

---



# CRYOTHERAPY

A safe and effective way to live a more vibrant life.

---

**LAINÉ SHIELDS & DAVE SEAL**

Cryotherapy of Wisconsin

CryoBoost

# TABLE OF CONTENTS

**2**

**WHAT IS CRYOTHERAPY?**

**5**

**HOW CRYOTHERAPY WORKS**

**6**

**WHAT HAPPENS DURING A SESSION**

**7**

**WHOLE BODY VS. LOCAL CRYO**

**9**

**THE MOST IMPORTANT BENEFIT**

**11**

**CRYO FOR NATURAL PAIN RELIEF**

**12**

**CONDITIONS CRYO CAN TREAT**

**19**

**CRYOTHERAPY & YOUR LIFE**

**22**

**HOW CRYOTHERAPY COMPLIMENTS  
OTHER HEALTHY HABITS**

**24**

**YOUR CRYOTHERAPY APPOINTMENT**

**26**

**FREQUENTLY ASKED QUESTIONS**

# WHAT IS CRYOTHERAPY?

## A Brief History

Everyone from LeBron James to your next-door neighbor is freezing in the name of health. So, what's the deal with this new trend in wellness? Well, actually... it's not new at all. It's been around in various formats for thousands of years.

Here's a brief — and not at all boring — history of cryotherapy:

- 2500 BCE: Egyptians start utilizing cold to treat inflammation and injuries.
- 1600s: Localized cryotherapy is used to treat injuries and aches.
- 1800s: Napoleon's surgeon uses cryotherapy to facilitate amputations.
- 1950s: Cryogen is used to treat skin diseases and remove lesions.
- 1970s: Whole body cryotherapy is developed in Japan.
- 1980s: Cryotherapy is used in Europe as physical therapy for elite athletes.
- 2009: Whole body cryotherapy makes its way to the United States.

While the healing powers of cold and even more specifically, of liquid nitrogen vapors, have been known for some time, it has taken a while for cryotherapy to become widely available to the public.

## COLD, HARD FACTS

---

Your health is all you've got, and investing in good health is never a poor decision. Did you know cryotherapy can help you achieve a healthier, happier life?

People have been freezing away their pain since 2500 BCE, so if you're suffering and looking for a more natural solution, cryotherapy may be just the thing you've been looking for.

# MODERN CRYOTHERAPY

When it was first introduced in Japan in the 1970s, whole body cryotherapy was used to help people who were suffering from multiple sclerosis and rheumatoid arthritis. Today, it's still great at providing relief for those ailments, but it's also being used to provide a wide range of physical and mental benefits, such as:

- Increased energy
- Reduced inflammation, including that from fibromyalgia and arthritis
- Faster muscle recovery from exercise or injury
- Reduced anxiety and overall mood enhancement
- Relief from aches and pains
- Increased mental focus and productivity
- Boosted immune system
- Glowing, rejuvenated skin
- Relief from skin conditions including psoriasis
- Faster healing, including post-op healing
- Relief from chronic pain
- Fewer headaches and migraines

When it comes to pain relief, cryotherapy is very effective option because unlike painkillers, it is completely natural. Rather than just masking your pain, it works in concert with the body to provide healing relief.

How does it do this? Cryotherapy encourages the formation of hormones that help boost your mood, cause relaxation, and reduce inflammation. All those things help control pain and accelerate healing.

Immediate freedom from pain is just the first step, though. Regular cryotherapy sessions can lead to more long-term results. According to Giovanni Lombardi, a biomedical researcher who has done numerous studies on whole body cryotherapy, "The best way to keep the benefits is to repeat the cycles. In our experience, 15 consecutive sessions over one to three weeks are the best."

Lombardi goes on to say that long-term effects, such as improved quality of sleep and long-lasting pain relief, can last up to six months following his recommended number of treatments.

---





# DEVELOPING A CRYOTHERAPY ROUTINE

---

When it comes to wellness routines, the more diligent you are, the better. This is the case with exercise, taking your daily vitamins, and yes, cryotherapy.

After one session, you will likely notice a decrease in inflammation, pain, and/or soreness as well as a boost of energy that will last the entire day.

After five consecutive sessions, damage in the body will start to be repaired, and your energy level will remain elevated for a longer period of time.

After seven consecutive sessions, your body will start producing a considerable amount of the hormones and proteins your body needs in order to cleanse and reset.

