

FIRST TIME CRYO BODY-SCULPTING GUIDE

BEFORE YOU ARRIVE

- Increase water intake, include lemon if possible.
- Keep skin free of lotions to treated areas.
- Wear loose clothing the day of treatment.
- Avoid caffeine, sugar and carbs 2-3 hours before treatment (if possible, 4-5 hours is best).
- Avoid exercise directly before a session.

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

During your first visit our CryoSpecialist will conduct a 10-15 minute consultation. Based on your goals and background this consultation will allow us: (1) to make sure this is the right service for you, (2) to thoroughly manage your expectations and (3) to make recommendations of frequency and minimum number of sessions required to achieve desired results. Always keeping in mind that these are purely recommendations and that everyone's "body" is different and will react to the treatment differently. Therefore, the recommendations will be purely based upon previous customers' experience and are in no way a guarantee/promise of results.

Once it's time for your treatment to begin, our CryoSpecialist will talk you through the approach they will take during your session to ensure you are as comfortable as possible.

Once Your Session Is Complete

The CryoSpecialist will record and document all of your settings, frequency recommendations, as well as the protocol administered to achieve your desired outcome. The CryoSpecialist may also recommend a 10-minute vibration plate session (complimentary).

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After Your Session

- Continue to increase water intake and add lemon and/or apple cider vinegar, if possible.
- Avoid alcohol (1 day)
- Avoid processed foods, artificial sweeteners, dairy and soy (1-2 days).
- Avoid sugars (especially fructose), refined grains (especially gluten), chemically modified fats and limit high salt foods (1-2 days).
- Increase your magnesium intake.
- Exercise daily ... 15-30 minutes.
- Practice deep breathing techniques.
- Dry brush in sweeping motions, always towards heart.
- Massage or wrap of the area for slight compression (legs, arms or stomach).