

JUST 3 MINUTES FOR WHOLE BODY RECOVERY

About WBC

WBC (Whole Body Cryotherapy) was first utilized in Japan in the early 1970's by Dr. Yamaguchi to treat Rheumatoid Arthritis and Inflammatory Joint Diseases. Proving extremely effective, WBC quickly gained notoriety for that specific issue, but also to treat systemic inflammation processes throughout the body.

Now Elite athletes and pro teams have adopted WBC for muscle and injury recovery and as a powerful treatment to decrease recovery time and increase athletic performance and boost the body's metabolic rate. WBC is becoming worldwide well documented as being used for the daily management of pain, inflammation, energy, and stress related conditions. **EquilibriumCryo** is one of the first few centres opened in Sydney aiming for the most safe, effective, and affordable treatments available to the public.

Applications Include:

- Athletic performance
- Athletic recovery
- Postsurgical recovery
- Musculoskeletal injuries
- Osteoarthritis - Rheumatoid Arthritis
- Osteoarthritis - Multiple Sclerosis
- Fibromyalgia - Chronic Fatigue Syndrome
- Depression & Mood Disorders
- Weight management
- Degenerative diseases of joints & spine
- Phantom Pain –Chronic Pain Syndrome
- Autoimmune and other inflammatory disorders
- Skin disorders such as dermatitis and psoriasis

Benefits:

- Pain management
- Rapid muscle recovery
- Injury therapy
- Performance enhancement
- Increased energy levels
- Increased libido
- Sleep better
- Better mood
- Metabolic & immunity boost
- Caloric burn - burn up to 800 calories
- Anti-aging
- Skin Rejuvenation
- Improved skin elasticity

Increased collagen production
Cellulite reduction

Special offer

Introductory session \$75 (regular price \$90)
For new WBC client only

FAQs

How does WBC work?

With **WBC**, the body is exposed to ultra-low temperatures (-150°C to -190°C) for less than 3 minutes. Extreme cold stimulates skin sensors, activating a Central Nervous System (CNS) response, prompting the brain to transmit messages throughout the body. This causes the release of endorphins, the body's natural pain inhibitors and mood elevators, while the enhanced circulation activity (blood movement into and out of the core) decreases inflammation by clearing toxins and metabolic waste with a supply of oxygen and nutrient enriched blood to stimulate cellular regeneration (faster healing) promoting an overall better health. The body's natural anti-inflammatory reaction to extreme cold is pain reduction.

Is it safe?

Yes. It has shown to be both safe and effective for a staggering variety of conditions and goals. Nitrogen is a non-toxic gas that makes up about 78% of the air we breathe. However, breathing pure nitrogen could cause fainting, due to the lack of oxygen. To prevent this, the cryosauna is designed to keep the patient's head above the chamber, and patients are instructed to breathe up room-air.

How do I feel after treatment?

Your external skin temperature warms up within five minutes of exiting the CryoSauna. The immediate effects from each session typically last for six to eight hours. Cryotherapy stimulates the body to release endorphins, which are the hormones that make you feel good and energetic. Most clients report a better night's sleep after just one session!

Is it comfortable?

Where an ice bath has direct contact with the skin and can be painful, cryotherapy is a dry, indirect contact. Due to the session only being three minutes max, the session is very tolerable. Towards the end of the session, you may get a 'pins and needles' sensation, which disappears immediately after the treatment.

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