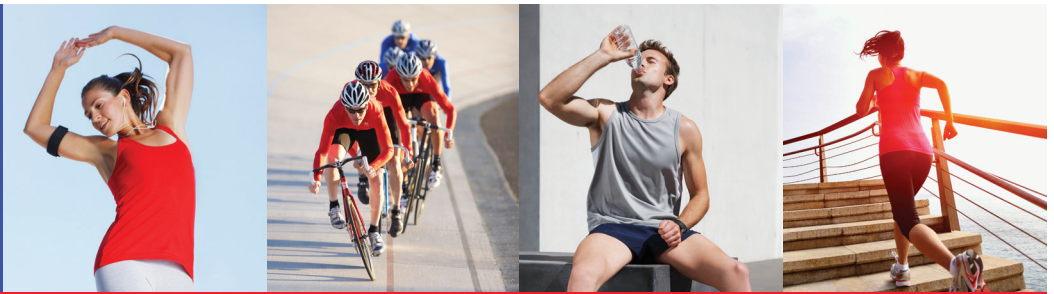




# WHOLE BODY CRYOTHERAPY



## WHAT IS WHOLE BODY CRYOTHERAPY?

Whole Body Cryotherapy is a process where you subject your body to extreme cold for a short period of time.

During the process, your blood is enriched with oxygen, enzymes and nutrients while endorphins are released throughout your body.

## WHAT CAN I EXPECT FOR MY FIRST VISIT?

You will be registered by a trained cryotherapy expert and then you will have your blood pressure taken. (Blood pressure is taken periodically to make sure your blood pressure is in a safe range).

After that, the chamber will have been pre-cooled, you will be asked to remove all metal (jewelry, piercings, bras with underwire, etc.).

Then, get undressed. Men have to keep on their underwear (boxers, briefs, boxer briefs and banana hammocks are all acceptable), but women can wear nothing (aka their birthday suit). It is up to you as to how much you remove, but the more skin that is exposed to the hyper-cooled air, the better for you.

We provide socks, shoes, gloves and glove liners for you to wear while in the chamber. Put those on, get in the chamber and press the bell to let your trained cryotherapy operator know you are ready.

Then we start your session which is approximately 3 minutes.

## WHAT COULD CRYOTHERAPY DO FOR YOU?

### OVERALL HEALTH AND WELLNESS

- Burn 500-800 calories
- Improve sleep
- Improve mood
- Reduce stress
- Improve your immune system
- Decrease migraines

### IMPROVE ATHLETIC PERFORMANCE AND RECOVERY

- Decrease muscle soreness
- Decrease injury recovery time
- Quicker recovery from workouts, practices and games
- Increase blood and lymph node circulation
- Reduce inflammation

### ANTI-AGING SKIN CARE AND BEAUTY

- Reduce pore size
- Decrease appearance of scars, lines and fine wrinkles
- Stimulate collagen production, resulting in smoother, tighter, younger looking skin
- Expel toxins, leaving skin radiant
- Reduce skin blemishes
- Improve skin elasticity and decrease appearance of cellulite

### REDUCE POST-SURGICAL RECOVERY

- Less pain medication
- Faster wound healing
- Faster recovery

### REDUCE RHEUMATOID ARTHRITIS SYMPTOMS

- Reduce pain
- Reduction in swelling and warming of joints
- Improvement in general mobility and joint function

### LOSE WEIGHT AND INCREASE METABOLISM

- Burn 500-800 calories
- Triple your metabolic rate
- Boost your blood circulation
- Reduce water retention

### RELIEF FROM AUTOIMMUNE DISORDERS

- Improve circulation and cellular recovery
- Remove toxins from the blood

### ALLEVIATE ECZEMA, DERMATITIS AND PSORIASIS

- Regulate and normalize growth of skin cells

PACKAGE PRICES:	PRICE	SAVINGS
<b>FIRST SESSION</b>	\$40	<b>33% off</b>
<b>SINGLE SESSION</b>	\$60	
<b>3 SESSIONS</b>	\$165	<b>8% off</b>
<b>5 SESSIONS</b>	\$250	<b>17% off</b>
<b>10 SESSIONS</b>	\$400	<b>33% off</b>
<b>MONTHLY UNLIMITED SESSIONS</b>	\$299	<b>75% off*</b>

\*Calculated based on 20 sessions in a month. The Monthly Unlimited Package can be used at any and all Live Cryo locations.

## LOCATIONS:

### CLARKSTON

Inside Clarkston Chiropractic  
 5855 Dixie Hwy  
 Clarkston, MI 48346  
 248.707.3998  
 M-W-F .....8am-6pm  
 T .....1pm-7pm  
 Th .....7am-12pm  
 S .....9am-3pm

### ROCHESTER

Inside Maven Fitness  
 328 South St  
 Rochester, MI 48307  
 248.218.5053  
 M-F .....7am-12pm  
 & M-F .....4pm-7pm  
 S .....8am-1pm

### TROY

Inside Powerhouse Gym  
 2585 Livernois Rd  
 Troy, MI 48083  
 248.918.5011  
 M-Th .....7am-9pm  
 F .....7am-7pm  
 S-Su .....9am-5pm

### WEST BLOOMFIELD

Inside Orchard Fitness  
 6750 Orchard Lake Rd  
 West Bloomfield, MI 48307  
 248.406.4102  
 M-F .....7am-10pm  
 S-Su .....7am-6pm

### WIXOM

Inside Get Real Weight Loss  
 49295 West Road  
 Wixom, MI 48393  
 248.313.2011  
 M & W .....9am-7pm  
 Th .....8am-1pm  
 F .....9am-6pm  
 S .....9am-3pm