

Localized Cryotherapy

Orthopedic treatments can be completed multiple times per day as tolerated. Most orthopedic clients do minimum 2-3 sessions per week. A session can be 30-90 seconds, depending on the area, with a pause after each 30 sec. Advise technician if you experience pain at any time or wish to discontinue treatment. Redness and soreness following treatment is a normal response, everyone responds differently.

Aesthetics can be treated 1-2x/ week for facials, slimming is advised 14 day gap between sessions to allow the natural elimination to take place, minimum of 72 hours between sessions required.

Localized Cryotherapy Contraindications:

Do NOT participate in Localized Cryotherapy on open/uncovered wounds or sores. No abdomen area can be treated if pregnant.

Otherwise, there are no contraindications to use of the localized cold air devices (spot treatments).

Cryo Facial Contraindications:

Do NOT participate in Cryo Facial if you have any of the following conditions: currently wearing heavy makeup; have had Botox in the last 48 hours, have had any dermal fillers (such as Juvederm, Radiesse, Belotero, etc) within the past six weeks, cold allergy (cold urticaria), open/ uncovered wounds or sores, or Raynaud's disease.

Cryo Slimming Contraindications:

Raynaud's syndrome with severe manifestation, Individuals who have extremely weak circulation, Women who are pregnant, Breastfeeding a baby, Diabetes mellitus untreated, Cancer, Cirrhosis of the liver, Kidney Disease, Progressive Diseases

**Consult with your doctor or medical advisor if you have medical questions as to whether whole body cryotherapy or localized cryotherapy is right for you.*