

# FACT SHEET



## What is Whole Body Cryotherapy?

Whole Body Cryotherapy (WBC) is the use of extreme low temperatures (-166F to -274F) designed to reduce inflammation in your body. The treatment lasts 3 minutes, during this time the blood vessels in your skin's surface and muscle tissue constrict, forcing blood away from the peripheral tissues and toward your core. In the core, the body's natural filtration system works to remove toxins and inflammatory properties of the blood. Once you exit the cryosauna, the filtered blood flows back, being cleaner and enriched with oxygen, nutrients and enzymes. The days following this treatment will consist of a process of restoration by the body, which will help you recover from workout soreness, injuries as well as reduce inflammation, boost energy and improve overall health.

Whole Body Cryotherapy has been proven to be a powerful treatment for soft tissue pain, inflammatory disorders and injuries, fibromyalgia, psoriasis as well as help increase metabolism and revitalize the skin.

## Benefits

- Relieves pain and inflammation
- Increases blood circulation
- Faster Recovery after Surgery
- Faster Recovery in between workouts & runs
- Alleviates symptoms of fatigue, insomnia, stress, anxiety, and depression
- Triggers collagen production
- Boosts metabolism
- Improves skin conditions
- Improves muscle recovery
- Reduces muscle fatigue and muscle soreness
- Increases your energy
- Reduces inflammation and pain
- Decreases injury recovery time

## Who uses it?

- LeBron James
- Dallas Mavericks
- Dallas Cowboys
- Pittsburgh Steelers
- Florida Panthers
- Joe Gibbs Racing
- Michael Phelps
- Tony Robbins
- Dr. OZ
- & many more....

## Optimal Results

The number of treatments recommended to achieve optimal results depends on the condition being treated. For Sports and Injury recovery it works as fast as in one session! If you have a systematic condition, 6 to 10 treatments in a 2-3 week period work best.