

NormaTec Therapy



NormaTec is a compression therapy used to decrease inflammation and swelling in the extremities through the breakdown and removal of lactic acid. NormaTec also promotes healthy circulation and rapid muscle recovery. We offer arm, hip, and leg attachments so clients can focus on the desired area of their choice.

NormaTec is comparable to a light massage and is not cold. Our NormaTec lounge is very cozy... many clients spend their lunch break with us enjoying this service!



BENEFITS

- Accelerates recovery time
- Flushes lactic acid
- Promotes lymphatic drainage
- Removes toxins
- Reduces inflammation and swelling
- Increases circulation and blood flow
- Prevents and eliminates 1st stage varicose veins
- Reduces water accumulation in legs and feet

Celluma Light Therapy

Celluma is FDA cleared to treat: wrinkles, inflammatory acne vulgaris, diminished local blood circulation, muscle and joint stiffness, muscle tension, muscle and joint pain, muscle spasm, and arthritis.

Celluma LED Light Therapy uses light energy to safely repair skin and muscle tissues, making it easy for you to feel and look amazing. It is designed to treat large areas in a single session to dramatically improve skin care and pain management. Suggested treatment schedule: 2-3 times a week, up to 4-6 weeks. Treatment schedule varies depending on the client's needs.

BENEFITS

- FDA cleared for pain, anti-aging, and acne
- Reduces acne bacteria
- Clears existing breakouts
- Improves elasticity and firmness of skin
- Stimulates collagen production
- Reduces inflammation and stiffness
- Decreases arthritic pain
- Helps with stiffness and spasms



Joovv Light Therapy

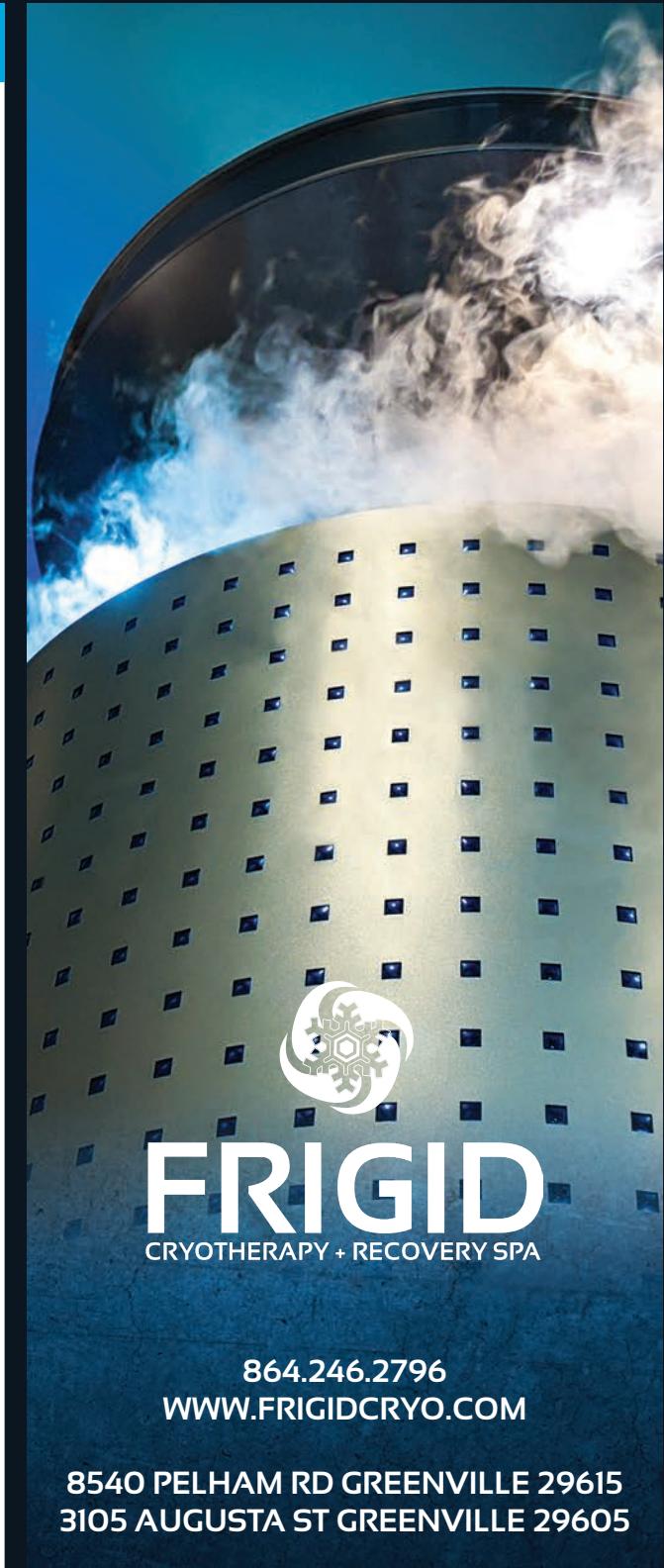


Joovv delivers red and near-infrared wavelengths directly to your body with medical-grade LEDs. These photons of natural, therapeutic light produce a chemical reaction in the mitochondria of your cells which boosts energy production and regeneration.

