

CRYO BENEFITS

● SPORTS | ATHLETES

Many athletes use Cryotherapy before and after workouts | competitions to train harder and recover faster. Before workouts, it can increase energy and boost the metabolic rate. Post-workout, it aids in the recovery process more effectively than an ice bath. Cryo promotes an overall feeling of health and vitality, and athletes of all kinds experience improved performance in a number of ways.

● WELLNESS

The effects of the cryochamber can result in energy boosts yet also improve your sleep. With every session, endorphins are released throughout the body, creating a natural euphoria that has been known to aid in the cure of depression and other psychiatric illnesses. Whole body cryotherapy aids in the reduction of chronic pain from rheumatoid arthritis, fibromyalgia, osteoarthritis, general inflammation and arthritis.

● BEAUTY

During the treatment the skin vessels and capillaries undergo intense vasoconstriction followed by vasodilatation immediately upon finishing the session. Toxins and stored deposits are broken up and flushed from the layers of skin. The extreme cold activates collagen production in the deeper layers of the skin. After several treatments clients may notice the skin becoming smoother and more even toned with regained elasticity and improved overall condition. Clients have also noticed a reduction in the appearance of cellulite and stretch marks.

