

CRYOTHERAPY

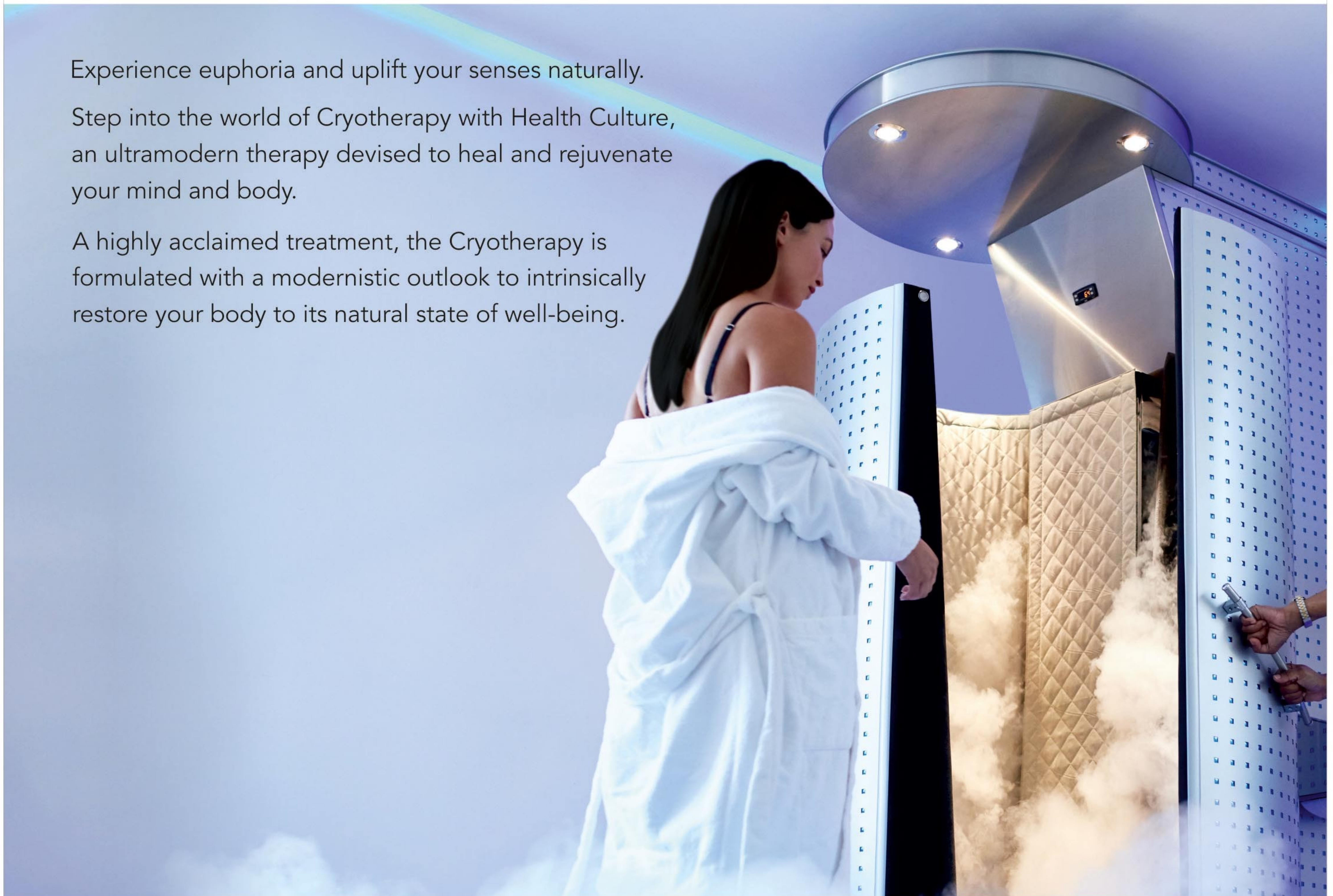
Discover the health benefits of being in the colder than the coldest place on earth



Experience euphoria and uplift your senses naturally.

Step into the world of Cryotherapy with Health Culture, an ultramodern therapy devised to heal and rejuvenate your mind and body.

A highly acclaimed treatment, the Cryotherapy is formulated with a modernistic outlook to intrinsically restore your body to its natural state of well-being.



Health Culture, 1st Floor, Opp. Oberoi Mall, Above Axis Bank, Goregaon E, Mumbai - 400 063.

T: 022 2843 2828/ M: +91 98330 31219  www.healthculture.in  info@healthculture.in  [/thehealthculture](https://www.facebook.com/thehealthculture)  [@thehealthculture](https://www.instagram.com/thehealthculture)



BENEFITS OF CRYOTHERAPY



HEALTH CULTURE

Good Health. Good Life



IMPROVES RECOVERY

- Just 3 minutes replaces traditional ice therapy
- Sore muscles recover quicker post-training



INCREASES METABOLIC RATE

- As effective as an hour of cardio exercise
- Burns an average of 400-600 calories per session



INCREASES RANGE OF MOTION

- Decreases the risk of injury



INCREASES COLLAGEN PRODUCTION

- Tightens & firms the skin for a more youthful look



IMPROVED IMMUNE SYSTEM

- Decreases the prevalence of cold and other illnesses



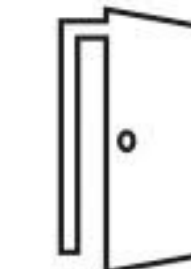
PAIN MANAGEMENT

- Minimises chronic pain
- Reduces inflammation
- Improves skin conditions



How It Works

1



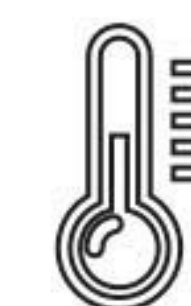
Arrive and get into the bath robe provided for the therapy.

2



You will be guided to get into the cryotherapy machine.

3



Your body will be exposed to temperature between -120°C to -180°C for about 1-2 minutes.

4



The blood rushes to the core that keeps the organs going.

5



Shower and relax in the lounge area with some tea and bask in your post Cryotherapy glow.