

A mold consists of a hollow body, a pan and a device to optimize the conditions of crystallization of liquid metal in a head of an ingot, made of refractory material. The device to optimize the crystallization conditions of the liquid metal in the head of ingot is made in the form of an insert with an axial hole, whose outer contour follows the inner contour of said hollow body. Refractory material of the insert has lower density than the liquid metal poured into the mold.