

CRYO_{SPACE}®



MENU

scientific and research
partner

AWF Katowice





**DEVELOPED ON THE BASIS
OF SCIENTIFIC RESEARCH**



				INFORMATION					
	1	2	3	4					
	AIM	TREATMENT	TIME	INTENSITY	When?	How many?	How often?	Perceptible results	Learn more
MEDICINE	Quicker recovery after injury, surgery or fracture.	After Injury	3:30 min	MEDIUM	whenever possible	10-20 per month	1 per day in case of severe pains; up to 3 per day with less pain	strong analgesic effect after 1 treatment	suggested in chronic pain conditions
	Elimination of weakness and immunity problems.	Immune Stimulation	2:00 min	MEDIUM	whenever possible	10-20 per month	1 or 2 per day	stimulation of immune system after 1 treatment	in case of sore throat a mask is recommended
	Depletion of inflammation and pain.	Pain Relief	2:30 min	MEDIUM	whenever possible	no recommendation	1 per day in case of severe pains; up to 3 per day with less pain	strong analgesic effect after 1 treatment	as soon as pain occurs
PERFORMANCE	Increase of energy and motivation to action.	Energizer	1:30 min	HIGH	before physical activity	daily if needed	depending on type of physical activity (up to 3 per day)	after 1 treatment	up to one hour before physical activity (optimally the shortest possible time between treatment and physical activity)
	Reduction of fatigue exercise-induced. Mitigation of muscle pain.	Extreme Recovery	3:00 min	HIGH	after physical activity / exercise	20 per month to maintain optimal post-workout regeneration	depending on type of physical activity (up to 3 per day) to maintain optimal post-workout regeneration	after 1 treatment	directly after physical activity
	Stimulation of hormonal management.	Hormone Booster	2:30 min	HIGH	whenever possible	10-20 per month	2 per day	after 2 treatments	physical activity after treatment is recommended
WELLNESS	Reduction of fatigue, lethargy and lack of concentration.	Refresher	2:00 min	LOW	whenever possible	as many as required	1 per day or more if needed	after 1 treatment	can be done with clothes on and without gloves
	Elimination of headache, hangover, pain in muscles and joints.	Hangover Cure	2:30 min	MEDIUM	whenever possible	no recommendation	1 per day or more if needed	after 1 treatment	drinking at least one glass of water before and after treatment is recommended
	Contribution to weight loss.	Fat Loss	4:00 min	LOW	whenever possible	at least 10 everyday or every other day	1 or 2 per day; daily or every other day	after 5 treatments	physical activity before and after treatment is recommended

REMEMBER!

For the 1st time users we recommend a time setting of max. 2 minutes and a low or medium intensity option. The first treatment is defined here also as a session after a break longer than 30 days. During the treatment it is recommended to move around in the cabin in a moderate pace without rubbing against the unit's interior.

THE COOLEST PLACE ON EARTH

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