CLAIMS:

1. A wearable body temperature compress apparatus that is donned by slipping-on or slipping-off over a user's shoulders, the compress apparatus comprising:

a housing that encloses a thermo-electric module (TEM), a heat-sink, a control board, a fan and a battery, with air-inlet vent and an air-outlet vent formed on the housing;

a front spreader connected to a front portion of the housing, with the front spreader in thermal contact with the user;

a harness with a pair of U-shaped arms extending from a centre portion of a rear of the housing, with the pair of the U-shaped arms being made of a resilient material so that internal springy forces maintain the compress apparatus over the user's shoulders; and

a rear spreader connected to a rear of the centre portion of the housing;

wherein when donned, the housing is in contact with the back of the user at an area between the shoulder blades and free ends of the pair of U-shaped harness arms are at the sternum area, and during operation, cool or warm heat is transmitted from the front spreader to the back of the user to provide thermal comfort.

2. The compress apparatus according to claim 1, further comprising another battery located near each of the free ends of the pair of U-shaped harness arms, so that a pair of batteries allow hot-swapping of the battery one at a time.

3. The compress apparatus according to claim 1, further comprising a non-slip material disposed alongside the front spreader or near the ends of the U-shaped harness arms that is in contact with the user's chest.

4. The compress apparatus according to claim 1, further comprising a fan blower located on each of the U-shaped harness arm.

5. The compress apparatus according to claim 4, wherein the fan blower has an air-inlet vane at a front surface.

6. The compress apparatus according to claim 5, further comprising an annular ring disposed behind the front surface, which annular ring is configured with two or more side air-inlet vanes and an air outlet vane, where the annular ring allows rotational adjustment.

7. The compress apparatus according to any one of the preceding claims, wherein the front portion of the housing is contoured to provide a comfortable contact surface, and a large area of the front portion prevents spot cooling or heating.

8. The compress apparatus according to any one of the preceding claims, further comprising a rain roof over the air inlet vent at the housing.

9. The compress apparatus according to any one of the preceding claims, further comprising a side vent on the housing to augment convection cooling by thermosiphon passive heat exchange inside the housing.