



- **What is cryotherapy?**
Cryotherapy is the practice of using cold temperatures to promote natural healing and wellness. It dates to ancient civilizations. Whole body cryotherapy is the modern application and stimulates the same rejuvenation at a whole new level of cold in just three minutes.
- **What is the history of cryotherapy?**
Whole body cryotherapy was developed by Dr. Yamauchi in the 1970's.
- **Why do people enjoy cryotherapy?**
Survey results indicate many cryotherapy participants use cryotherapy pain management, workout recovery, mental well-being and weight management. Whole body cryotherapy is an excellent complement to existing health and wellness initiatives.
- **Should I do cryotherapy before or after exercise?**
Participants who utilize cryotherapy before exercise claim they experience increased energy, endurance, and flexibility.
Participants who utilize cryotherapy after exercise claim they experience faster rejuvenation.
- **What should I do during the three minutes I am in the cryosauna?**
During your supervised, three-minute cryotherapy session, a cryosauna operator instructs you to continuously rotate to maximize your cryotherapy experience.
- **Do I need to complete the full three minutes to benefit from cryotherapy?**
The three-minute guideline is the maximum recommended session time for cryotherapy. Your safety and comfort is our priority and you may exit the cryosauna at any time during the session. No session exceeds three minutes and the operator is present throughout your session.
- **What should I wear in a session?**
You are provided thermal gloves and socks, cryo booties and a comfy robe. **Dry** undergarments must be worn during your experience. If you do not have dry undergarments, a towel is provided.
- **How often is cryotherapy recommended?**
Survey results indicate participants report they experience benefits after 3-5 consecutive cryotherapy sessions. Many participants find that to maintain these benefits, they need to do cryotherapy 2-3 times a week. Impact Cryotherapy recommends clients participate in consistent cryotherapy sessions.
- **What is the age requirement?**
Anyone age 18 or older can enjoy cryotherapy if they meet the height and health requirements. Clients under the age of 18 must have parental consent and a guardian present at the time of the session. The minimum age is 16 years old.
- **Do I need to do anything special before my session?**
All clients are given a waiver to complete prior to their session unless they completed their waiver online.
- **How should I feel during and after my session?**
During a cryotherapy session, participants feel a dry cold. Many clients report feeling a sense of calm or rejuvenation after their session. Others report feelings of euphoria and/or energy.



- **Are there health concerns to consider before participating in a cryotherapy session?**
Anyone with the following conditions should not participate:

- Uncontrolled high-blood pressure
- Pregnancy
- Raynaud's Syndrome
- Allergy to cold
- Prior heart attack
- Unstable heart pain
- Disease of the blood vessels
- History of blood clots
- Uncontrolled seizure disorder
- Nerve pain in feet and legs
- Open sores
- Any disease or condition with increased sensitivity to cold

- **I easily feel claustrophobic. Will I be comfortable in the cryosauna?**

Yes, your head is always outside of the cryosauna and the cryosauna door does not lock, for an easy exit. If you feel uncomfortable at any point during your session, alert the operator. They can pause or stop the session immediately.

- **Does nitrogen pose any dangers to my skin or if inhaled?**

To ensure your cryotherapy session is safe and comfortable, you must be completely dry upon entering the cryosauna. Also, the operator will ensure you are at the proper height (with risers) for maximum oxygen consumption and they are present throughout your entire session. Nitrogen is non-toxic; however, it is a colorless, odorless, tasteless gas and does not support life.