Cryotherapy. Supporting sports, medicine and business
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INTRODUCTION

The healing power of cold has been known to humanity for thousands of years. First mentions of using cold to treat inflammations and injuries date back to ancient Egypt, 2500 BC. Its analgesic effects were also noted by Hippocrates in 5th century BC. Often dubbed “the father of medicine”, this Greek healer recommended lowering the body temperature after sustaining injuries, in order to reduce swelling and pain.

Even though the development of medical sciences has led to a hiatus in practice of more natural therapeutic methods, by the end of 20th century there has been a resurgence. This time around they have become a full-fledged method of supporting and healing the human body. Cryotherapy, now supported by scientific evidence and results of clinical studies, has become a treatment, practised in hospitals and clinics. The development of medical technologies has allowed for targeted application of cold as well as full-body treatments employing liquid nitrogen and highly specialized cryo chambers. Physiological response to cold has been, as postulated by Egyptians and Hippocrates, extremely helpful in treating various illnesses and injuries, as well as beauty treatments and attempts to satisfy more spiritual needs.
Poland is the world leader in cryotherapy treatments. Polish scientists have contributed greatly to the development of this field. Research conducted in Wrocław in 80’s and 90’s has allowed for structuration of the field and led to creation of first patented devices. As these technologies are constantly evolving, Polish engineers and scientists have spent years developing cutting edge solutions. One of the companies behind the latest and best in cryotechnology is Kriosystem Life, a company rooted in Wroclaw science community, operating in the cryotherapy field for over 20 years.

Cryotherapy devices are used in medical and rehabilitation facilities, leisure resorts, wellness centres and sports clubs. There are dozens of ailments that can be treated with cryotherapy. Within this e-book you will find the possible applications of Whole Body Cryotherapy and information regarding the ways you can employ cryotherapy in your business.

Enjoy the lecture,
Kriosystem Life
01 HOW IT WORKS
or how the human organism responds to cryotherapy

During body cryotherapy whole organism is greatly and rapidly cooled. The body responds to extreme cold with a number of natural processes that help heal and improve its function. Patients subjected to cryogenic stimulation (temperatures below 110 degrees Celsius) immediately begin to feel better and their physical condition improves. When properly applied, cryotherapy is a safe technique that can be used not only for treatment, but also rehabilitation, prophylactics, aesthetic medicine and sports.

Cryotherapy step-by-step
While targeted cryotherapy is applied to a specific portion of patient’s body, Whole Body Cryotherapy affects the organism as a whole and stimulates the nervous system. It is applied in specialized cryo chambers - rooms with temperatures between -110 and -160 degrees Celsius. This extreme cold affects the organism in two stages.
<table>
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<td>The first reaction to cold is rapid constriction of blood vessels. Body’s pain threshold raises at the same time and triggers natural responses to extreme cold - responses that are not normally triggered in “regular” cold conditions.</td>
<td>The second stage begins after leaving the cryo chamber. Blood vessels, that were constricted due to cold now expand rapidly and begin transporting even four times more freshly oxygenated blood. The body can remain in this state for up to 4 hours after the treatment. During that time the patient feels energized and refreshed.</td>
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**Increased blood flow leads to increased concentration of hormones and neurotransmitters, including adrenaline, noradrenaline, testosterone, endorphins and cortisol.**
Physical reactions

• Shivering thermogenesis – the body begins to shake to produce heat.
• Nonshivering thermogenesis – the body decides to speed up the metabolism to make up for lost heat.
• Increased blood flow leads to increased concentration of hormones and neurotransmitters, including adrenaline, noradrenaline, testosterone, endorphins and cortisol.
• Nervous system slows down, relaxing the muscles.
• Cells receive more supplements, oxygen and anti-inflammatory substances.
• Immune system recognizes a previously-unknown threat (extreme cold) and begins working as efficiently as it can.
Cryo chambers – medical applications

- joint inflammation/arthritis (rheumatoid, juvenile idiopathic, reactive, chronic, ankylosing spolysis and others)
- periarthritis, myositis, capsulitis
- painful neck syndrome
- joint dislocations and sprains
- soft tissue rheumatism
- chronic cervical spine inflammation
- meniscus injury
- muscle strains
- tendon strains
- chronic and pathological pain
- muscle spasticity and hyper-tonia
- sports injuries
- post-op tissue damage
- sleeping disorders
- depression and other mood disorders
- physical and mental exertion
- helping athletes improve
- rehabilitation in sports
02 EFFECTS OF CRYOTHERAPY ON PHYSICAL HEALTH

treatment of common conditions

Cryotherapy in physical therapy. Treatment of injuries

Whole Body Cryotherapy is recommended for many conditions, including muscle bruising, haematomas, soft tissue damage, post-breakage and post-sprain swelling, muscle, joint capsule and sinew inflammation and post-traumatic contractures. Regular use of cryo chamber does more than just help the organism heal the injury. It also provides relief, thus making the rehabilitation process more efficient.

