

## Cryo Sauna "Kriion"

### Please contact us

We will be glad to discuss any possible questions and provide you all of the answers. Please do not hesitate to contact us to discuss installation options, purchasing or any other solutions.

Thank you.



Cryo Sauna in use

*Cryotherapy is the new exclusive service, which quickly gives results and saves time of visits. Now there is a possibility to combine the trainings with the health treatment, well supplementing each other...*



### KRIOSUN

Phone: 647-287-3631

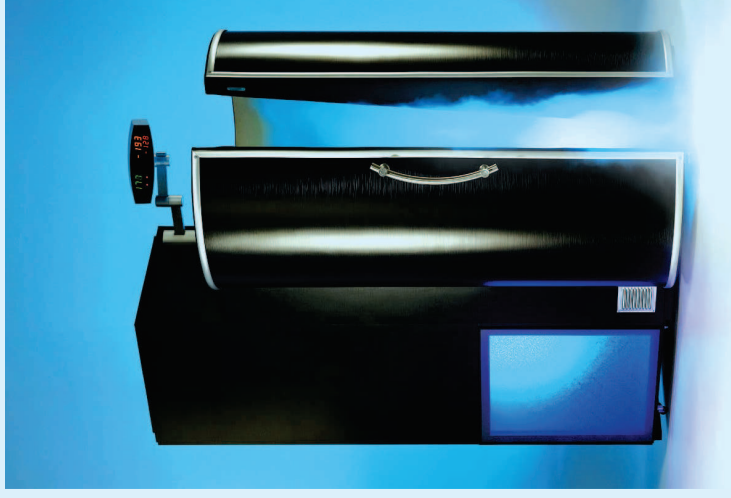
E-mail: [info@kriosun.ca](mailto:info@kriosun.ca)

Web: [www.kriosun.ca](http://www.kriosun.ca)



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All about Cryo Saunas



## Cryotherapy & Cryo Saunas: Application and Treatment Organisation

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[www.kriosun.ca](http://www.kriosun.ca)



## Cryotherapy & Cryo Saunas: Application and Treatment Organisation

Cryotherapy is the medical and health-improving course of treatment, based on short contact of skin with cooled gas (-150°C - 130°C or -240 °F to -200 °F). Cryotherapy provides intensive stimulation of immune and humeral systems, provokes endorphin saturation of blood and blocks pains of any origin. Treatment action influences the whole body, including the organs that were not subjected to cooling. The intensity and duration of impact is closely related to the contact surface of body and cooling gas. Time of contact is of great importance too. It is necessary to spend more than 120 sec, so the treatment time should be between 2-3 min. Specifically, the Cryotherapeutical treatment is mostly directed to the patient's skin.

Cryosauna is the brand new equipment for health-improving action for the whole body. Cryosauna corrects physiological processes, restores natural balance, stimulates metabolism and immune system. Courses of treatment in Cryosauna are short (approx. 2-3 min), resulting in fast positive reaction. The results of Cryotherapy can be seen in 5-10 min after the course of treatment (the procedure) and they last at least 6 hours. Physician.

### For SPA, Cosmetics & Beauty Centers:

Person, who looks after his/her own health, does not only go for sports/fitness to feel healthy, but also visits the beauty shops to look healthy and attractive. There is a wide range of beauty studios, shops and centers, but all of them offer mainly standard services. Present-day technologies develop so rapidly, that when new equipment arrives the one that was used before becomes quickly outdated. Cryosauna is the example of such new equipment.

### Effect:

The treatment in Cryosauna excludes micro traumas, which inevitably appears by other methods of cryo-massage. Cryosauna is used for hypothermic stimulation and for the heat regulation system training and exercising. The effect can be felt



and seen just after the treatment. Because of endorphins outburst, you feel surge of strength and courage, your mood becomes better and tiredness goes away. After solarium you have to wait at least a couple of hours before you see the first light tan. It is because of the momentarily positive effects of Cryosauna this equipment will become very popular. Taking into account that after 5-10 sessions the client will forget about the cellulites, overweight, problems with the skin etc, Cryosauna will be more popular than solarium and its attendance will be higher. After all, almost every beauty shop has a solarium, and Cryosauna is new and unique enough equipment, which can mark out your beauty shop among many others.

### For Fitness Centres:

It's in today's world to care of your health: to visit solarium, cosmetologist, to have a private doctor and of course, regularly go for sports/fitness-club. It's great, that we don't have any problems with the variety of fitness-clubs. The only problem is to choose. Taking into account a growing number of the fitness-clubs, the competition at this market segment rises rapidly too, therefore the owners of the "sports business" are worried about the new clients' attraction.

Cryosauna - is an exclusively new invention in the field of sanitary and sports medicine, which is very interesting for those people, who look after their health. It's compact enough equipment, which can be easily installed in small rooms (from 12 m<sup>2</sup> or 130 ft<sup>2</sup>). Cryotherapy will be the new exclusive service, which quickly gives a result and saves the time of the visitors. Now we have the possibility to combine the trainings with the medical treatment, supplementing and adding well to each other.

Cryosauna at the fitness-center can be also interesting for clients/members as effective method for weight loss, improvement of the skin condition and rejuvenation, deliverance from cellulites. It can be also used for improvement of the athletic results by the people who go for powerlifting or bodybuilding as well as for the muscles anaesthetization after the training or for the anaesthetization of the rheumatoid pains.

### Treatment organization

Majority of the fitness-clubs clients/members are worried about the problem of being overweight. People spend a lot of money to get rid of excessive weight and they are prepared to use every opportunity in the wide range of the offers available. Cryosauna increases the efficiency of the trainings and burns the fat actively.

Aerobic trainings in groups are a great advantage for fitness-centers. There are usually 10-15 persons in each group. While in the "fight" against overweight and cellulites, the effect culminates if the client after the Cryosauna gets an aerobic load. So it is possible to build the groups of 5-10 clients who will attend the Cryosauna 20 minutes before the exercising. Such method will greatly increase the efficiency of the treatment and, what is also very important, it reduces the prime costs. To attract the clients, you can make a separate aerobic training type like for example "Cryoaerobic".

A close communication among the fitness-center visitors is also a very important factor. The success of one group can result in a great number of new comers.



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