# HOW CRYOTHERAPY WORKS



## HOW COLD DOES IT GET?

Cryotherapy uses liquid nitrogen vapor to lower your skin's surface temperature by 30-50° in 30 seconds or less, and you'll stay there for 2-3 minutes. Although it's cold, your skin and organs don't freeze because the session is so brief. Think of it like making a snow angel: you might feel cold for a moment, but you're having fun and you get to warm up again right away.

Liquid nitrogen vapor is used to lower your skin's surface temperature 30 to 50° very quickly. Spending just two to three minutes in the cryotherapy chamber can do wonders for people with chronic pain or injuries.

But what's ACTUALLY happening to your body during those few short minutes? Read on to find out!

# WHAT HAPPENS TO THE BODY DURING A SESSION?




First, the flash cooling of the skin activates the body's healing system, which starts sending messages to your brain, stimulating regulatory functions. Your body begins releasing anti-inflammatory molecules, endorphins (the "feel good" energy hormones), and toxins.

While you're in the sauna, your body pulls more blood into your core. Even though your skin is cold, your chest, back, and stomach might feel warm. While the blood is concentrated in your core, it gets more nutrients and oxygen than usual.

Once you step out of the sauna, that nutrient and oxygen-rich blood is dispersed throughout your entire body. Between that and the endorphins, many people report the best night of sleep they've had along with positive mood changes for up to a few days!



# WHOLE BODY VS. LOCALIZED CRYOTHERAPY



Localized cryotherapy is a great alternative to whole body cryotherapy for certain conditions. For example, a pregnant woman can be treated for a knee injury without any risk to her or her unborn child with localized cryotherapy.

You can expect your local treatment to last 10 minutes or less. Most people find the sessions to be very relaxing. This procedure uses the same pressurized liquid nitrogen vapors that you would experience with whole body cryotherapy. The difference is, the vapors come out of a wand that is focused on certain areas of your body to provide concentrated relief.

Local cryotherapy can help those with migraines, headaches, psoriasis, eczema, acne, sinus pressure, surgery incisions, and many other conditions. It's also a great option for individuals who weigh more than 350 pounds and want pain relief, faster recovery from surgery, or have a skin condition.

This form of cryotherapy treatment still provides pain relief and expedited healing, however, you may not experience the change in mood, sleep, or metabolism that you would with whole body sessions.





---

**IT'S LIKE THE  
DIFFERENCE  
BETWEEN A NAP  
(TAKING AN ICE  
BATH) AND A FULL  
NIGHT'S SLEEP (A  
CRYOTHERAPY  
TREATMENT).**

---

Localized cryotherapy is a way to deliver targeted treatment to a specific part of the body that is experiencing pain, such as a hamstring, elbow, or knee. A hose delivering liquid nitrogen vapors is concentrated on the trouble area(s) for several minutes.

The benefits of this quick treatment have been demonstrated to be superior to an ice pack or ice bath, and it takes just a fraction of the time.

In addition to being effective at treating specific injuries, localized therapy treatments are fantastic for rejuvenating facial skin and encouraging hair growth on the scalp.

---

# THE MOST IMPORTANT BENEFIT OF ALL

Your health is all you've got, and investing in good health is never a poor decision. Did you know cryotherapy can help you achieve a healthier, happier life?

Most people, when asked if they hope they live a long life, will say "yes" without hesitation. However, this is only part of the equation. Ideally, you want to live a long life, but also a good life. You want to spend every moment seeing and enjoying what life has to offer. Being too sick to do these things isn't something we anticipate when we think of our golden years.



Most of us have many bad habits that we can slowly start turning into good habits. Exercising more, eating better, sleeping better... we all know we should be doing it. Cryotherapy treatments can make it easier for you to turn things around. After just one session, you'll have less pain (which makes working out easier), you'll burn up to 800 calories (a quick, easy way to jumpstart weight loss), and you'll sleep better! Schedule more sessions, and you'll see these benefits start to make an even bigger impact and last longer.

If you're not investing in a healthy lifestyle, which includes regular checkups at the doctor, the dentist, and a membership at a wellness facility, you're short-changing yourself... and your loved ones! You need to make sure you're doing everything you can to be around for the good times and the people you love.