Cryotherapy in treatment of rheumatic diseases. Arthritis treatment

Whole Body Cryotherapy is used during physical therapy of arthritis. Repeated use of a cryo chamber will reduce inflammation, relax the muscles and decrease joint pain, as well as intensify the anti-inflammatory response of the organism.
Cryotherapy in algesiology. Treatment of pain

According to the definition, pain is an unpleasant physical or mental experience. It is subjective and thus hard to measure. It isn’t always connected to actual tissue damage (or even potential damage). One type of pain - called psychogenic - can be a source of great suffering, even though it is not caused by external stimulant.

Whole Body Cryotherapy can help with both types of pain. Physiological defensive response triggered by cryotherapy mobilizes the immune system and causes hyperaemia, hastening the healing process. Swelling and painful muscle tension is reduced. Cryotherapy also triggers an increased production of endorphins, happy hormones. They, in turn reduce the sensation of pain and ease fear. The body becomes more relaxed and enters the state of natural „high”. This is the twofold effect of cryo treatment – the therapy heals the injury that causes the pain and helps cope with painful sensory experience.

Additionally, the effect Whole Body Cryotherapy has on the nervous system makes the patient more relaxed and reduces the pain, improving patient’s mental state - people coping with chronic diseases are often stressed and depressed, which in turn may affect their will to combat the disease. Arthritis treatment is usually supported by kinesiotherapy - set of exercises designed for treatment. They are aimed at improving the mobility of inflamed joints and reduce the swelling surrounding the joint. Analgesic effects of Whole Body Cryotherapy also adds another benefit: increased mobility and flexibility of the muscles help with rehabilitation.
03 USING CRYOTHERAPY TO HELP IN SPORTS

Competitive sports keep moving the limit of what is humanly possible. Increased competition has led to commercialization of sports and high wages for athletes. In order to reach the top and stay there, athletes must undergo frequent, rigorous training and cope with massive stress, which can negatively affect their health.

Sports medicine keeps identifying new illnesses and injuries and contusions are more common than they used to be, increasing the demand for fast and efficient treatment. New methods of strengthening the muscles and improving physical and mental condition of athletes are always highly sought after. One possible answer to these demands is cryotherapy. Targeted, point cryotherapy has been used for years to treat injuries, but recently Whole Body Cryotherapy that improves overall physical condition has been on the rise.
A number of sports clubs have been employing Whole Body Cryotherapy to improve the physical condition of athletes. Among those using Krio-system Life devices are: Milan FC, Italian National Football Team and Leicester City FC. This last team has recently enjoyed its greatest success in history (they won the Premier League) in the 2015/2016 season. During that season members of Leicester City FC team used their new cryo chamber on a daily basis. Treatments have allowed for shorter contusion recovery times and enabled the players to train longer.

Another cryotherapy success story is the story of an Australian race driver, Mark Webber, who broke his leg while riding a bike. In order to recover more quickly Webber used Whole Body Cryotherapy. It has significantly shortened the healing and rehabilitation process, allowing damaged tissue to grow back faster. He has also said that his immune system was strengthened and his mood improved.
Treatment of sports injuries

In competitive sports muscles, ligaments and joints are experience great stress. This can lead to severe injuries that require intensive care or chronic pains - both these problems encourage investing in preventive treatments. Athletes are especially susceptible to inflammations and accompanying swelling and pain.

Even though there are many ways to help athletes heal, subjecting their bodies to extreme cold has the added effect of acting fast. Chilling effect on the cells triggers near-immediate reduction of pain and swelling and allows the body to quickly regenerate on its own.

