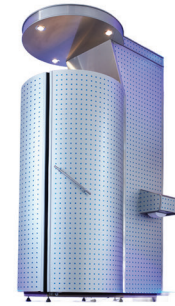


# Cryotherapy

## What is Cryotherapy?

Cryotherapy is a relatively new form of treatment in which the body is briefly exposed to very cold temperatures in order to promote healing and other therapeutic results.



## Cryotherapy Works For:

### Recovery

Cryotherapy is used by athletes to speed up recovery and reduce inflammation.

### Beautify

People looking to supplement their weight management program.

### Energize

People looking to have a boost of energy for peak performance.

## How cryotherapy works?

1. The user stands on an adjustable platform inside the octagonal-shaped chamber (Impact Cryotherapy machine).
2. A technician fills the Impact Cryotherapy chamber with nitrogen vapor.
  - Head remains outside the chamber.
  - Temperature levels:
    - o Level 1:  $-100^{\circ}\text{C}$  to  $-150^{\circ}\text{C}$
    - o Level 2:  $-130^{\circ}\text{C}$  to  $-150^{\circ}\text{C}$
    - o Level 3:  $-160^{\circ}\text{C}$  to  $-170^{\circ}\text{C}$
  - Duration: 3 minutes.
  - Safety-controlled cooling via the controller.
3. The chamber fills with nitrogen vapor, which drops the temperature of the chamber to a range of (minus)  $-100^{\circ}\text{C}$  to  $-150^{\circ}\text{C}$ .
4. Nitrogen vapor temporarily lowers the temperature of the skin's top layer.
  - This stimulates a systemic response called vasoconstriction and activates naturally occurring healing resources.
  - During the process, the skin sends signals to the brain.
  - These resources are signals that pump nutrients and enzymes into your bloodstream, which helps to enhance the quality of blood and protect your core organs.



GastroDoxs  
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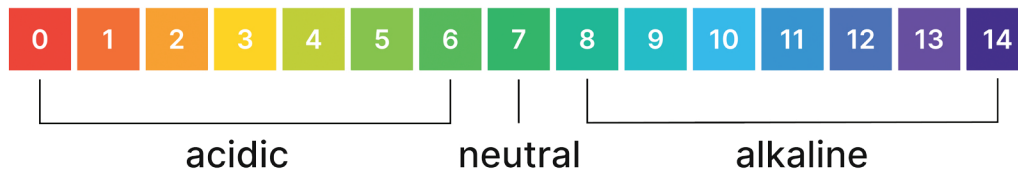
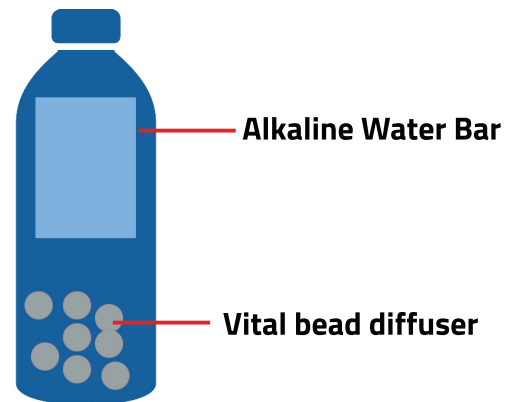
# Cryotherapy

5. Once you step outside the chamber, your body immediately reheats and sends fortified blood throughout the body.

## Alkaline Water Bar:

- Increases the water's pH to restore balance in your body.
- Micro-clusters the water molecules so your cells hydrate more effectively.
- Neutralizes free radicals with the power of living antioxidant water.

The Alkaline Water Bar's pH value is 9, which is best for human body.



Alkaline water has a higher pH level than regular drinking water. Because of this, it can neutralize the acid in your body.

Normal drinking water is generally a neutral pH of 7. Alkaline water bar's pH value is 9.



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