



Cryotherapy Treatments and Uses

1. **Fat Reduction / Body Contouring**
 - Targeted fat freezing (cryolipolysis) to reduce stubborn fat pockets.
2. **Skin Rejuvenation / Anti-Aging**
 - Reduces fine lines and wrinkles.
 - Tightens and firms skin.
 - Improves skin texture and tone.
 - Increases collagen production.
3. **Pain Relief & Inflammation Reduction**
 - Relieves muscle and joint pain.
 - Reduces inflammation from injuries or chronic conditions (e.g., arthritis).
4. **Post-Workout Recovery**
 - Speeds up muscle recovery.
 - Reduces soreness and fatigue.
5. **Psoriasis & Skin Conditions**
 - Helps reduce symptoms of psoriasis and eczema by calming inflammation.
6. **Improves Circulation**
 - Stimulates blood flow and lymphatic drainage.
7. **Enhances Immune System**
 - May boost immune response by activating anti-inflammatory pathways.
8. **Mental Health & Mood**
 - Can reduce stress and anxiety.
 - Improves overall well-being via endorphin release.
9. **Excess Sweating (Hyperhidrosis)**
 - Can help reduce excessive sweating by targeting sweat glands.
10. **Jawline and Facial Tightening**
 - Reduces puffiness.
 - Helps define the jawline and contour the face.
11. **Cold Laser Therapy Complement**
 - Used alongside laser treatments to enhance results in skin therapy.

Summary

Cryotherapy is versatile—used for fat loss, skin tightening, pain relief, inflammation control, skin condition management, and even mood improvement. The specific type of cryotherapy and treatment plan depends on the goal.