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Whole Body Cryotherapy

How does it work?

The RecoveryXR chamber surrounds your body up to the neck, with hyper cool air (up to -220°F). This dry cool allows you to experience a pleasant cooling sensation without the bone-chilling feel of an ice bath.

Whole Body Cryotherapy naturally triggers your body's most powerful healing and wellness mechanisms by constricting peripheral tissues and sending blood from the skin surface, muscle tissue and surrounding joint space to the core to protect your core temperature (vasoconstriction). As the blood travels to the core, it passes through the cardiovascular system, where it is cleansed of toxins, oxygenated and supplied with nutrients and enzymes. During the cryotherapy session this blood will circulate on a continuous loop between the cardiovascular system and your organs. Once you exit the RecoveryXR, your body will immediately begin vasodilation, returning the enriched blood to peripheral tissues.

What is the difference between an ice bath and whole body cryotherapy?

The key difference between Whole Body Cryotherapy and an ice bath is the temperature of the environment, the skin surface temperature and the speed of the reduction of the skin surface temperature. An ice bath only reaches 45°F, where the cryotherapy system can reach as low as 220°F. In an ice bath the skin's surface temperature can only reach 41°F after a prolonged, wet and often painful session. In the RecoveryXR the skin's surface will reach -30°F in just 30-40 seconds and the total length of time the skin is exposed to this dry, invigorating temperature is no more than 3 minutes.

Another key difference between Whole Body Cryotherapy and an ice bath, is there no recovery time after the cryotherapy session. During an ice bath, tissues begin to freeze and muscles temporarily lose capacity. With cryotherapy, the muscle tissue does not freeze and upon exit, the blood flows back to the peripheral tissues, warming the muscles almost immediately.

FAQ

1. Is it cold? Painful?

It will feel cold but not painful. The temperatures reach downward to -240F, but it is a dry cold.

2. Do I have to wear anything specifically?

While in the cryochamber you will only be wearing socks, underwear or briefs, and for women a sports bra. We will provide slippers and gloves. This allows for 90% of your skin to be exposed to the hyper cool air. It is fine to have on face lotion or makeup, but do not apply lotion or any moisture to your skin an hour before your session. No jewelry or metals can be worn below the neck.

3. How long will my first appointment take?

The first appointment will take anywhere between 15-30 minutes. You will need to complete an intake form and set-up your client profile with CryoInnovations. After the first appointment, sessions typically take 7-10 minutes. The length of the cryotherapy session is 1-3 minutes.

4. Will I notice a difference after my first session?

Every client may respond differently, it depends on how your body reacts to the session. Most clients feel an increase of energy and flexibility and a decrease of inflammation within the first few minutes or hours. Other clients feel the first impact the next morning after a sleep cycle. Many report noticing a deeper sleep and feeling reduced pain and inflammation the following 48-72 hours.

5. Do I have to do anything specifically after my session? Is there anything I should avoid?

No, there is nothing you have to avoid and nothing you should do after your session. Exposure to extreme cold temperatures warms the muscle tissue. This allows our clients to continue their normal tasks throughout the day, typically with more energy.

6. How does the cryochamber get that cold?

We use nitrogen to cool the cryochamber to -240F. It is transformed into hyper cool air, which is what cools the chamber and allows it to get into "cryo temperatures."

7. Is it safe to go that cold?

Yes, it is. The length of the session maxes at 3 minutes. This short period of time does not allow your body to reach hypothermia.

8. How often should I do cryotherapy?

The number of sessions depend on you. Most clients who are using it for overall health and wellness receive a cryotherapy session 1-2 times a week. Clients who have an injury, inflammation, and aches and pains receive cryotherapy sessions 2-4 times a week.

9. Is it possible to do it too much?

We recommend taking 2 weeks off if you are not noticing the same results as when you first started. Then reset to 1-3 sessions a week.

10. Are there any limitations on using cryotherapy?

Yes, a client under the age of 14 cannot use cryotherapy. The client cannot have high blood pressure, have or have had seizures, have a severe case of Raynaud's syndrome, be pregnant, have any existing heart issue, have any major vascular issues, have clots or have had a brain aneurism, have any severe reaction to cold or have had a stroke. Other contraindications exist for which each client should fully read the contraindications and consult their physician.