



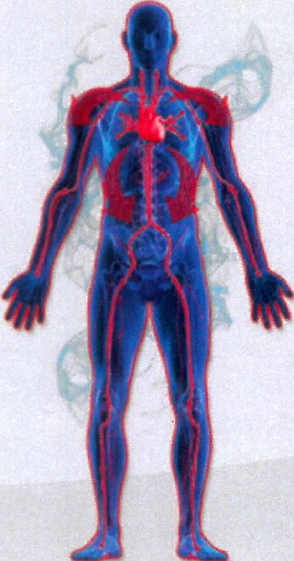
YOUR BODY ON CRYOTHERAPY

PHASE 1

REMOVE

During a 2- to 3-minute session at -240F, blood vessels in your skin's surface and muscle tissue constrict, forcing blood away from the peripheral tissues and toward your core. In the core, the body's natural filtration system works to remove toxins and inflammatory properties of the blood.

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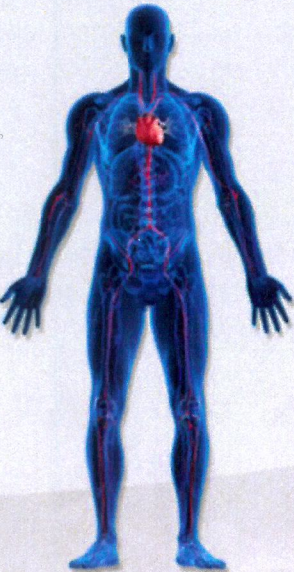
YOUR BODY ON CRYOTHERAPY

PHASE 2

REPLENISH

After exiting the cryochamber, filtered blood flows back to the peripheral tissues. Now cleaner and enriched with oxygen, nutrients and enzymes – your blood warms and enriches skin and muscles, and range of motion increases.

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YOUR BODY ON CRYOTHERAPY

PHASE 3

RECOVER

Over the next 48 hours the process of restoration occurs and the body returns to a former and better state or condition with reduced pain and inflammation, and increased energy levels. Recovery times from strenuous workouts and injury are improved and shortened.

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