

A woman's face is shown in profile on the right side of the image, holding a large, clear ice cube. The background is a deep blue with various sizes and shapes of ice cubes scattered throughout, creating a cold, crystalline atmosphere. The lighting is soft, highlighting the textures of the ice and the woman's skin.

# CRYO FACTS

The sub-zero temperatures make your blood circulation soar, boosting oxygen and nutrients around the body, speeding up removal of toxin and even toning your muscles. The oxygen and nutrient-rich blood flow can improve immune system and organ function, while also reducing inflammation.

Exposure to extremely cold temperatures triggers body to boost its metabolic rate to produce heat. The effects of CRYO last for hours after your session, causing the body to burn approximately 500 - 800 calories. After several sessions, the metabolic increase tends to last longer, making CRYOTHERAPY an excellent compliment to a healthy diet and workout program.