

Frequently Asked Questions:

Where did Cryotherapy originate?

Whole Body Cryotherapy was originally developed in Japan for the treatment of rheumatoid arthritis, and the benefits have been studied and refined in Europe since that time. Multiple research studies have been published in medical journals about the effects of whole body cryotherapy. It is now becoming a more publicized alternative health and wellness therapy in the USA.

What is your cancellation policy?

We require clients to cancel at least 2 hours prior to a session without penalty. Cancellations must be made online through online or by phone call. All late cancels and no-shows will be deducted one (1) session from session packages.

How does Cryotherapy work?

Upon entering the chamber, the individual stands and slowly turns while nitrogen gas fills the chamber. Over a period of 1-3 minutes, the individual's skin surface temperature is lowered to approximately 30 degrees Fahrenheit. This sudden drop in temperature triggers the skin's cold receptors to activate the body's most powerful survival mechanisms. Thus the release of endorphins and a rapid circulation of oxygen-rich blood throughout the body.

Is it safe?

Yes. Single person cryo chambers have been used for the past 30+ years without any severe adverse reaction ever recorded. Problems have only arisen if a client enters the machine with wet clothing, especially wet socks, as water will freeze immediately at these temperatures. The nitrogen being used to cool these chambers is the same nitrogen that makes up the air we breathe (78% of it). While in the chamber, the client breathes room-air. The operator raises the platform the client stands on so that the head is above the heavier nitrogen vapors. For added safety, chambers are also equipped with an oxygen monitor. In order to protect the more sensitive tissues such as hands and feet, the clients wear dry socks, slippers, and gloves, which we provide.

Is it comfortable?

Before entering the Cryo chamber, clients are required to dress in protective clothing composed of cotton socks, slippers, undergarments, and gloves. The treatment is of short duration (1-3 minutes), and the cold is "dry" so it is very tolerable. Toward the end of the treatment, you may get a "pins and needles" sensation, which disappears immediately after the treatment.

How do I feel after the treatment?

During each session the body releases endorphins, which are hormones that make you feel good and energetic. The mood-boosting effects from each session can last several hours, or even days depending on the individual.

How soon should I expect results?

You will feel great immediately after your treatment due to the release of endorphins, the body's natural mood elevator, a lift that will last for several hours. Depending on your physical condition, you may feel immediate relief from joint and muscle pain, improved energy, and increased flexibility that will last several hours or days. Changes in skin texture and reduction in cellulite and weight loss will take longer to see results and will require a series of treatments for maximum results.

How many treatments should I do?

It is recommended to initially complete 5-10 treatments in close succession to maximize your results (minimum 3 days in a row). After that, you can take fewer treatments spaced further apart to maintain and improve on your results.

Can I catch a cold because of this procedure?

No. The immediate cold impact of the Cryo session will raise the internal body temperature for a short period of time. The stimulation of the immune system can help decrease the severity and frequency of future colds.

I'm claustrophobic. Can I do Whole Body Cryotherapy?

Yes. The door is never locked and you may step out at any moment. The chamber is open to the top and your head is raised above the upper portion of the chamber.

Do I have to take a shower before or after a session?

No, you don't. This procedure is absolutely dry and does not make your skin wet.

Who should not do Cryotherapy?

The following are contraindications to WBC: pregnancy, severe hypertension, acute or recent myocardial infarction, unstable angina pectoris, arrhythmia, symptomatic cardiovascular disease, cardiac pacemaker, peripheral arterial occlusive disease, venous thrombosis, acute or recent cerebrovascular accident, uncontrolled seizures, Raynaud's Syndrome, fever, tumor disease, symptomatic lung disorders, severe anemia, infection, cold allergy, age less than 18 years (parental consent to treatment needed), acute kidney and urinary tract diseases.

What are the risks of Whole Body Cryotherapy?

Whole Body Cryotherapy is very well tolerated and has minimal risks. Risks noted included: fluctuations in blood pressure during the procedure by up to 10 points systolically (this effect reverses after the end of the procedure, as peripheral circulation returns to normal), allergic reaction to extreme cold (rare), claustrophobia, redness, and skin burns (only if exposed to low temperatures longer than recommended).