

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 main body portion includes: an inner sheet that faces a skin side of the wearer when worn; and an outer sheet disposed so as to face the inner sheet via the cooling body. The cooling body has a water retention layer capable of retaining water, the cooling body is arranged in the main body portion such that at least a part of the cooling body comes in contact with the eyes and/or the areas around the eyes of the wearer via the inner sheet when worn, and the inner sheet has a bending resistance lower than a bending resistance of the outer sheet.