## TRUE FREEDOM FROM PAIN

---

Cryotherapy is a fantastic pain relief option, because unlike painkillers it is completely natural, and it works in concert with the body to provide healing relief, rather than just masking the pain. You're not temporarily being numbed. In fact, what's actually happening in that cryosauna is pretty amazing.

Cryotherapy encourages the formation of hormones that help boost your mood, cause relaxation, and help reduce inflammation. All those things help control pain and increase healing speed.

We want all our clients to enjoy freedom from pain, but we also want them to heal and recover faster so they experience long-lasting results. Fortunately, cryotherapy can deliver both of these benefits.



# CRYOTHERAPY FOR NATURAL PAIN RELIEF

**Regular cryotherapy sessions may reduce the need for pain medication.**

Cryotherapy can be highly effective at treating health issues naturally so you can eliminate the need for medication. It is also an excellent option for individuals who can't tolerate pain medications.

Unlike prescription painkillers, cryotherapy doesn't force your body to ignore the pain or numb you so you can't feel it. Instead, it encourages a process that naturally results in pain reduction.

Always remember, your doctor should be the one to advise you on reducing or discontinuing your use of prescribed pain medication. It is not safe to discontinue any prescribed medications without first consulting with a medical professional.



---

# CONDITIONS CRYOTHERAPY CAN HELP TREAT

## Inflammation

Conditions such as psoriasis, headaches, migraines, Crohn's disease, various autoimmune diseases, and irritable bowel syndrome all involve inflammation and pain. If you've suffered from any of them, you know that they range from uncomfortable to downright miserable. Thankfully, cryotherapy can help.

The anti-inflammatory effects of whole body cryotherapy aren't isolated to joints and muscles. If there is inflammation anywhere in your body,

Cryotherapy can help cool it down by releasing anti-inflammatory molecules and endorphins, as well as increasing the oxygen in your blood. This helps to quickly and immediately release toxins which instantly relieves inflammation and pain.

## Arthritis

Rheumatoid arthritis can lead to intense pain, stiffness, and swelling of the joints. The systemic response brought on during a whole body cryotherapy session reduces inflammation and alleviates the pain in the joints while promoting healing.

Traditional treatment for arthritis can be painful (for example, injections) or can cause unwanted side effects.

Cryotherapy is quick, painless, and can get you feeling great again in no time. Before you know it, you'll be doing things you thought were no longer possible. You'll feel like you've gotten your life back!

---

## Fibromyalgia

Fibromyalgia is a very frustrating condition and diagnosing it can be a long and difficult process and finding relief can be even more taxing, both emotionally and physically.

Whole Body Cryotherapy has been used with success in the treatment of fibromyalgia for quite some time. It is effective at treating the pain, muscle fatigue, secondary inflammatory diseases, sleep and mood disorders commonly associated with the condition.

According to Icelab Medical, “after about 20 to 30 cold exposures, clear improvements are observed (in fibromyalgia patients). The success rate for gradual changes lies at between 40 and 80 percent.”







## Depression

Believe it or not, the positive hormonal effects of cryotherapy will boost your mood and help you get a good night's sleep.

We're not just making this up. There was a scientific study done which showed a significant decrease in both anxiety and depression after three weeks of cryotherapy treatments.

For some people with depression, the symptoms can manifest as physical pain, for instance headaches or muscle pain. People that experience chronic pain can quickly become worn down, have trouble sleeping, and experience mood swings. Pain that is so severe and prolonged can affect a person's ability to work, which leads to legal or financial issues that can cause or worsen feelings of depression.

Of course, if you are experiencing something severe, such as suicidal thoughts or feelings of hopelessness, you'll want to speak with your doctor as soon as possible.

## Obesity

You can expect to burn an additional 400-800 calories the day you receive whole body cryotherapy due to an increase in your metabolic rate. To put this in perspective, here's what someone weighing 185 pounds would have to do to burn the same number of calories:

- 2+ hours of high-impact weight lifting
- 2+ hours on the stationary bike
- 2+ hours of swimming
- 3+ hours of walking

The endorphins that are released during each session help energize you while positively affecting your mood (think of them like feel good energy hormones). You will find that you are much less likely to reach for comfort food or to give into unhealthy food cravings.

Your recovery rate is increased during and after a session, so you're likely to see progress from your workouts much faster and have more motivation to stick with your program. If body aches or pain has been keeping you from regular workouts, whole body cryotherapy can help you recover more quickly.

