

## WHOLE BODY CRYOTHERAPY

With Whole Body Cryotherapy (WBC) the body is exposed to ultra-low temperatures, triggering a systemic anti-inflammatory response. This modality was first utilized in Japan in the 1970's by Dr. Yamaguchi to treat rheumatoid arthritis. Studies conducted over the last two decades have established WBC as a powerful treatment for inflammatory disorders and injuries. Professional athletes have discovered WBC as a powerful treatment to decrease recovery time, increase athletic performance, and boost the body's metabolic rate.

## BENEFITS OF CRYOTHERAPY

- PAIN MANAGEMENT
- INJURY THERAPY
- RAPID RECOVERY
- PERFORMANCE
- METABOLIC & IMMUNITY BOOST
- ANTI-AGING
- SKIN REJUVENATION

## APPLICATIONS INCLUDE

- ATHLETIC PERFORMANCE
- POSTSURGICAL RECOVERY
- MUSCULOSKELETAL INJURIES
- RHEUMATOID ARTHRITIS
- OSTEOARTHRITIS
- WEIGHT MANAGEMENT
- SKIN DISORDERS
- AUTOIMMUNE AND OTHER INFLAMMATORY DISORDERS

## SERVING PRO ATHLETES SINCE 2009



## AS SEEN ON TV



## FREQUENTLY ASKED QUESTIONS

### How does Whole Body Cryotherapy work?

Whole body skin exposure to ultra-low temperatures (-200°F to -260°F) triggers a systemic anti-inflammatory response that activates organs, muscles, joints, and skin to heal and repair themselves. The result is a dramatic increase in circulation, metabolism, tissue repair, detoxification, and immune function.

### Is it safe?

Yes. Decades of studies from numerous institutions have shown it to be both safe and effective for a staggering variety of conditions and goals. The nitrogen being used to cool these chambers is the same nitrogen that makes up the air we breathe (actually 78% of it). Throughout treatment the client breathes room-air.

### Is it comfortable?

The treatment is of short duration (2-3 minutes), and the cold is 'dry', so it is very tolerable. Towards the end of the treatment, you may get a 'pins and needles' sensation, which disappears immediately after treatment.

### How do I feel after treatment?

The brisk exhilaration causes your brain to release high amounts of endorphins, which make you feel good. Most people report feeling energetic and full of life. The buoyant effects from each session peak after many hours and may last for weeks.