

WHOLE BODY CRYOTHERAPY

BASIC INFORMATION

EXTREME COLD TEMPERATURES UP TO -110°C HAVE THE FOLLOWING POSITIVE EFFECTS ON YOUR BODY:

- 1 Relief and elimination of pain.
- 2 Suppression of inflammation and improvement of the immune system.
- 3 Regulation of muscle tone and improved blood circulation.
- 4 Functional improvement of joints.
- 5 Improvement of mental and physical performance.

Whole body cryotherapy is very suitable for people exposed to stress, athletes, and patients with chronic joint diseases, muscle or skin diseases.

IMPORTANT INFORMATION AND RULES:

- Before beginning cryotherapy, it is necessary to undergo an examination with our doctor.
- For each procedure you have to have a swimsuit, headband, gloves, facial mask, socks and sport shoes..
- Remove all jewelry and your watch before entering the cryochamber.
- Keep calm throughout the procedure, do not breathe too deeply. Do not touch anything with your unprotected skin in the cryochamber..
- After each procedure we recommend taking a walk or light exercise.
- To achieve the maximum effect, you should complete at least 10 procedures.