



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. You will be observed by a technician the entire time while in the chamber, but are free to walk out of the chamber at any time.

User Guidelines

- 1. Please wear a mask.**
- 2. Dry undergarments and socks must be worn at all times. Bras with underwire or metal clasps may NOT be worn in the Cryo Sauna.**
- 3. If you are nursing, you must wear a sports bra into the Cryo Sauna.**
- 4. No rashes or open wounds.**
- 5. Do not apply lotions prior to sessions/remove any lotions applied.**
- 6. No body jewelry.**
- 7. No sweat, you must be completely dry.**
- 8. Keep your shoulders centered with blue N2 panel.**
- 9. Keep your head up during session.**
- 10. Do not breathe in the Nitrogen.**
- 11. 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.