

# WHOLE BODY CRYOTHERAPY

- Follow all instructions given to you by the attendant.  
Do not use cryotherapy without an attendant present.
- Participation in a whole body cryotherapy session involves exposure to extreme cold temperature for a short period of time (not to exceed three (3) minutes per session). Your clothing and skin must be dry to enter chamber. You are required to always wear underwear, gloves, socks and house shoes in the chamber. No jewelry to be worn in the chamber. You must avoid inhaling the nitrogen gas that is emitted into the equipment, by keeping your chin raised at all times.
- If you experience any pain or mental or physical discomfort at any time during the process, you may terminate the session immediately. The chamber will not be locked, and you are free to walk out of the chamber at any time. You agree that you have familiarized yourself with this exit process and are prepared to do so if or when you feel it is necessary.
- No representations or claims are made as to the therapeutic nature or other benefits of cryotherapy. Cryotherapy is not intended to diagnose, treat, cure or prevent diseases, illnesses, imbalances or disorders. No results from cryotherapy are assured or guaranteed. Every individual is different and responds differently to the therapy.

# Cryotherapy Contraindications

If any of these conditions apply to you, please obtain a doctor's release before trying cryotherapy.

- Peripheral Arterial Occlusive Disease
- Ischemic Heart Disease
- Decompensating Diseases (Edema) of the Cardiovascular System
- Unstable Angina Pectoris
- Arrhythmia
- Heart Attack, Stroke, or Mini-Stroke within the past 12 months
- Valvular Heart Disease or Congestive Heart Failure
- Heart surgery conditions – Pacemaker or Defibrillator
- Untreated or poorly controlled Hypertension (High Blood Pressure)
- Symptomatic Lung Disorder (examples: COPD, Asthma, Cold Activated Asthma, Emphysema, Chronic Bronchitis, etc.)
- Acute Febrile Respiratory Problems (Flu-like respiratory conditions)
- History of blood clots or Deep Vein Thrombosis (DVT)
- Circulatory Dysfunction
- Raynaud's Disease
- Bacterial or Viral Infections of the Skin, Wound Healing Disorders, Open Wounds, Sores, or Ulcers.
- Vasculitis
- Varicose Veins
- Severe Anemia
- Heavy Consumerist Disease (abnormal bleeding)
- Conditions of the Nervous System or Polyneuropathies
- Diabetes
- Chronic Liver Disease
- Acute Kidney Disease
- Current Urinary Tract Infection
- Seizure Disorders
- Hyperhidrosis (Heavy Perspirations)
- Pregnancy or Potential Pregnancy
- Severe Claustrophobia (where standing in the chamber will make you panic)
- Cold Allergenic Phenomenon (known allergy to cold contractants)
- Cold Hypersensitivity (Cold Urticaria, Cold Erythema, Cold Hemoglobinuria)