Most people report that they sleep better when they're having cryotherapy treatments. Better sleep has been shown to help people lose weight faster and keep it off longer.

## Dementia and Alzheimer's Disease

More research is needed to evaluate whether Whole Body Cryotherapy is effective at preventing Alzheimer's and other types of dementia.

However, cryotherapy is considered to be an effective treatment option because it provides anti-oxidative and anti-inflammatory benefits that could help combat the inflammatory and oxidative stress responses that occur in Alzheimer's patients.

---

---

## Hormone-Related Issues

As women age, they stop producing estrogen. Because of this biological process, bones become more brittle, mental sharpness slows down, skin loosens and wrinkles, and often there's also a reduction in muscle mass, energy, and sexual drive. While there are hormone replacement therapies for women, it isn't ideal for everyone, and there are side effects.

Men experience a similar drop in hormones as they age, but for them, it's testosterone and IGF-1 growth hormones that decline. Men also report lowered energy and sex drive, as well as a decline in muscle mass. Even more critically, research has indicated that lower levels of these hormones could result in a shorter lifespan. Supplementing these hormones causes the body to stop producing it, so men need to be cautious about what they take.

The best option for increasing hormone levels as we age is to find ways to do so naturally... ideally, by stimulating the body's own anabolic hormone production functions. Cryotherapy is a fantastic solution. It has been shown that natural testosterone levels can triple. Aromatase, an adrenal enzyme that helps convert testosterone to estrogen, is also increased. Last but not least, serotonin and endorphins also increase, resulting in more elevated moods.

## Sore, Stiff Muscles

We've all experienced a "kinked" neck which can range from annoying to downright painful. The pain can even spread down the shoulders, arms, and upper back. Cryotherapy can quickly relieve the pain associated with a stiff neck by removing inflammation and increasing circulation. Think of it like an ice pack on steroids!

Whole body or localized cryotherapy is also great for sprains or pulled muscles. For the best results and the quickest relief, schedule an appointment as soon as possible after experiencing an injury like this.

---



## Migraines and Headaches

Migraines and headaches have been effectively treated with cold therapy for over 150 years. James Arnott was the first to treat these conditions using cold therapy in 1849 and since then, many more treatments that utilize cold temperature have been introduced with varying ranges of success.

Cryotherapy is an effective option because unlike a cold pack or soak in an ice bath, where you are stuck in one position for a while, whole body cryotherapy only takes three minutes. You can go on with your day quicker and without being distracted by pain.

Cold therapy is effective for treating headaches and migraines because it works to constrict and dilate blood vessels, reduces vascular inflammation, and quiets the nerve pain responsible for triggering migraines. Cryotherapy can also reduce stress levels and help control the autonomic nervous system, both of which can quickly help reduce pain. While a single treatment may instantly cure a headache or migraine, regular visits can help limit their frequency which for some people, is truly life-changing.

## Cold and Flu

Whole body cryotherapy is great for quickly recovering from a cold or flu. Cryotherapy helps boost blood to your vital organs, which helps to filter out the germs and viruses that cause you to get sick. When the treatment is over, your body warms up quickly, and that healthy blood circulates throughout your body again, getting rid of toxins. Talk about illness-fighting power from the inside out!

Even though cryotherapy can be used to treat a cold or flu virus, it's best to visit us before you get sick. The cryosauna does an effective job of boosting your immune system, meaning you're less likely to come down with a cold or flu in the first place. At the end of the day, the best time to get sick is never, so prevention is crucial.

---

---

## Post-Op or Accident Recovery

Whole body cryotherapy can help you recover full range of motion in your muscles and joints while at the same time offering tons of other benefits like enhanced mood, better sleep quality, increased focus, and it can even help improve the look of your skin (and many other benefits, too).

- Reduce pain associated with post-op inflammation
- Reduce muscle and joint tenderness
- Boost your immune system
- Increase healing to affected muscles and tendons
- Reduce the severity of your bruising
- Increase flexibility and muscle endurance
- Reduce swelling from the surgical site

## Back Pain

According to statistics, approximately 90% of us will suffer from lower back pain at some point in our lives.

Our often sedentary lifestyles can cause an enormous strain on our lower backs. This lifestyle can also impact how long it takes to recover from injury, since our circulatory systems are slowed when we're less active.

