



Cryotherapy: Frequently Asked Questions

Is cryotherapy comfortable?

The treatment usually only lasts between 1.5 to 3 minutes, and the cold air does not contain any moisture, nor is there any air current, so it is very tolerable. Towards the end of the treatment, you may get a pins and needles sensation, but it'll disappear immediately after leaving the cryochamber.

I'm claustrophobic, can I still use the cryotherapy chamber?

Yes. The cryochamber is open at the top and adjusted to fit the height of the client, and your head and neck are always above the opening so you are not fully enclosed. Although the cryochamber has a door that will be closed during the treatment, it will not be locked so you may step out at any time if needed.

What should I wear during a cryotherapy treatment?

The most important safety precaution is that the client and their clothing are completely dry upon entering the chamber. Because of the very low temperatures, clients are required to wear cotton or wool foot and hand protection plus either cotton underwear (for men) or a bathing suit to protect intimate body parts. All other clothing is removed. Jewelry should not be worn.

How soon can I expect results from a cryotherapy treatment?

After completing your first treatment your body will release endorphins, which are hormones that make you feel good and energetic. This feeling will likely last for several hours. Depending on your physical condition, you may feel immediate relief from joint and muscle pain, improved energy, and increased flexibility that will last for several hours or even days.

Is one cryochamber treatment enough?

While every therapy session is beneficial and you'll feel immediate results, research has shown that you will experience improved and cumulative benefits after a minimum of 10 sessions, within a two or three week period. (To achieve peak performance, professional athletes might benefit from having up to two sessions a day). After that you can take fewer treatments spaced further apart to maintain and improve on your results (For example, once or twice a week).

Is there anyone who shouldn't use a cryochamber?

Anyone who is pregnant, has severe unmanaged hypertension (BP > 180/100), has a cardiac pacemaker, is being treated for cancer, has deep vein thrombosis, acute or recent myocardial infarction, uncontrolled seizures, fever, unstable angina pectoris, Raynaud's syndrome, cold allergy, acute kidney and urinary tract diseases, open wounds or ulcers, or is under influence of drugs or alcohol is advised not to use Cryotherapy.

How does cryotherapy work?

The Whole-body Cryosauna uses a gaseous form of nitrogen to lower skin surface temperature by 30-50 degrees during a two-three minute session. The exposed skin reacts to the extreme temperatures by sending messages to the brain that stimulate natural regulatory functions of the body. In addition, the skin's exposure to these subzero temperatures trigger the release of anti-inflammatory molecules, endorphins, toxins, and increases oxygen circulation within the bloodstream.