



Frequently Asked Questions

What is cryotherapy?

Cryotherapy is the practice of using cold temperatures to promote natural healing and wellness. It dates back to ancient civilizations. Whole body cryotherapy is the modern application and stimulates the same rejuvenation at a whole new level of cold – in just three minutes.

What is the history of cryotherapy?

Whole body cryotherapy was developed by Dr. Yamauchi in the 1970's to treat Rheumatoid Arthritis.

Why do people enjoy cryotherapy?

Survey results indicate many cryotherapy participants use cryotherapy for pain management, workout recovery, mental well-being and weight management. Whole body cryotherapy is an excellent complement to existing health and wellness initiatives.

Should I do cryotherapy before or after exercise?

Participants who utilize cryotherapy before exercise claim they experience increased energy, endurance, and flexibility.

Participants who utilize cryotherapy after exercise claim they experience faster rejuvenation.



What should I wear during a cryotherapy session?

You are provided thermal gloves and socks, cryo booties and a comfy robe. Dry undergarments must be worn during your experience. If you do not have dry undergarments, a towel is provided.

How often is cryotherapy recommended?

Survey results indicate participants report they experience benefits after 3-5 consecutive cryotherapy sessions. Many participants find that to maintain these benefits, they need to do cryotherapy 2-3 times a week. Impact Cryotherapy recommends clients participate in consistent cryotherapy sessions.

How should I feel during and after my cryotherapy session?

During a cryotherapy session, participants feel a dry cold. Many clients report feeling a sense of calm or rejuvenation after their session. Others report feelings of euphoria and/or energy.

Do I need to complete the full 3-minute session to benefit from cryotherapy?

The 3-minute guideline is the maximum recommended session time for cryotherapy. Your safety and comfort is our priority and you may exit the cryosauna at any time during the session. No session exceeds three minutes and the operator is present throughout your session.

Do I need to do anything special before my cryotherapy session?

All clients are given a waiver to complete prior to their session unless they completed their waiver online.



Are there any health concerns to consider before participating in a cryotherapy session?

Anyone with the following conditions should not participate:

- Uncontrolled high-blood pressure
- Pregnancy
- Raynaud's Syndrome
- Allergy to cold
- Prior heart attack
- Unstable heart pain
- Disease of the blood vessels
- History of blood cots
- Uncontrolled seizure disorder
- Nerve pain in feet and legs
- Open sores
- Any disease or condition with increased sensitivity to cold

What is NormaTec®?

The NormaTec Recovery System® is an air pressure massage indicated to temporarily relieve minor muscle aches and/or pains and to temporarily increase circulation to the treated areas.

NormaTec® sessions begin with a pre-inflate cycle, during which the connected attachments mold to the body. The system then will start compressing the target area - hips, legs, feet, arms, etc. depending on the attachment being used. Similar to the kneading and stroking done during a massage, each segment of the attachment will first compress in a pulsing manner and then release. This will repeat for each segment of the attachment as the compression pattern works its way up your limb.



What uses NormaTec®?

NormaTec® is used by endurance athletes, weekend warriors, collegiate and professional teams and anyone looking to recover after competitions and exercise.

What is an infrared sauna?

An infrared sauna is a type of sauna that utilizes light wavelengths to heat the body.

What is the difference between an infrared sauna and a traditional sauna?

Unlike traditional saunas, infrared saunas utilize infrared light spectrums to create heat promoting detoxification, relaxation and other health benefits. Additionally, traditional saunas operate at well in excess of 200°F while infrared heat has the benefit of being effective at a more comfortable operating temperature of 100°-150°F. By raising the body's core temperature, infrared saunas can produce a sweat composed of 20% toxins vs. only 3% toxins with a traditional sauna.