



CRYOTHERAPY

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). PLEASE BE AWARE, that if you experience any pain or mental or physical discomfort at any time during the process, you are advised to terminate the session immediately upon your own volition. A technician will be in the room observing you throughout your session, but you are free to walk out of the chamber at any time.

How to Prepare for Your Cryotherapy Session!

- 1. Please wear dry undergarments and socks for your cryotherapy session. Bras with underwire or metal clasps may NOT be worn in the Cryo Sauna.**
- 2. If you are nursing, you must wear a sports bra into the Cryo Sauna.**
- 3. No rashes or open wounds.**
- 4. Do not apply lotions prior to sessions. Please remove any lotions applied.**
- 5. No body jewelry.**
- 6. No sweat, you must be completely dry.**
- 7. Keep your head up during session.**
- 8. Do not breathe in the Nitrogen.**
- 9. Properly hydrate with water before and especially after your session.**

If you have any questions prior to your appointment please contact the Exercise Physiology department at (559) 624-3450. *All participants are required to perform the online health screening and sign a waiver. Please visit the following link to do your health screen and sign the waiver lifestyle.cryoinnovations.com (Note: only use a capital and numbers when creating your password).*