Front cover: LOGO and a slogan of “For a better healthier you”

Inside page:

What Is whole body Cryotherapy?

Whole Body CryoTherapy is a process of cooling a persons skin to about 32 degrees Fahrenheit for up to 2-3 minutes. This is done by surrounding the body with air at temperatures varying anywhere from negative -200°F to -240°F. During this fast cooling process, the body enters temporarily into “survival mode” triggering the body’s natural healing mechanisms as though it were freezing. Blood will then be sent to the body’s core in order to become warmed. This will trigger adrenaline, endorphins and other hormones into your body. This results in many beneficial effects including pain relief, increased blood circulation, increased collagen production, reduction of inflammation & swelling, increased weight loss & caloric burn and several other positives effects.

Back page: Contact info:

I would also like to add where it has been seen on: Kinda like this



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Inside left -  **Health and Wellness**

Whole Body Cryotherpy can help to ease & alleviate chronic medical conditions such as Oseoarthritis, Fibromyalgia, Rheumatoid Arthritis, Multiple Sclerosis, Auto-immune deficiencies & disorders, Psoriasis, Dermatitis, Osteoporosis, Ankylosing Spondylitis and several others. Studies on the effects of Whole Body Cryotherapy on psychological, mood and mental state have also been very positive; Whole Body Cryotherapy has been found to be a beneficial practice in treating mood disorders, affective disorders, anxiety and depression.

ADDITIONAL BENEFITS FOR HEALTH AND WELLNESS INCLUDE

•   Pain relief from chronic medical conditions

•   Clearing of skin conditions

•   Treatment of anxiety, depression and mood disorders

•   Accelerated weight loss

•   Increase in circulation

•   Reduce swelling, bruising and inflammation

•   Resetting the body’s immune system & regulatory process

 Better nights sleep

Inside Middle:  **Recovery and Performance**

Professional teams and high-performance athletes are now utilizing Whole Body Cryotherapy to win championships and outperform opponents. For decades cryotherapy has been used in athletics and training to relieve and treat intense and chronic pain associated with an athletic injury and overuse of muscles, tendons and ligaments. The positive effects have been proven in the field of sports medicine as a recovery procedure from bodily damage and injury due to the anti-inflammatory, restorative and rehabilitation properties of Whole Body Cryotherapy.

Reported benefits of Whole Body Cryotherapy for recovery and performance include:

•   Faster recovery times

•   Reduced inflammation

•   Increased range of motion and flexibility

•   Increased endurance

•   Pain relief

•   Tissue repair

Immune system boost

Inside Right: **Beauty and Anti-Aging**

Increased Metabolism and Weight Loss

By lowering your skin temperature, Whole Body Cryotherapy “tricks” body sensors into implementing the same response it would if you were freezing. Your body works harder to heat and transport blood, resulting in increased metabolism and calorie expenditure. Consequently, it’s been reported that 500-800 calories are burned as a result of each session.

Anti-Aging

By applying hyper-cool temperatures to the skin’s surface, Whole Body Cryotherapy “jumpstarts” the body’s natural healing and rejuvenation processes. This includes increased circulation, which provides a youthful complexion, and stimulation collagen production, which is the foundation of firm, healthy skin.

Additional Benefits

•   Tighter, firmer, more youthful skin with increased collagen production

•   weight loss due to 500‐800 calories being burned per session

•   reduced skin blemishes from conditions such as Psoriasis

•   cellulite appearance reduced

•   stronger nails and hair

heightened energy and libido