

WHAT IS CRYOTHERAPY?

Cryotherapy is a non-invasive, fast and effective cooling treatment that is suitable for anyone seeking muscle recovery, injury treatment, weight loss or skin rejuvenation. Cryotherapy has shown to decrease inflammation of the body's tissues, muscles and joints as well as reducing swelling caused by injuries.



HOW IT WORKS

The Cryotherapy Room:

- Client enters the cryotherapy machine while robed
- Cryotechnician elevates the floor until client's head and neck are exposed, allowing for visual and verbal contact with the client at all times
- Client removes robe to maximize skin exposure and benefits
- Cryotechnician sets the cryosauna to the specified temperature (-275)
- Chilled air vapor is evenly misted throughout the cabin and is ventilated through the roof
- Client stays in the chamber for no more than 3 minutes
- Session ends, client re-robes and exits the cryosauna

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BEAUTIFUL**
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CRYOTHERAPY



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BENEFITS OF CRYOTHERAPY



PAIN RELIEF/WELLNESS

- Reduce inflammation
- Improve circulation
- Boost metabolism
- Relieve chronic joint pain, rheumatoid diseases and fibromyalgia
- Improve post surgery recovery
- Elevate physical/mental well-being

FITNESS/SPORTS

- Improve recovery time
- Relieve pain in joint/muscles
- Increase stamina
- Enhance energy and endorphin release
- Train longer and harder

BEAUTY

- Increase collagen production for healthier skin
- Reduce wrinkles, acne, skin blemishes and skin aging
- Burn up to 800 calories per session
- Balance hormone and accelerate metabolism



- **NON-INVASIVE**
- **FAST**
- **EFFECTIVE**

WHAT TO EXPECT: THE CHILL EXPERIENCE

Client medical waiver form to be completed

INITIAL CONSULTATION:

- Discuss medical history and possible contraindications
- Check blood pressure
- Discuss client's concerns and objectives for treatment
- Discuss client's optimal time and temperature in the cryosauna

PREPARE FOR CRYOTHERAPY IN THE DRESSING ROOM:

- Men remove all clothing except underwear
- Women may wear a non-underwire bra, underwear or may remove all clothing
- Clients must remove all jewelry or other metal on their body
- Clients must be 100 percent dry: towels and hair dryers are provided
- Put on a Chill robe, socks and clogs

POST TREATMENT:

- Some clients use our exercise bike to accelerate the re-heating process
- Cryotherapy reduces inflammation and activates detoxification. Some clients may experience mild flu-like symptoms 1 to 2 days after treatment. This is a positive sign that your body is shedding toxins and reducing inflammation.
- Drink more water than usual to aid the detoxification process
- Enjoy a deep sleep that night, reduced pain, improved mobility and an improved feeling of well-being!