



Atlantic Coast Cryotherapy

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Cryotherapy: Why should I do it? What should I expect?

Different benefits, circumstances & goals may require different amounts of Cryotherapy. The information below should help you better align your goals with your expectations



PAIN, INFLAMMATION & ENERGY

A single Cryotherapy session will greatly reduce pain and inflammation while simultaneously releasing hormones that stimulate and energize you

FASTER RECOVERY

3 sessions of cryotherapy and the impact of sending oxygen, nutrient, and hormone rich blood will start to make a real impact on your recovery rate



NERVOUS SYSTEM & LONGEVITY

7 sessions of cryotherapy will result in a full system reset. Each session is an environmental stress that gives your nervous system a "workout", paradoxically this is also linked to longer life

WEIGHT LOSS IMPACT

3,500 calories = 1 pound of fat. 1 Cryotherapy session burns 500-800 calories (not to mention after-burn). 10 sessions and you'll have burned up to 8,000 calories!



SKIN CARE & BEAUTY BENEFITS

Aging is mostly due to poor circulation. Cryotherapy aids this by sending blood to the tiny capillaries in the skin during vasoconstriction (it also inhibits a collagen destroying collagenase)