

# WHOLE BODY

# CRYOTHERAPY



## HOW IT WORKS...

The body is surrounded by hyper-cooled air at an average temperature of  $-240$  degrees Fahrenheit for 2-3 minutes. Cold sensors in the skin send a signal to the brain which causes blood to rush to the core. As blood is circulated through the core, toxins are flushed and blood becomes **enriched oxygen and all the necessary enzymes and nutrients**.

## ACCELERATE...

When the session ends, the oxygenated, nutrient and enzyme enriched blood rushes back through the body accelerating the natural recovery process. **The release of endorphins, metabolic rate, and production of collagen are accelerated.**

## RECOVERY...

Recovery time is shortened, energy level is dramatically increased, and the **endorphin release aids the body in dealing with pain and inflammation**. The increase in metabolic rate allows the body to **burn more calories** and the production of collagen improves whole body skin elasticity and smoothness.

- Pain Management
- **Injury Therapy**
- Inflammatory Disorders
- **Rapid Recovery**
- Performance Enhancement
- **Metabolic & Immunity Boost**
- Anti-Aging
- **Skin Rejuvenation**

**BENEFITS IN  
THREE  
MINUTES!**

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