

ABSTRACT

A cooling tool includes: a main body portion that covers at least eyes and/or areas around the eyes on a face of a wearer; and a cooling body disposed in the main body portion. The cooling body includes a water retention layer that retains water, the water retention layer has an initial content of the water of 0.04 g/cm² or more and 0.4 g/cm² or less, the cooling body is disposed in the main body portion such that at least a part of the cooling body comes directly or indirectly in contact with the eyes and/or the areas around the eyes of the wearer when worn, the cooling tool contains menthol, and a value obtained by multiplying the initial content of the water [g/cm²] by an initial content of the menthol [mg/cm²] and by 1000 is 4 or more and 40 or less.