

# CRYOSPA

## What is Whole Body CRYOTHERAPY?

Whole Body Cryotherapy is a treatment in which the body is exposed to extreme cold to rapidly lower the skin surface temperature. The sudden drop in temperature triggers the skin's cold receptors to activate the body's most powerful survival mechanism. The result is only a "feeling" of being cold. The client stands in the cryo chamber which fills with nitrogen, a non-toxic gas that makes up 78% of the air we breathe. The client stands on a platform in the cryosauna which is raised so that the head is above the chamber and the nitrogen vapors. The brain reacts to the skin sensors by stimulating the regulatory functions of the body and releasing anti-inflammatory proteins and endorphins into the bloodstream and a rapid circulation of oxygen-rich blood throughout the body.

## Why use CRYOTHERAPY?

Sports Recovery	Health & Wellness	Beauty
Relieves soreness & inflammation	Stimulates anti-inflammatory response	Reduces cellulite
Boosts athletic performance	Boosts immune system	Tightens & rejuvenates skin
Reduces post-workout recovery time	Improves sleep & decreases stress	Treats skin disorders
Speeds recovery after injury or surgery	Increases metabolic rate	Diminishes varicose veins

**Intro Offer**  
**5 Sessions**  
**\$89.99**

### Packages:

- \$ 89.99: Intro Special 5 sessions to be used within 14 days
- \$ 59.99: 1 session
- \$399.99: 10 sessions to be used over 3 months from first visit
- \$559.99: 20 sessions to be used over 6 months from first visit

Visit our website for membership options  
[www.occryospa.com](http://www.occryospa.com)

# Support YLHS Women's Soccer!

50% of the proceeds from all packages go to YLHS Women's Soccer  
 For more info call 714-618-7212 or go to [www.occryospa.com](http://www.occryospa.com)

### Walk-ins Welcome

Monday—Thursday 12pm—2pm & 4pm—7pm (closed between 2pm—4pm)  
 Friday—Saturday 10am—2pm  
 Sunday—closed  
 22343 La Palma Ave #125, Yorba Linda, CA 92887 (inside Fit Body Boot Camp)

