



Full Body Cryotherapy Prep

- Wear loose fitted clothing to your session.
 - Prior to getting into the Cryo chamber, all clothing besides underclothes will be removed. Customers will be given a robe, gloves and socks to change into. The robe will be removed once you are inside the chamber to ensure you feel the full effect of Cryotherapy. Once your session is done you may change back into your clothes.
 - Women doing full body Cryotherapy may wear a sports bra/bra with no underwire into the chamber.
- Ensure you eat prior to your session.
 - While in the cryo chamber, upto 800 calories will be burned. Ensure you have eaten and are properly hydrated and your body has fuel to burn.
- Please arrive 10-15 minutes prior to your session.
 - We ask our customers to arrive 10-15 minutes early to fill out consent waivers and have any questions they have about their session, answered. During this time customers will also be offered water and change out of their clothing to be prepared for their session. The Cryo chamber will be cooled to the proper temperature for your session upon your arrival.
 - It is at this time we ask customers to share any prior medical/cardiac history that may prevent them from using Cryotherapy. This may include, but is not limited to: stints in the heart, history of heart failure/cardiac arrest, if the customer has a pacemaker, any metal transplants/prosthetics or any history of seizures. If a customer has any of these conditions or has any questions about if Cryotherapy is safe for other medical issues they may have, please check with your primary care doctor prior to use.