

WHOLE BODY CRYOTHERAPY

Wellness &
Pain Relief



Beauty & Renewal



Performance



Cryotherapy's extremely cold temperatures stimulate the natural healing processes of the body. Blood rich in oxygen and nutrients can improve immune system and organ function, while simultaneously reducing inflammation. This process can result in numerous benefits, including:

- Relief from chronic back pain, chronic joint pain, chronic arthritis, fibromyalgia, general inflammation, and other types of diseases
- Improved sleep quality
- Increased energy
- Reduced swelling
- Decreased stress, fatigue, anxiety, and depression
- Relief from headaches and migraines
- Quicker recovery from surgery and injury

How does it work?

Whole Body Cryotherapy lowers skin temperatures for 2-3 minutes, causing the vessels and capillaries to undergo vasoconstriction followed by vasodilation. This activates the immune system, prompting organs to heal and repair themselves, and signals the brain to release highly beneficial biochemicals.

Whole Body Cryotherapy naturally improves the overall condition of the skin and minimizes the effects of aging. The cold temperatures activate collagen production within deep layers of the skin, allowing the skin to improve texture, regain elasticity, and take on a smoother, more even-toned appearance.

WBC has a beneficial effect on health and general well-being by improving circulation which causes an increase in the delivery of oxygen and nutrients around the body. The release of endorphins reduces stress by acting as a natural pick-me-up, decreasing levels of anxiety and irritability.

With the improved oxygenated, nutrient-rich blood returning to the surface of the skin following a cryotherapy session, you may experience the following traumatic beauty results:

- Tighter, smoother skin for a more youthful complexion
- Increased collagen production
- Triggers weight reduction through burning calories (500-800 calories per session)
- Releases endorphins or "feel good" hormones
- Smooths and reduces cellulite deposits
- Boosts lymph and blood circulation to drain away toxins
- Decreases fatigue and increases energy
- Boosts the body's natural metabolism
- Tightens skin and reduces skin blemishes from conditions caused by acne, psoriasis, and dermatitis
- Reduces symptoms of stress, burn-out, insomnia and depression

Cryotherapy is used in elite athletic training facilities all over the United States including the NFL, NBA, FIFA, and NCAA student athletes. There are numerous research studies on using Whole Body Cryotherapy to benefit athletes of all kinds. The benefits most widely noticed are:

- Pain Reduction
- Reduces inflammation
- Increase in mobility
- Increase in strength
- Faster recovery from injury
- Regeneration phase reduction
- Increase in performance/energy levels
- Faster recovery from workouts
- Improved joint function
- Reduces muscle tension



6800 Harris Parkway Suite 200

Fort Worth, TX 76132

Phone: 817-607-8064

www.dfwcryo.com

E-mail: sales@dfwcryo.com