



CRYOTHERAPY FAQ

1. Is it painful or cold?

Yes, it is cold but not painful. The temperatures reach downward to - 220F.

2. Are there any specific clothing requirements?

No, while in the cryochamber you will be wearing socks, slippers and gloves, sports bras for women (provided by Elite or one of your own) and men will also wear their briefs. No jewelry should be worn. Limit moisture or dry off prior to a session.

3. How long should I plan for my first appointment?

The first appointment with Elite can take anywhere between 15 to 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 while also feeling 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 specific to do after your session.

6. Are there any health concerns?

There are some contraindicators in which you would not be able to partake in whole-body cryotherapy. Elite's certified technicians 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. 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 can 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. Clients under 18 require parents signature Clients cannot have:

- Highblood 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
- Have had a stroke.
- The Elite waiver details any other items and should be read in full before signing