Whole Body Cryo Therapy

The traditional ice bath isn’t so cool anymore. These days, professional athletes are opting for a treatment that sounds more like science fiction: whole-body cryotherapy.

Here’s how it works: You stand in a cylindrical chamber for about two and a half minutes. Hyper-cold air is released all around your body, bringing the temperature down to as low as 300 degrees below zero. It’s a similar concept to an ice bath but the benefits, many athletes say, are far better. Texas Rangers’ pitcher C.J. Wilson is a regular, and several members of the Dallas Mavericks credit this year’s NBA Championship win in part to their cryotherapy treatments. One athlete compared it to standing in a giant Red Bull can with your head poking out.

We’re taking skin-surface temperature to 30 degrees in less than a minute. The body literally gives up trying to regulate skin-surface temperature, instead drawing the blood to the core to protect the core. When the blood is in the core it picks up oxygen and nutrients to protect the body, since it feels like it’s in massive distress, although it’s really not. At the end of the 2.5–minute session, the brain sends the nutrient and oxygen rich blood to those parts of the body need it the most. This dramatic cooling activates the immune system prompting every organ in the body to heal and repair itself. Although it’s cold, it’s not that lengthy, excruciating cold of an ice bath. Clients realize a faster, more effective treatment than they could ever experience in an ice bath without the long recovery and pain.

In the case of the Dallas Mavericks players, fatigued leg muscles were getting oxygen-rich blood. They were stepping out of the device essentially with instant recovery effects. Every single athlete that we worked with told us that it produced a change; it produced a recovery like they hadn’t felt. You’ll see this in training rooms around the country.

Ice baths only get down to about 40 degrees Fahrenheit—so think of the cryo-sauna as a super-charged ice bath. We are not freezing any tissues or organs. It’s really an effect that we are inducing on the body that causes the body to jump into this recovery mode which is where the athletes really see the effects of this thing. Cryo-sauna was featured on Dr. Oz who

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warmed up to the whole body cryotherapy by quipping ‘it helps.’ Whole body cryotherapy was developed in Japan in the 1970’s and has been used in Europe for more than 15 years and is as popular as massage therapy. It is an invigorating treatment in which the body encourages the natural healing process. It is safe and considered effective for a variety of conditions.

We are happy to bring you this innovative treatment, designed to support your body’s natural and unique ability to heal. Decades of studies from numerous institutions have shown it to be both safe and effective for a staggering variety of conditions and goals.

The temperature levels in the Whole Body Cryotherapy are brisk but very tolerable. Many compare the sensation to standing in front of an open freezer door. The brisk exhilaration causes your brain to release high amounts of endorphins, which make you feel good. Some people report feeling energetic and full of life. The buoyant affects from each session peak after many hours and may last for weeks.

Many feel significant benefits after just one treatment. For continued benefits, we recommend one treatment per week for one month, with continued treatments 1-2 times per month. For relief of significant pain or skin disease, or weight loss we recommend up to 10 treatments in close succession (e.g. 3x/week) for maximum results.

The metabolic increase will raise your temperature above normal for several hours. This is due to your body burning more calories and waste and should not be confused with a fever. The good news? The immune stimulation will make you less apt to become ill.

It is very rare to have any feelings of claustrophobia. The cabinet is very spacious and remains open on the top portion, leaving your head out of the cabin and upper shoulders free to move about. In addition, the door is never locked and you may step out at any time. Those who are typically claustrophobic do not generally have any problems.

If you are pregnant, have uncontrolled blood pressure, uncontrolled heart disease, seizures, Reynaud’s syndrome or acute infection we do not recommend WBC. Patients within the ages of 12-18 can be treated with parental consent.

TWO LINKS TO WATCH VIDEO OF TREATMENT:
www.youtube.com/watch?v=9hQsymSI5xU
www.healthycold.com/eng-nike_on_cryotherapy