BENEFITS

- Accelerates healing injuries and wounds
- Accelerates muscle recovery
- Increases collagen production and circulation
- Decreases inflammation and pain
- Reduces rosacea, eczema, and acne breakouts
- Improves complexion and skin tone
- Decreases wrinkles, stretch marks, and scars

It's important to be consistent when using light therapy treatments. We recommend using Joovv at least 3-4 times per week.



FRIGID
CRYOTHERAPY + RECOVERY SPA

864.246.2796
WWW.FRIGIDCRYO.COM

8540 PELHAM RD GREENVILLE 29615
3105 AUGUSTA ST GREENVILLE 29605

Whole Body CryoTherapy



BENEFITS

- Reduces pain and inflammation
- Relieves arthritis and fibromyalgia
- Faster recovery from injury or surgery
- Decreases muscle pain and spasm
- Increases energy, circulation, and reduces stress
- Said to burn 500 - 800 calories each session

phase 1. PURIFY

During a 3-minute session at -240F, blood vessels at the skin's surface and muscle tissue constrict, forcing blood away from the peripheral tissues and toward your core. In the core, the body's natural filtration system works to remove toxins and inflammatory properties from the blood.

phase 2. RESTORE

After exiting the CryoSpa, purified blood flows back to the peripheral tissues now enriched with oxygen, nutrients, and enzymes — as your blood warms, it improves the surrounding skin and muscle tissues which increases range of motion.

phase 3. RESULTS

The restoration process begins to take place over the next 48 hours as your body returns to an improved state. Your body will be left with reduced inflammation, reduced pain, and increased energy levels. Recovery times from strenuous workouts and injury are improved and reduced.

Statements regarding CryoTherapy haven't been evaluated by the FDA. Our products are not intended to diagnose, treat, cure or prevent any disease.

LOCALcryo

LOCALcryo is a treatment that uses extreme-cold temperatures to help alleviate pain, inflammation, joint problems, and similar afflictions. It enhances circulation, which increases the amount of oxygen-rich blood available to key areas of the body.

This treatment is great for targeting problem areas; such as an ankle, knee, hip, wrist, shoulder, or neck. The Local Wand enables the tech to focus on one specific area.



BENEFITS

- Decreases pain and inflammation
- Decreases bruising and swelling
- Increases range of motion
- 3 minutes is comparable to 5 hours of icing
- No age restrictions
- No contraindications

LOCALcryo is a great way to get yourself on the path to recovery. If you want to minimize pain, promote healing, and reduce swelling — LOCALcryo could be your answer. Many clients report significant relief from pain or swelling with just a single treatment.

Statements regarding CryoTherapy haven't been evaluated by the FDA. Our products are not intended to diagnose, treat, cure or prevent any disease.

CryoFACIAL

This extra-cool facial is like no other you have ever experienced. Not only does this treatment reduce signs of wrinkles - it also flushes toxins from the skin leaving your face with a soft, natural glow.

A special wand is used to deliver liquid nitrogen vapor over your neck, chin, cheeks, and forehead. The extreme-cold leads to vasoconstriction, which helps constrict capillaries and blood vessels. The combination of fast freezing and vasoconstriction lends to possible collagen production = less wrinkles!

This session only takes 10 minutes and you are able to wear make-up during the session. Hello ... relaxing lunch break!

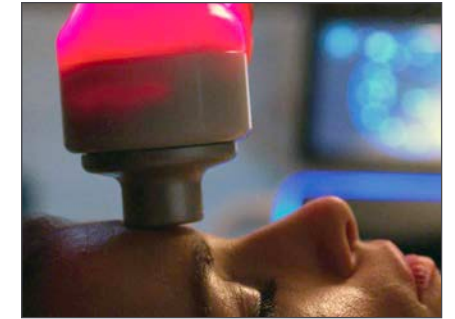
BENEFITS

- Stimulates collagen production
- Reduces pore size
- Helps reduce uneven skin tone
- Increases skin radiance and firmness
- Improves skin tone and texture
- Lightens acne scars
- Soothes inflammation
- Treats skin conditions such as eczema



Statements regarding CryoTherapy haven't been evaluated by the FDA. Our products are not intended to diagnose, treat, cure or prevent any disease.

Cryo T-Shock

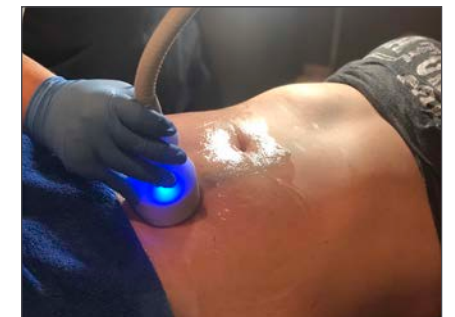


Our Cryo T-Shock treatment is the most innovative and versatile anti-aging device on the market. This service eliminates localized fat, reduces cellulite, and tones/tightens the skin.

Using state-of-the-art thermography and Cryo-Therapy (thermal shock) to reshape the body, Cryo T-Shock destroys fat cells and increases skin collagen production during each session. This is due to the thermal-shock response caused by the use of hot and frigid temperatures.

Cryo T-Shock alternates between temperatures at varying times and sequences to deliver the desired effect on the body. This service is non-invasive and painless! All body contouring services require a free consultation prior to service.

BOOK A FREE CONSULTATION



Statements regarding CryoTherapy haven't been evaluated by the FDA. Our products are not intended to diagnose, treat, cure or prevent any disease.