Whole Body Cryotherapy supports athletes’ bodies in many ways, helping not only in cases of injury, but also during everyday training. Firstly, it improves muscle flexibility, increasing their ability to stretch and releasing the energy the body needs to heal every cell. It also affects the nervous system - it slows down the impulses it sends, reducing the sensation of pain and increasing endorphin levels. As a result, the athletes are able to better utilize their strength when preparing to compete in top level events.
Whole Body Cryotherapy gives athletes the ability to:

- Quickly heal severe injuries such as muscle bruising, haematomas and ligament damage
- Efficiently heal chronic physical stress
- Support the regeneration of surgically reconstructed muscles, bones, sinews, joints and ligaments.
- Begin physical rejuvenation in stress situations
- Conduct preventive treatments against injuries
- Maximize the body’s potential before key tournaments

Whole Body Cryotherapy supports athletes’ bodies in many ways, helping not only in cases of injury, but also during everyday training.
List of most common applications of Whole Body Cryotherapy for athletes

- Muscle strains
- Myofiber branching
- Painful muscle strain
- Compartment syndrome
- Tendon twisting
- Tendon stretching
- Tendinitis
- Tendinopathy
- Aseptic popliteus tendinitis
- Achilles tendinitis
- Tennis elbow
- Golfers elbow
- Shoulder impingement syndrome
- Joint capsule damage
- Joint cartilage damage
- Jumper’s knee
- Weightlifter’s back
- Biceps femoris treatment
- Calcaneal spur inflammation
- Morton’s metatarsalgia
- Metatarsal injuries
- Plantar fascia inflammation
- Stimulation of physical rejuvenation
- As support during endurance training
- As support during strength training
- Improved rejuvenation
- Preventive treatments
Cleansing
Cryo chambers can be used for more than just treating injuries and ailments. Cryotherapy can be also used for physical rejuvenation and as a form of preventive treatment. Increased blood flow equalizes the oxygen levels in cells and helps cleanse toxins from the body, including bad cholesterol. Repeated cryotherapy can help when the patient is trying to quit smoking change his diet or lifestyle.

Cryotherapy for amateur sports and recreation
In accordance with the Latin maxim a maiori ad minus (from greater to lower), things that can help professional athletes, can also be helpful to amateurs. The benefits of Whole Body Cryotherapy, such as better blood flow, faster metabolism or increased muscle flexibility can be of great help to people who are just starting to exercise regularly. Cryotherapy can help achieve noteworthy results faster and reinforce the positive effects good physical condition has on state of mind and mood.
For the tired and the stressed

One of the benefits of Whole Body Cryotherapy is the fact, that it makes the patient feel energized - with the effect being more persistent with regular treatments. This can be appreciated by people who are feeling tired, overworked or just want to change their lifestyle. A cryotherapy session can help them regenerate their bodies and supplement activities such as yoga, meditation, endurance or strength training.

It also improves body’s hormonal balance. Increased production of endorphins decreases stress and lets the patient achieve the often-sought peace of mind. It also helps the patient sleep and focus.

Cryotherapy improves body’s hormonal balance. Increased production of endorphins decreases stress and lets the patient achieve the often-sought peace of mind.
Cold treatment can be beneficial to patient’s mental health. It’s not limited to a temporary mood improvement. Cryo stimulation can really help in treating depression, sleeping issues and other mood disorders.

Hormones, such as cortisol and endorphins, control how we feel. Patients suffering from depression suffer from very low levels of those hormones.

For them cryotherapy can be helpful in two ways. Firstly, spending couple minutes in a cryo chamber provides them with a huge burst of energy. In temperatures between -110 and -160 degrees Celsius the body becomes very agitated. The brain starts producing additional endorphins and cortisol. After leaving a cryo chamber, patients experience euphoric states. This effect is short-lived, but it is very important, as it gives the patient suffering from depression a bit of hope, that things can change for the better. Cryotherapy can thus be a great addition to established pharmacological treatments or psychotherapy.
Another benefit that cryotherapy conveys on patients suffering from depression is immune response trigger. Research proves, that the immune system of people suffering from depression can be severely weakened. Greater immunity becomes yet another tool in combating depression.

**Two effects that cryotherapy has on mental health:**
- Triggering the release of happy hormones
- Strengthening of the immune system
06 CRYOTHERAPY AND WOMEN’S TROUBLES

Adult female body experience constant, cyclical changes resulting from menstrual cycle. Those changes are often accompanied by troublesome afflictions, such as premenstrual syndrome or inflammation in the private areas. In addition to that women experience migraine headaches more often than men and have to deal with menopause later in life.

