



CRYOTHERAPY FAQ

1. Is it cold? Painful?

Yes, it is cold but not painful. The temperatures reach downward to -240F.

2. Do I have to wear anything specifically?

No, while in the cryochamber you will only be wearing socks, slippers and gloves, sports bras for women (provided by Elite) and men will also wear their briefs. No lotion or moisture should be on the skin below the neck for your session. Jewelry should be removed.

3. How long will my first appointment take?

The first appointment with Elite can take anywhere between 15-20 minutes due to paperwork and initial instructions. After the first appointment, sessions typically take 7-10 minutes.

4. Will I feel anything after my first session?

Typically, most clients feel an increase of energy and flexibility and a decrease of inflammation within the first few minutes or hours. Some clients feel the first impact the next morning after a sleep cycle. Many report noticing a deeper sleep and feeling reduced pain and inflammation the following 48-72 hours.

5. Do I have to do anything specifically after my session?

No, there is nothing you have to avoid and nothing you should do after your session.

6. Is there anything dangerous about cryotherapy?

No, unless you have a contraindication. The cooling agent, nitrogen, is in 78% of the air we breathe every day. Elite's certified technicians contraindications exist for which each client

running your sessions are fully trained on safety and are capable of stopping the session at any time. Likewise, there is no lock on the door of the cryochamber so you can step out at any time.

7. How does the cryochamber get that cold?

We use nitrogen to cool the cryochamber to -240F. It is transformed into hyper cool air, which is what cools the chamber and allows it to get into "cryo temperatures."

8. Is it safe to go that cold?

Yes, it is. The length of the session maxes at 3 minutes, and our cryochamber has a 3-minute auto shut off timer. This short period of time does not allow your body to reach hypothermia.

9. How often should I do cryotherapy?

This is very dependent on what you are using cryotherapy for. Some clients do cryotherapy daily, while others prefer 2-4 times a week.

10. Can I use insurance as a form of payment?

No, we do not accept insurance policies for cryotherapy services.

11. Are there any limitations on using cryotherapy?

Yes, a client under the age of 14 cannot use cryotherapy. The client cannot have high blood pressure, have or have had seizures, have a severe case of Raynaud's syndrome, be pregnant, have any existing heart issue, have any major vascular issues, have clots or have had a brain aneurism, have any severe reaction to cold or have had a stroke. Other should fully read the waiver.



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