Cryotherapy can speed up the healing process -- some studies say by up to 50% faster. It increases circulation and offers powerful pain relief as well as anti-inflammatory effects. Our favorite part is that it is completely natural. No painkillers needed.

Although this isn't a one and done treatment, it doesn't take long to get lasting results from cryotherapy. Studies have shown that even in as few as 20 treatments, you could experience prolonged pain relief and improved mobility.

---

# CRYOTHERAPY & YOUR EVERYDAY LIFE

Whole body cryotherapy and localized cryotherapy are both very effective natural solutions for inflammation-related conditions and other serious ailments, as we discussed in the previous section.

However, it's important to note that the benefits of cryotherapy don't stop there.

Exposing your body to subzero temperatures, even for just a few minutes each day, can have an incredible impact on your everyday life.

Again, these benefits are most noticeable when you make cryotherapy a part of your regular wellness routine.

Getting a three minute whole body cryotherapy treatment or a ten minute localized cryotherapy treatment once or twice a year is definitely not going to make a noticeable difference.

However, a daily routine or even a twice weekly habit will make a huge difference in your quality of life.

Want to learn more about the "everyday" benefits cryotherapy can provide? Let's get into it!







## Beautiful Skin

Cryotherapy has great benefits for your skin. You can reduce wrinkles, fine lines, and blemishes with a trip to the cryosauna or more effectively with regular localized cryotherapy treatments.

Cryotherapy helps to stimulate collagen production, which results in smoother, firmer, more youthful-looking skin.

## Mood Booster

The super cold temperatures you experience during your cryotherapy session can cause a physiological hormonal response. Adrenaline, noradrenaline, and endorphins are released, which can have a positive effect on people who suffer from mood disorders like anxiety and depression.

---

**CRYOTHERAPY  
CAN HELP YOU GET  
GLOWING,  
REJUVENATED  
SKIN AND  
PROVIDE RELIEF  
FROM SKIN  
CONDITIONS  
INCLUDING  
PSORIASIS, ACNE,  
AND ROSACEA.**

---

## Improved Sleep

Before you reach for the sleeping pills, try a whole body cryotherapy session! Unlike medication, it's a natural way to help you get some much-needed rest.

The extremely low temperatures trigger the release of several kinds of hormones in the body -- hormones like epinephrine, norepinephrine, and endorphins. They are designed to help protect us from a perceived threat, and they can actually help you relax in the long run. Many people report a better night's sleep following their session.

## Calorie Burner

Cryotherapy helps stimulate weight loss because it ramps up the body's natural processes to a level that burns calories even after the session is done. While you're in the cryosauna, your body is working to protect your body's vital organs from the cold temperature. It pulls blood from your extremities into your core.

Additionally, because of the natural mood boost you get, you're able to stay focused and fight cravings better, and your energy levels increase. All these changes lead to a more active life and the ability to make healthier choices throughout your day.

## More Energy

Whole body cryotherapy is a great way to increase your energy levels naturally. It only takes three minutes, so you can actually get your energy boost a lot faster than it takes to get through the drive through line at your favorite coffee shop.

Not only will you immediately feel the effects of the session on your energy levels, you'll also have a better night's sleep which means your energy the next day will also be improved. Over time, and after multiple sessions, you'll notice the effects last even longer.

---

---

# HOW CRYOTHERAPY COMPLIMENTS OTHER HEALTHY HABITS

## Exercise

If you're a runner, cryotherapy can help you prepare for a big race like a marathon or other competition. It is recommended that athletes come in the day before an event, as well as after the event.

Cryotherapy after an intense workout, a race, or an exercise-related injury can be extremely beneficial. Spending just 3 minutes doing whole body cryotherapy is so much easier than sitting in an ice bath for 20-30 minutes! It is also highly effective at helping you cool down after a big race. A post-race cool down will help your muscles recover quickly so you won't be stiff and sore the next day.