Cryotherapy helps with:
• Premenstrual syndrome
• Inflammations of intimate parts of the body
• Menopause
• Persistent headaches

All of these ailments can, aside from the physical discomfort, can cause distress, negatively affect their mood or even increase inclination towards depression. Whole Body Cryotherapy is a useful tool in a fight for a good, stable frame of mind, no matter the part of cycle the patient is in.

**Regular use of cryo chambers has a positive effect on libido. This applies to both men and women.**
Cryotherapy for women with premenstrual syndrome:
- reduces swelling
- improves and stabilizes the mood
- provides a boost of energy
- helps cleanse the body of toxins
- reduces abdominal pressure
- eliminates headache, sacrum and pelvis pain
- stimulates the immune system
- helps fight weariness
- calms down, reduces stress
- reduces inflammations in the intimate parts of the body

Cryotherapy for women with migraine headaches
- Eliminates the strong, pulsating pain
- Helps combat insomnia and regulate sleeping patterns
- Can serve as a preventive measure against chronic headaches
- Reduces both physical and mental stress
- Eases distress

Cryotherapy for women during menopause
- Reduces weariness
- Stabilises and improves the mood
- Eliminates annoyance
- Helps regulate sleep and combat insomnia
- Helps maintain desired body build and mass
- Improves metabolism
- Slows aging
- Reinforces blood vessels
- Improves skin firmness
07 CRYOTHERAPY AND BODY MASS. Does the extreme cold help lose weight?

Slowing fat tissue growth
Whole Body Cryotherapy improves microcirculation and flow tissue fluids through lymphatic vessels. These processes are key to losing weight. If they are disrupted, metabolic waste travels to fat tissues and increases their growth.

Glucose level adjustments
Visit to a cryo chamber stimulates endocrine glands, including the cortex of the adrenal gland. Hormones it produces are responsible for controlling blood glucose levels. This means, that cryotherapy improves metabolism and prevents fat cell build-up resulting from high levels of blood sugar.

Fat tissue reduction
Human body switches to overdrive inside the cryo chamber. Due to extreme cold it begins to burn its energy storage - fat cells - to produce more energy.
Repeated use of cryo chambers has both a direct and an indirect effect on fat tissue reduction.

Supporting physical activity

Using cryo chamber helps ease muscle and joint pain, thus helping to work out. By improving blood circulation it increases physical performance and overall condition. Cryotherapy also improves muscle flexibility, helping patients train daily to lose weight.

Increased capacity for exercise

Cryotherapy stimulates the pituitary gland, which is responsible for releasing cortisol. It provides the patient with positive energy and increases their capacity for exercise, which is particularly important during weight loss trainings.
Cryotherapy isn’t used only as treatment - it sees increased use in aesthetic medicine, dermatology and cosmetology. Exposing the body to low temperatures affects the skin, that needs to react to sudden onset of cold.

Regular use of cry chambers improves skin quality, adjusts hydration, makes the skin firmer and more oxygenation. Cryotherapy helps fight cellulite, obesity and reduce weight. Improved microcirculation makes the skin on your face, neck and neckline firmer and reduces wrinkles. It also stimulates cell rejuvenation, halting aging processes.

Regular use of cryo chambers improves skin quality, adjusts hydration, makes the skin firmer, more oxygenation, reduce cellulite, obesity and weight.
Cryotherapy for the skin

- Cryo chamber treatments improve skin firmness and flexibility. This is caused by expansion of blood vessels during the second stage of cryotherapy treatment, when cells are being rapidly oxygenated. It makes the patient look younger.
- Cryotherapy increases the production rate of collagen and elastin. This is especially important for flabby skin with poor elasticity. Regular treatments make the skin on whole body firmer.
- Cryotherapy motivates skin cells to work. It is recommended if skin becomes too stretched or there is too much skin after rapidly losing weight or pregnancy.
- Visits to a cryo chamber can help you remove early wrinkles. This treatment is recommended for adult women who due to hormonal balance changes lose some skin firmness.

Cryotherapy increases the production rate of collagen and elastin.
Fighting cellulite with cryotherapy

- Cellulite is made up of small bits of fat gathering mainly in hip and buttock areas. There are many causes leading to cellulite build-up. Poor diet, lack of exercise, problems with hormonal balance and genetic factors can all contribute to the build-up of cellulite. All of those can lead to expansion of the fat tissue, making it press on neighbouring blood and lymphatic vessels, making the skin uneven.

