

FIRST TIME CRYOTHERAPY GUIDE

BEFORE YOU ARRIVE

- Avoid shaving 12 hours prior to cryotherapy session.
- Remove body piercings. If they can't be removed, ask your CryoSpecialist for medical tape to cover.
- Avoid a massage 6 hours prior to cryotherapy session due to lotions and oils.
- Do not use BioFreeze, Aspercreme, Bengay or the like, prior to your session.
- Ladies if you are menstruating, please reschedule your session.
- All clients must wear dry underwear during their session. We provide all other items.

AT YOUR APPOINTMENT

Introduction

Our Front Desk Associate will bring you to the relaxation room before your session. This is a great time to share anything that is going on with your body and mind and ask any questions you may have.

When It's Time For Your Session

Our CryoSpecialist will make sure the cryosauna is properly adjusted and customized to your personal settings. The appropriate riser(s) will be set into place to ensure that you are at the correct height. Our CryoSpecialist will provide you with our dry socks, mittens and booties to be worn during your session. It is important to note that a CryoSpecialist will be with you throughout the session. The cryosauna can not operate without an attendant in the room.

Once Your Session Is Complete

The CryoSpecialist will record your settings and specifications for future sessions while you change back into your clothes and enjoy the rejuvenating feeling your body is experiencing.

After Your Session

We'll have organic herbal tea and/or water waiting for you in our relaxation room if you so choose.