

# THE BENEFITS OF CRYOTHERAPY

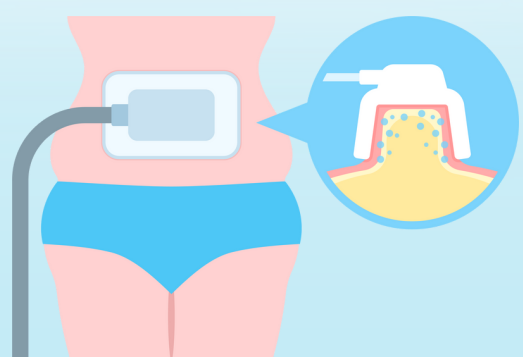


## Weight Loss

Increases metabolic activity, potentially burning 400-800 calories post-treatment.

## Pain Relief

Reduces muscle pain & inflammation, beneficial for arthritis.



## Enhanced Athletic Performance

Improves blood flow and adrenaline, boosting endurance.

## Reduced Inflammation

Decreases inflammation, especially useful for chronic pain & athletes.

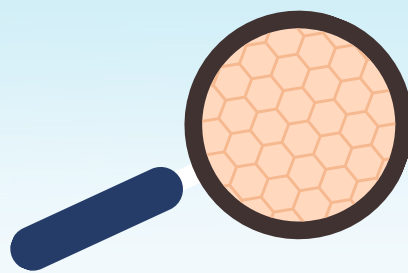


## Skin Health

May relieve eczema symptoms and improve overall skin condition.

## Mood Improvement

Can alleviate symptoms of anxiety & depression through hormonal responses.



## Migraine Relief

Helps in cooling & numbing nerves to alleviate migraine headaches.