- This has a detrimental effect on blood circulation - cells absorb less oxygen and sustenance and it is harder for them to remove toxins. This in turn causes the metabolic waste to be stored in fat tissues. It is a vicious cycle. Skin changes lead to more skin changes. Targeted and Whole Body Cryotherapy can both help fight that problem.
Extremely low temperatures improve blood flow to the skin and makes it more oxygenated. This improves the metabolic processes inside the skin cells and helps purge the toxins. In addition to that, cryotherapy stimulates production of collagen, restoring skin firmness and vitality.

- Cryotherapy reduces fat tissue and makes its further build-up more even.
- Skin firmness and efficient cellular metabolism are both major factors in combating cellulite. Cryotherapy helps with both.

**Halting aging processes**

Whole Body Cryotherapy helps slow down physical aspects of aging and provides a burst of youthful energy. The treatment triggers a release of beta endorphins (which reduce our perception of pain) and happiness hormones. People feeling constantly tired, weary and experiencing first symptoms of aging regain some of their energy, enthusiasm and optimism after leaving the cryo chamber. Their pain subsides, muscles become more relaxed, metabolism is improved and body begins to purge toxins.
Every cell in the body receives a large dose of oxygen, while the immune system begins responding to even slightest inflammations.

There is no age limit set on using the cryo chamber, but people over the age of 65 should consult their doctor before undergoing the treatment for the first time. Due to effects extreme cold can have on mental health, use of the cryo chamber is recommended for the elderly, people feeling lonely and suffering from chronic diseases. The treatment can also help the sleep cycle and combat insomnia.
**Who are the wellness and SPA customers?**

People go to wellness centres and SPAs trying to regain some sort of balance. They want to take care of their bodies, minds and spirits, while remembering, that not one of those can work without the others. This is why they undergo various beauty and health treatments. They want to receive massages, health and beauty treatments and participate in sports activities.

**Increasing popularity of Whole Body Cryotherapy**

Cryotherapy should be read as a clear signal by the owners of wellness centres. Investing in cryo chambers is a good business move, that can attract even more customers.
Unsaturated market and high competitiveness
Wellness and SPA markets are constantly growing. New centres keep appearing, offering both attractive locales and latest treatments. Best wellness clinics attract guests from all around the world. They can have varying specialities, focusing on treatment, beauty or rejuvenation. Various support programs help increase the profit margins - customers are more eager than ever to pay for services that will improve their physical and mental condition.

Cryotherapy is the quintessence of wellness philosophy
People carrying on their backs the burden of professional and personal responsibilities expect wellness centres to deliver fast, intensive and efficient treatments. They want their break from reality to be something intense, impactful and very relaxing.

Whole Body Cryotherapy allows for fast and efficient rejuvenation. Its healing and beautifying potential can be unleashed in only couple of minutes. It helps get rid of pain, stress, tiredness or even wrinkles or cellulite. This means it’s suited for health-oriented centres (where it can be used to heal injuries and joints), aesthetic medicine centres (where it helps remove the effects of aging and improves skin firmness) and mental health-oriented clinics (where it can help deal with depression or fight fear). It also leaves a lot of time for other activities.
Cryotherapy can be a great addition to an already existing offer or become the key selling point. Numerous benefits of cryotherapy and small number of contraindications makes it suitable for a wide range of potential customers: people of varying age, sex and different health problems, as well as those, who are just looking for a way to regenerate.

Did you know that....

**Whole Body Cryotherapy is used by:**

- Daniel Craig
- Jennifer Aniston
- Mandy Moore
- Bobbi Brown
- Alicia Keys
- Yoko Ono
- Demi Moore
- Lindsay Lohan
- Jessica Alba
- Gigi Hadid
- Hugh Jackman
Sports clubs
Professional teams are, in our times huge professional enterprises, and even bigger money makers. Manchester United (football), New York Rangers (hockey), New York Knicks (basketball), Dallas Cowboys (American football) and New York Yankees (baseball) are the richest clubs in the world - each one of those brings in an billions of dollars. They attract hundreds of thousands of fans, have their own stadiums and conduct large scale marketing efforts, earn huge amounts of money on transfers and their strong brand.

