of a taxi, this little ball will help you get your cryotherapy fix in with ease.

Review: “Omg I can't travel without this! My skin is prone to eczema and flare-ups, so I use it on my skin to cool it off and calm down the flare-ups; it saved me on my honeymoon!” — Revolve

Best Easy-to-Use Cryo Tool

SKIN GYM

Cryoroll Ice Roller

\$18

SHOP NOW

I used a tool exactly like this when I started getting into cryotherapy, which is exactly why I think it's so beginner-friendly. Simply fill the container, freeze it, and you have an easy

handheld tool you can get multiple uses out of before refilling it. Do be careful with putting ice directly on your skin; use a paper towel or cling wrap as a barrier to prevent any potential burns. Otherwise, cryo tools don't get much easier to use than this.

Review: “Forget splashing water on your face – the Cryoroll is the ultimate wake-up call! It's so much more effective and feels amazing. It gets rid of morning puffiness almost instantly and leaves my skin feeling firm and ready for the day. A total game-changer for early risers.”

Best Depuffing Cryo Tool

ODACITÉ

Cryo-Tech Facial Tool

\$75

SHOP NOW

This three-in-one tool combines cryotherapy, Gua Sha, and acupressure modalities into a single design. Not only can you de-puff your face and soothe irritation, but you can also get lymphatic drainage and a bit of targeted pain management, especially for people with TMJ pain. This one tool is like its own little wellness ecosystem.

Review: “10 seconds in ice water & you're ready to roll! It's my favorite part of my skin care routine.” — Blue Mercury

Best Handheld Roller Cryo Too

SKIN GYM

Pink Cryogel Roller

\$22

SHOP NOW

Not only is this ice roller adorable, but if you want to cover more surface area in one go, it might be perfect for your needs. The roller is already pretty cold on its own, but for an extra boost, pop it in the freezer for a few minutes, and your skin will be sighing in relief.

Review: “I’ve been using this daily, and the results speak for themselves. My skin feels soothed and looks noticeably less puffy after each use. The cooling sensation is so relaxing, and my complexion has become firmer and more radiant over time. It’s easy to use and fits perfectly into my routine. I trust this brand completely and will keep buying their products!”
— Skingymco.com

How Do I Use Cryo Tools?

If you're new to cryotools, there are a few easy-to-follow techniques you can try. First, start on clean skin. “You’ll then want to utilize a serum to act as a gliding agent,” aesthetician Josie Holmes previously told MC. “Then, roll your globes in an upward motion to give a lifting effect.” You can also use a downward motion to promote lymphatic drainage.

The most important step? Clean your tool. “We want to be sure we are not carrying any bacteria into the next treatment, as these tools are not single-use,” Holmes adds. “It is also important to clean the globes to remove any product residue. In addition, it is wise to store your cryo globes in a container to keep them free of bacteria, dirt, and germs.”

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For more than 30 years, Marie Claire has been an internationally recognized destination for news, fashion and beauty trends, investigative packages, and more. When it comes to the products Marie Claire recommends, we take your faith in us seriously. Every product that we feature comes personally recommended by a Marie Claire writer or editor, or by an expert we’ve spoken to firsthand.

Meet the Experts

Josie Holmes



Licensed Esthetician & Aesthetic Trainer

Josie Holmes is a licensed esthetician and aesthetic trainer.

Rachel Westbay MD FAAD



Dermatologist

Rachel Westbay M.D. FAAD, is a Board-certified cosmetic dermatologist.

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Ariel Wilson 

Beauty Writer

Ariel Wilson is the Beauty Writer at Marie Claire. Previously the associate beauty editor at PS, she also has bylines in InStyle, Forbes Vetted, Women's Health, and more.

Shaped by her experience in research, social sciences, and the non-profit sector, Ariel enjoys looking at beauty from a sociocultural lens, looking to avenues like politics, culture, and the arts, to inform her views on the space. That being said, as a true beauty-product obsessive, testing the latest items to hit the market, keeping up with trends, and meeting industry icons, will always be her favorite part of working in the beauty space.

When she's not working, Ariel can be found hanging out with her husband and loving on their two cat daughters: Cow and Chicken.

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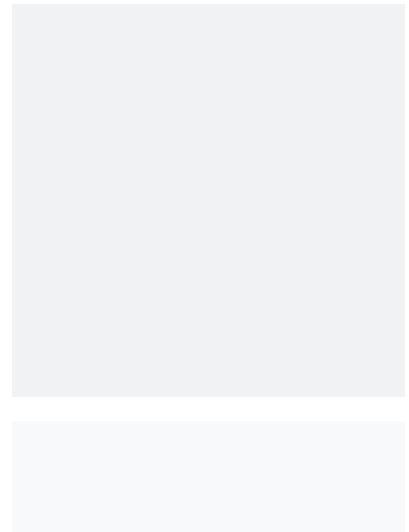
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