



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.

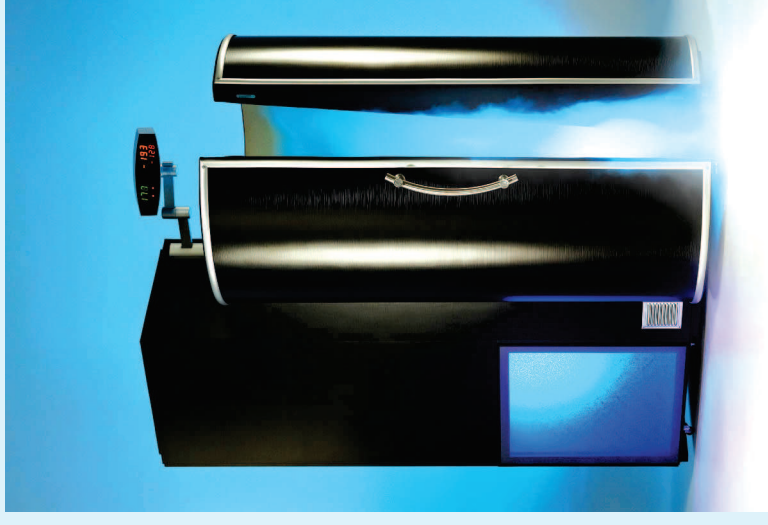
Cryo Sauna is a brand new equipment for health-improving action for the whole body. Cryo Sauna corrects physiological processes, restores natural balance, stimulates metabolism and immune system. Courses of treatment in Cryo Sauna are short (2-3 min) and generate quick positive reaction. The results of Cryotherapy can be seen in 5-10 min after the course of treatment (the procedure) and last up to 6 hours.



Cryo Sauna "Kriion"



All about Cryo Saunas



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...



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Cryotherapy & Cryo Saunas: Questions & Answers

Cryotherapy - what is it?

Cryotherapy (Cryogenic physiotherapy) is the method of agitating of skin receptors. Cryotherapy possesses powerful immune stimulating action and ensures the treatment of great number of diseases.

What is Cryo Sauna?

Cryosauna is the system for providing **Cryotherapy** where temperature is in the range from -160°C to -130°C. The time of the session inside the **Cryosauna** is 2.5 to 3 minutes.

What does patient feels during cryotherapy?

Patient's feelings in Cryosauna are dependent on gas temperature. Based on the temperature range there are 3 groups of procedures:

- **Extreme Cryotherapy** - gas temperature is lower than -160°C,
- **Normal Cryotherapy** - from -160°C to -130°C, Low temperature hypothermia - is higher than -130°C.

Feelings under **Extreme Cryotherapy** are almost the same as swimming in icy water. **Normal Cryotherapy** is 3 times more comfortable. Under low temperature hypothermia the discomfort is less.

It is necessary to note that the discomfort from the contact with cooling gas is not related to medical effect provided. Signals that are triggering immune system mobilization extend to the other parts of central nervous system. There is no need to tolerate the "high cold" in **Extreme therapy Cryosaunas** as their medical effect 3 times lower than under **Normal Cryotherapy**.

Cryosauna is open at the top. Does it reduce the medical effect?

Theoretically keeping your head in warm atmosphere reduces the effects by 2-3%. Practically, according to high refrigerant capacity of **Cryosauna**, even distribution of body cooling is provided, so properly designed and built **Cryosaunas** are more effective than other similar systems.

Health Effects and Benefits

The list of indications for **Cryotherapy** is almost endless and is limited only by the specialization of medical institution, which use the complex. It is related to the fact, that despite the variety of known diseases, almost all of them are linked to the immune system or metabolism disturbances. And the **Cryotherapy** has a great positive remedial and normalization influence on immune system and metabolism of the patients.

Here are some, but not limited indications for **Cryotherapy** use:

- Reduction of general resistance to illnesses
 - Prevention for acute respiratory disease
 - Prevention for cardiovascular and bronchopulmonary diseases
 - Prevention for peripheral vessels disease
 - Polyarticular rheumatoid arthritis with prior joint affection in active (3 extent) and not active phase
 - Ankylosing [rheumatoid] spondylitis
 - Skin diseases (eczema, psoriasis, neurodermatitis)
 - Anxiety and depression
 - General Muscular and Joint pain
 - Cellulites and weight loss
 - Sport traumas
 - General health and body improvement
- And many more



Contra - Indications for Cryotherapy
If in doubt please consult with your Doctor or Family Physician.

Absolute contra-indications:

- Pregnancy
- Poorly controlled Blood Pressure (over 180/100)
- Recent Heart attack or stroke (3 months)
- Uncontrolled epileptic seizures
- Unstable chest pain
- Raynaud's Syndrome
- Severe Dementia (can't understand directions)
- Cardiac Pacemaker
- Cold-activated Asthma and/or Allergies (very rare)

Relative contra-indications:

- Recent trauma or surgery
- Open wounds
- Fever
- Incontinence
- Infections



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