

Cryotherapy FAQ

(This FAQ was taken from The Cryo Icehouse's website at <http://www.thecryoicehouse.com>.)

Who Developed CryoSauna?

Whole Body Cryotherapy was originally developed in Japan in 1978, and the benefits have been studied and refined in Europe since that time. The Cryosauna has just recently been introduced into the US, becoming immediately popular among doctors, chiropractors, physical therapists and most professional athletes.

Has Whole Body Cryotherapy been tested?

Yes. Researchers in Europe have been developing and refining whole body cryotherapy for over two decades. The treatment is 100% natural and safe.

How Does Cryosauna Work?

The cryosauna uses nitrogen gas to lower the client's skin surface temperature from the normal body temperature to 30 degrees Fahrenheit in 30 seconds or less and keeps it that way for 2 to 3 minutes. The skin reacts to the cold and sends messages to the brain that act as a stimulant to all the regulatory functions of the body. It produces the scanning of all areas that may not be working to their fullest potential.

Is Nitrogen Dangerous to Human Beings?

No, it isn't. Nitrogen is a non toxic, natural gas. The air we breath is made up of 16% oxygen and 1% Hydrogen, 78% Nitrogen and 5% of other components.

Is It Comfortable?

Yes. The air is very dry, which is why some people don't even shiver! Also, only your face is visible to the operator during the procedure, so your privacy is kept at all times.

How Will I feel Afterward?

During each session the body releases endorphins, which are the hormones that make you feel good and energetic. The effects from each session last at least 6 to 8 hour, but like any therapy, the more sessions, the greater the results. Regular use of the cryosauna can extend benefits for greater lengths of time. A higher pain tolerances is also achieved, and decreased inflammation throughout the body. This is why athletes and people suffering from pain in general are able to find such a quick relief. You will also burn 500 to 800 calories or more per session, due to the body's increase in metabolic rate. The cryosauna, used on a regular basis, can help the body reset its metabolism.

Can I work out Immediately before or after my cryo session?

Yes! it is completely safe either way. In fact, it is recommended! If you workout before your cryo session, you can expect greater recovery due to the inflammation reduction. If you workout after your cry session, you can expect a higher pain tolerance, more energy and grater flexibility.

Can I get the same effect from an Ice Bath?

No. This treatment simply does not compare to an ice bath. It is not possible to achieve the same effects with an ice bath, plus ice baths are anywhere from 12 to 15 minutes longer.

(compared to the 3 minutes of cryosauna) And Ice Baths Recovery is much longer as well. The cryosauna gives you a quicker and better recovery and enhanced performance. During an ice bath the cold actually penetrates in to the tissue and damaging to the skin. In the cryosauna, the skin is never penetrated, yet the body responds on a deeper level, even improving the skin's overall condition.

How is all of this possible in just 3 minutes?

All of these benefits are not just happening in the 3 minutes that you are in the cryosauna. Three minutes is all it takes to trigger the body's natural responses to begin healing itself. The cryosauna can accelerate the body's healing, and that's why some may people find the cryosauna so helpful. As you age your body's natural healing slows down. The cryosauna simply speeds it back up!

How can I stand the cold?

There is no freezing involved, only the feeling of being cold. This process is simply cold air flowing over the surface of the skin, which in turn, creates the beneficial results. The air is completely dry, making it surprisingly comfortable.

Can I catch a cold from the effects of the cryosauna?

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 actually help decrease the severity and frequency of future colds and the flu.

Can I use the cryosauna if I am Claustrophobic?

Yes, you can. The door is never locked and you may step out at any time. The chamber is open to the top and your head is raised about e level of the upper rim of the chamber, so you are never fully enclosed.

How Often should I use the cryosauna?

We recommend at least 10 sessions in the first 30 days for optimal results. Some people will need more. If you aren't sure how many session you need, a Cryo Ice House employee will help to customize a plan. After this, all you will need to to is maintain your results by adding sessions or reducing sessions as needed. If your body needs another boost next month then you will know.

Do I have to take a shower before and/or after the procedure?

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

Why do I need to wear socks and gloves?

While in the cryosauna, the body pulls the blood away from the extremities and into the core, therefore the extremities must be protected. The vessels around the core then constrict, holding the blood in the core. The body then begins working to protect and boost the vital organs, producing and releasing all kinds of nutrients into the blood. This is why most people nice very little discomfort in the chest, stomach and back area. The body is producing heat as well to protecting the core.

Who should NOT use whole body cryotherapy?

The following should NOT use cryotherapy. Those who are or who have the following conditions: Pregnancy, Hypertension bp 180/100 or higher, acute or recent myocardial

infarction, unstable angina pectoris, arrhythmia, symptomatic cardiovascular disease, cardiac pacemaker, peripheral arterial occlusive disease, venous thrombosis, acute or recent cardiovascular accident, uncontrolled seizures, Raynaud's Syndrome, fever, tumor disease, symptomatic lung disorders, bleeding disorders, severe anemia, infection, cold allergy(allergic to cold), acute kidney and urinary tract diseases.

Is there a weight limit?

We can now accommodate clients up to 350 pounds. The cryosauna is an amazing jumpstart to weight lose, due to the increase in metabolism? Each session can burn over 500 calories in less than 3 minutes.

Are there age restrictions?

Yes. Although the cryosauna produces completely natural effects, our chambers are only designed for and adult sized body. It cannot hurt children, yet they are simply too small for the chamber. Anyone under the age of 18 must have a parent or legal guardian approval.

What are the risks of whole body cryotherapy?

Whole body cryotherapy is very well tolerated and has minimal risks? fluctuations in blood pressure during the procedure by up to 10 pints systolically(this effect reverses after the end of the procedure, as peripheral circulation returns to normal.), allergic reaction to extreme cold(rare), and activation of some viral conditions(cold sores) etc, due to stimulation of the immune system.