



MOVING2 HEALTH

What is Cryotherapy?

Cryotherapy is the use of extremely **low** temperatures to treat symptoms such as tissue damage (it's excellent for athletes). The thermal shock decreases **inflammation**, increases cell rejuvenation, improves **skin** tone and reduces signs of aging.

From a more scientific point of view, cryotherapy is the science of exposing the body to sub-zero temperatures in order to stimulate physical and mental health benefits. It reduces inflammation in the body by boosting an anti-inflammatory chemical called norepinephrine.

Cryotherapy also boosts blood circulation throughout the body which results in a higher metabolic and caloric burn rate. The treatment also increases the level of endorphins which can elevate mood and reduce stress.

In terms of beauty benefits, cryotherapy increases collagen production, which in turn tightens the skin, and brings forth a youthful glow.

What is Whole Body Cryotherapy?

Whole body cryotherapy (WBC) is a three minute treatment that exposes the entire body to extreme temperatures as low as -110°C in order to promote recovery, performance, wellness, beauty, and weight loss benefits.

Pain Management

WBC reduces pain and speeds up the injury recovery process. During a treatment, the body slows down nerve signal transmissions and releases a neurotransmitter that reduces pain sensitivity. The treatment also speeds up the recovery process by boosting the flow of nutrient-rich blood.

Performance & Fitness

WBC users can train harder, longer, and recover quicker, which helps them achieve maximum results from workouts. **During a treatment, as temperatures rapidly cool, oxygen is pushed through the body to help reduce inflammation, relieve pain and recover the muscles.**

Health & Wellness

Medical studies have shown that WBC helps individuals battle insomnia and induces deeper sleep. The treatment also reduces stress and anxiety, and improves the immune system and organ function.

Weight Loss

WBC is said to promote natural loss of weight. The treatment helps stimulate blood flow throughout the body and boost the delivery of oxygenated blood, which leads to the increase of metabolic rate.

