

# Whole Body Cryotherapy

## Preparing for your session

**BRING WITH YOU, a pair of ankle socks, underwear or shorts (with no metal), for women a sports bra (no metal underwire or clasps).** We will have you change into these items at the office to ensure they are 100% dry.

While in the Whole Body Cryotherapy session you must wear undergarments and bras without under wire or metal clasps, along with socks, slippers and gloves (we will provide the slippers and gloves). You can not have anything WET on your body, such as excess sweat. You can not wear WET socks, or undergarments. You can not have metal, or jewelry on during session. You must wipe off ointments or prescribed topical medicines.

It is important to keep your chin head up, and **DO NOT INHALE** nitrogen. Do not lower your head or face into the nitrogen during the session. We will have you rotate every 15 seconds during the session.

Hydrate after session to flush toxins, about 32 to 48 ounces.

## Contraindications

- Peripheral Arterial Occlusive Disease
- Ischemic Heart Disease
- Decompensating Diseases (edema) of the Cardiovascular System
- Unstable Angina Pectoris
- Untreated Hypertensions
- Heart Attack
- Valvular Heart Disease
- Heart Surgery Conditions
- Pacemaker or Defibrillator
- Respiratory System, Congestive Heart Failure, COPD, or Chronic Liver Disease
- A Blood Clot
- Circulatory Dysfunction
- Raynaud's Disease
- Bacterial Or Viral Infections Of The Skin
- Wound Healing Disorders (open sores or discharging wound/skin conditions)
- Vasculitis
- Varicose Veins
- Severe Anemia
- Heavy Consumerist Disease (abnormal bleeding)
- Conditions Of The Nervous System / Kidney & Liver function
- Diabetes
- Acute Kidney Disease or a Current Urinary Tract Infection
- Seizure Disorders
- Hyperhidrosis – Heavy Perspirations
- Polyneuropathies
- Acute Febrile Respiratory Problems (Flu like respiratory conditions)
- Claustrophobic (where standing in the chamber will make you panic)
- Cold Allergenic Phenomenon (known allergy to cold contractants)
- Nursin