## Diet

A diet that's higher in fat and lower in carbs has been shown to be the best compliment to a whole body cryotherapy routine. This type of diet helps your body burn fat as a source of fuel instead of sugar. And research has confirmed that burning fat (also called ketosis) results in the following benefits:

- Lower inflammation, less pain.
- Reduced risk of heart disease, dementia, and cancer
- Reduced hunger and cravings
- Improved moods with sharper mental clarity and focus
- Better (and more predictable) energy levels
- A more fulfilling night's sleep
- Healthier and smoother skin with less acne, rashes, or eczema
- Healing and prevention of autoimmune conditions
- Better body composition

Starting a new diet always has a learning curve. You can incorporate a few of these small changes until you're more comfortable:

- Cut sugar from your diet every other day, gradually working up to every day
- Eat grains once a week instead of trying to do it daily
- Swap high carb snacks like cookies and chips with healthy nuts, sliced apple, natural jerky, or a hard-boiled egg.

## THE HORMONE SITUATION

---

Both men and women experience shifts in their hormone levels as they age. The best option for managing hormone levels is to find ways to do so naturally, by stimulating the body's own anabolic hormone production functions. Cryotherapy is a fantastic solution!

Cryotherapy has been shown to naturally triple testosterone levels and increase aromatase levels, which is an adrenal enzyme that helps convert testosterone to estrogen. Serotonin and endorphins also increase after a cryotherapy session, resulting in more elevated moods.

---

# YOUR WHOLE BODY CRYOTHERAPY APPOINTMENT



## WHAT TO EXPECT

### YOUR ARRIVAL

- First, you'll get checked in and have an opportunity to ask questions.
- You'll be given a robe and escorted to a private changing room.
- All jewelry must be removed and everything must be free of moisture.
- Women can choose to remove or wear undergarments.
- Men must wear cotton underwear for protection.
- You'll be given socks, slippers, and gloves to protect your feet and hands.
- Once you've changed into your robe, we'll escort you to the cryosauna.

### YOUR SESSION

- A staff member will help you enter the sauna safely.
  - They will start the vapors and monitor your body temperature.
  - As your body cools, you'll feel like you're standing near an open freezer.
  - For first timers, your session may be split into two 90 second intervals.
  - At the end of your session, we'll hand your robe back to you.
  - Once you have your robe on, you will step out of the cryosauna.
  - You can head back to the changing room to get dressed.
-

## AFTER YOU LEAVE

- Your body will begin to warm up again immediately.
- Your muscles may feel more relaxed immediately.
- You may feel a slight tingling or flush to your skin for a few minutes.
- If you have swelling, you'll notice a decrease over the next few hours.
- Pain will start to subside almost immediately as inflammation decreases.
- You'll feel refreshed, invigorated, and experience a mood boost afterward.
- Most people sleep better than usual the night after a treatment.

Your core body temperature may start to cool slightly after your session. To stabilize your body temperature and promote vasodilation (dilation of the blood vessels) you may choose to do 10 minutes of light exercise. Though not necessary, it can help to extend the period of pain relief and increase your energy levels.

Your first few visits, you might experience a "detox" effect. While the body rids itself of toxins, you may notice a drop in energy. This is temporary. Once your body gets accustomed to cryotherapy, you'll start to feel that trademark endorphin rush.

Be sure to consume plenty of fluids and supplements or good nutrients to aid in the accelerated Recovery. It's important to note that some people with a lot of inflammation in their system will feel sluggish after the first few sessions. There are also people who don't get a response after the first couple of sessions. If this is you, don't get discouraged. It may take a few more sessions for you to experience the benefits described above.





---

# FREQUENTLY ASKED QUESTIONS

## HOW QUICKLY WILL I SEE RESULTS?

Clients suffering from inflammation and pain generally begin to experience relief instantly. It typically takes several sessions in quick succession before you can expect long-lasting results. However, each session builds upon the previous one, so you'll notice the relief lasts longer each time you visit.

The number of treatments that is recommended for lasting results depends on a few things, such as:

- Your goals
- Your unique physiology
- Which conditions you're treating
- Other factors in your life that may affect your treatment

For example, if you're a professional athlete whose body is constantly being pushed to the limit, you'll need more intense therapy than someone who has an ache in their neck from a poor sleeping position.

Most individuals can start with 5-10 sessions, scheduled every other day. After this, they can be evaluated to see whether additional sessions are needed to reach their goal. Professional athletes or those recovering from more serious injuries or health conditions may require more treatments.