Their success depends on the performance of their players. Money isn’t the most important asset these clubs have - their true source of wealth are the players, and their health is a top priority. That health is, however, constantly at risk. Intense training regimes and extreme effort put into tournaments are both constant threats to their locomotor systems. Athletes must have nerves of steel and recover as fast as possible whenever a contusion occurs. Rehabilitation is a huge subject for sports clubs, as well as various types of preventive care, physiotherapy and other rejuvenation and healing techniques.
Due to scientifically-proven benefits of cryotherapy it is seeing more and more use by sports clubs. Theoretical deliberation regarding those benefits is often proven by the results of players actually using cryotherapy - its Whole Body Cryotherapy strongly influences their physical condition.

It is most prominent in full-contact sports, where aside from strains and contusions, more serious injuries occur as players clash on the field or fall down during the game.

**Did you know, that Whole Body Cryotherapy is used by players and teams, such as:**

- Texas Rangers
- New York Knicks
- Cristiano Ronaldo
- Usain Bolt
- Kobe Bryant
- Lebron James
- Floyd Mayweather
- Dallas Mavericks
- Alberto Salazar
- Pittsburg Steelers
- Denver Broncos
- LA Lakers
- Jamie Vardy
- Shaquille O'Neal
- Mo Farah
- AC Milan
- Italian National Football Team
Modern physiotherapy employing extremely low temperatures is conducted in cryo chambers. These chambers are small (~ 6m2) locked compartments, where air is cooled using liquid nitrogen. Nitrogen container is connected to the cryo chamber using vacuum insulated pipeline. The room is cooled using liquid nitrogen, while hot air is pumped out of the room, allowing the chamber to reach as low as -160 degrees Celsius while remaining completely safe.

**How do you use a cryo chamber?**

Cryo chamber treatments are fast and simple, but you need to be prepared for a treatment in order to enjoy its benefits. Before doing anything else, you should consult your doctor and make sure, that there are no problems that could be exacerbated during the cold treatment. You should come in for the treatment before the appointment time (around 20 minutes advance should be fine). You will need to dress properly.
CRYOGENIC INSTALLATION, HEAT-EXCHANGERS, TANKS

MAIN CHAMBER

PRE-CHAMBER

CONTROL PANEL WITH TOUCHPAD

CHANGING ROOM
Cryo chamber clothing:
- Cotton shorts
- Cotton shirt (for women)
- Cotton gloves
- Long, natural material socks
- Headband to cover your ears, made of natural materials
- Mask for mouth and nose
- Clogs

You should also have a set of sportswear with you - it is recommended that you exercise a bit after exiting the cryo chamber. Before entering wipe away sweat and it is recommended, that you measure your blood pressure. Follow carefully all the instructions given by your doctor, nurse or cryo chamber technician - they should inform you about the safety precautions before each treatment.

- Do not shower or use creams, balms or ointments before using the cryo chamber.
- Take off all jewellery and other metal objects
- Entering the cryo chamber wearing glasses or contact lenses is strictly forbidden
- Do not drink or partake any other substances on the day you are undergoing cryo therapy.
After proper preparation patients enter the cryo chamber gradually. They begin near the entrance, where the temperature is around -60 degrees Celsius and after 30 seconds they move on to the main chamber, where the temperature drops to up to -160 degrees Celsius. After their assigned time has passed they leave the chamber and proceed to exercise room.

There are important rules to follow in the cryo chamber:

- **Do not touch the walls**
- **Breath slowly and shallowly**
- **Do not talk**

No cryotherapy treatments should be undertaken without professional cryotherapy technician present and involved in the process.

After their assigned time has passed, they leave the chamber and proceed to exercise room.
Types of cryo chambers and technical requirements.
The main differentiating factor between various cryo chambers is the installation method. Stationary chambers are usually installed indoors. With the increase of popularity of Whole Body Cryotherapy a number of containers for outdoor use have become available - there can be places next to a building or in a stadium. Sports clubs are often using mobile cryo chambers, that can be installed virtually anywhere and moved freely between uses.
Kriosystem Sp. z o. o. was founded in 1991, but its history reaches back to 1974. Its founders became acquainted with the subject during their studies at „Kriopan” experimental department at Institute of Low Temperatures, Polish Academy of Sciences. It was there that they decided to employ the unique properties of cryotherapy in both medicine and sports.
If you want to know more about Krio-System Life’s solution, contact us

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