

ICE CHAMBER CRYOTHERAPY

REDUCED INFLAMMATION AND
FASTER RECOVERY THROUGH
EXTREME COLD.



CRYOTHERAPY USES EXTREMELY LOW TEMPERATURES TO SUPPORT RECOVERY, PERFORMANCE, AND OVERALL WELLBEING. IN OUR FULL-BODY CRYOCHAMBER, COLD EXPOSURE CAUSES BLOOD VESSELS TO CONSTRICT-REDUCING INFLAMMATION. ONCE YOU STEP OUT, CIRCULATION IMPROVES, FLUSHING THE BODY WITH ANTI-INFLAMMATORY PROTEINS AND PROMOTING HEALING.

RECOMMENDED FOR:

- ATHLETES
- JOINT DYSFUNCTION
- RECOVERY POST-WORKOUT OR SURGERY
- AGING & CHRONIC PAIN
- SLEEP & STRESS ISSUES

BENEFITS:

- BURN 500-800 KCAL
- IMPROVE JOINT FUNCTION
- BOOST RECOVERY & PERFORMANCE
- SPEED UP POST-SURGERY HEALING
- REDUCE PAIN & INFLAMMATION
- MAY SUPPORT MENTAL HEALTH
- AID SLEEP (INSOMNIA)
- REDUCE STRESS & ANXIETY

LEG COMPRESSION

IMPROVED CIRCULATION,
FASTER RECOVERY.



LEG COMPRESSION THERAPY WITH NORMATEC USING SPECIALIZED AIR-COMPRESSION BOOTS, THIS THERAPY STIMULATES BLOOD FLOW AND LYMPHATIC DRAINAGE THROUGH DYNAMIC PULSES-REDUCING SWELLING AND SPEEDING RECOVERY.

RECOMMENDED FOR:

- POOR CIRCULATION
- POSTPARTUM RECOVERY
- PHYSICAL INACTIVITY
- ORTHOSTATIC HYPOTENSION
- SWOLLEN FEET, ANKLES, OR LEGS
- CHEMOTHERAPY RECOVERY
- ENDURANCE TRAINING
- EXCESS WEIGHT

BENEFITS:

- IMPROVES CIRCULATION
- SPEEDS UP RECOVERY
- BOOSTS PERFORMANCE
- SUPPORTS TRAINING & OVERALL MOBILITY
- REDUCES SWELLING & INFLAMMATION
- PREVENTS INJURY & DVT
- RELIEVES MUSCLE FATIGUE