## IS IT DANGEROUS?

Cryotherapy is not dangerous when it's done by a professional. However, individuals with certain health conditions should not participate in whole body cryotherapy:

- Untreated high blood pressure (those undergoing treatment are in the clear)
  - Suffering from an active blood clot
  - Certain heart conditions
  - Aneurysms
  - Pregnancy
-

## **WILL IT HURT?**

People who are new to cryotherapy hear that they're going to be surrounded by vapor that will lower their skin surface temperature by 30 to 50 degrees and they feel a little nervous. Since your body doesn't know you're only going to be in the extreme cold for a few minutes, it actually protects you from pain by slowing the signals to the brain.

While you're in the sauna, your body pulls more blood into your core. So, even though your skin is cold, your back, chest, and stomach may still feel warm.

Your head will be raised above the upper rim of the chamber at all times, and you'll be given socks, slippers, and mittens to wear to protect your hands and feet during the session.

## **CAN I EAT BEFORE MY APPOINTMENT?**

Yes, absolutely. In fact, many people feel that eating a snack or meal within two hours of their whole body cryotherapy session actually helps them tolerate the cold a little better.

## **I HAD A DRINK AT HAPPY HOUR. CAN I STILL GO IN THE CRYOSAUNA?**

No, unfortunately not. Cryotherapy is not recommended for anyone under the influence of drugs or alcohol. We'd be happy to reschedule you!



## **CAN I WORK OUT BEFORE MY APPOINTMENT?**

You sure can. If you work out before your cryotherapy session, you can expect to recover faster and more effectively due to the inflammation reduction. Many professional athletes end their intense workouts with a trip to the cryosauna for this very reason.

## **SHOULD I SHOWER FIRST?**

No, you don't need to. The liquid nitrogen vapor is absolutely dry and will not make your skin wet. In fact, we do not allow anyone to enter the sauna if they have wet skin or hair as a safety measure.

## **ARE THERE AGE RESTRICTIONS?**

Yes. The cryosauna is totally natural, however children are too small for our saunas. We are only able to accept clients 18 years and older.

## **WILL ANYONE SEE ME NAKED?**

No. You'll be given a private changing room and a robe. You'll only take off your robe after you're in the sauna with the door shut. Only your head is visible while you're inside. You'll be able to put your robe on again after the procedure and before the doors open again.

## **WHAT ABOUT FROSTBITE AND HYPOTHERMIA?**

While it's true that frostbite can happen in 5-10 minutes in very cold temperatures, generally it is due to a lack of protection on the hands and feet. In addition, wind and moisture in the air can expedite frostbite. In a cryotherapy chamber, your hands and feet are always adequately protected from the cold. The session will last three minutes at the most, and the liquid nitrogen used to cool the air in the sauna is completely dry. Frostbite is near impossible under these conditions.

Hypothermia is another condition related to cold exposure. Like frostbite, hypothermia is generally caused by prolonged exposure to cold temperatures, especially when accompanied by high moisture high winds.





### **WHY DO I HAVE TO WEAR MITTENS, SOCKS, AND SLIPPERS?**

You might feel a little silly, but these items help protect your extremities against the cold when the blood in your body moves into your core. Men are also required to wear boxers or briefs while in the sauna.

### **IS THERE A WEIGHT LIMIT TO USE THE SAUNA?**

Yes. Typically, the sauna can accommodate users weighing up to 350 pounds. Localized cryotherapy is a great option for those who exceed this weight limit.

### **CAN SOMEONE WITH CLAUSTROPHOBIA STILL TRY CRYOTHERAPY?**

Claustrophobia is a very real condition and it should be taken seriously by your cryotherapy studio. The door of the cryosauna should never be locked from the outside; you should always be able to open it and step out if you feel the need.

The technician will raise the platform you are standing on so your head is exposed above the sauna. This ensures that you can always breathe room temperature air and an oxygen monitor is operating at all times. A staff member is there to monitor you throughout the entire process.

---



# THANK YOU FOR READING!

---

IF YOU HAVE ANY QUESTIONS,  
PLEASE FEEL FREE TO STOP IN  
OR GIVE OUR OFFICE A CALL.

WE'RE ALWAYS HAPPY TO  
DISCUSS OUR SERVICES AND  
WALK YOU THROUGH THE STEPS  
TO GETTING STARTED WITH A  
CRYOTHERAPY TREATMENT.

801 S Greenville Ave. Suite 115  
Allen TX 75002  
(469) 534-7824  
[cryoboostallen@gmail.com](mailto:cryoboostallen@gmail.com)  
[www.cryoboost.com](http://www.cryoboost.com)