

The following are the most commonly asked questions regarding Whole Body Cryotherapy. If you have any further questions, please call or stop into Frigid CryoTherapy to speak with a Frigid employee.

1. Is it cold? Painful?

Yes, it is cold but not painful. The temperatures reach downward to -240F. We prefer to start new clients around -166F to -200F. The client is never forced to go colder than they are comfortable with.

2. Do I have to wear anything specifically?

No, while in the CryoSpa you will only be wearing socks, slippers and gloves. (men also wear briefs) This allows for 90% of your skin to be exposed to the hyper cool air. It is fine to leave your hair down and have on face lotion or makeup. We just ask that you do not apply lotion or any moisture to your skin an hour before your session. (This includes sweat from a prior workout). No jewelry or metals can be worn below the neck.

3. How long will my first appointment take?

The first appointment with Frigid Cryo can take anywhere between 15-20 minutes. We like to fully educate our clients and help with any questions they may have. After the first appointment, sessions typically take 5-7 minutes. Clients are only in the spa for 3 minutes max.

4. Will I feel anything after my first session?

Because the effects of CryoTherapy are different for every client, it will depend entirely on how your body reacts to the session. Typically, most clients feel an increase of energy & flexibility & a decrease of inflammation within the first few minutes or hours. Some clients feel the first impact the next morning after a sleep cycle. Many report noticing a deeper sleep and feeling reduced pain & inflammation the following 48-72 hours.

5. Do I have to do anything specifically after my session? Is there anything should I avoid?

No, there is nothing you have to avoid and nothing you should do after your session. Exposure to extreme cold temperatures warms the muscle tissue. This allows our clients to continue their normal tasks throughout the day, typically with more energy.

6. Is there anything dangerous about CryoTherapy?

No, unless conducted by an untrained technician or if you have a contraindication. The cooling agent, nitrogen, is in 78% of the air we breathe every day. Frigid's certified technicians running your sessions are fully trained on safety and operational protocols and are capable of stopping the session if you should want to get out before your session is done. Likewise, there is no lock on the door of the CryoSpa so you can step out at any time. Lastly, our CryoSpa has a 3-minute auto shut off timer.

7. How does the CyoSpa get that cold?

We use nitrogen to cool the CryoSpa. It is transformed into hyper cool air, which is what cools the chamber and allows it to get into "cryo temperatures."

8. Is it safe to go that cold?

Yes, it is. The length of the session maxes at 3 minutes, and our CryoSpa has a 3-minute auto shut off timer. This short period of time does not allow your body to reach hypothermia. The cold only penetrates half a millimeter of your skin.

9. How often should I do CryoTherapy?

This is very dependent on what you are using cryotherapy for. Most clients who are using it for overall health and wellness receive a cryotherapy session 1-2 times a week. Clients who have an injury, inflammation, and aches and pains receive cryotherapy sessions 2-4 times a week.

10. Can I use insurance as a form of payment?

Unfortunately no. You can always ask your insurance provider if they can reimburse you, but at this time we do not accept insurance for payment.

11. Are there any limitations on using CryoTherapy?

Yes, a client under the age of 14 cannot use Whole Body CryoTherapy. The client cannot have high blood pressure, have a severe case of Raynaud's syndrome, be pregnant, have any existing heart issue, have any major vascular issues, have clots or have had a brain aneurysm, have any severe reaction to cold or have had a stroke, and currently have cancer. Other contraindications exist for which each client should fully read the waiver.

12. Who developed this technology?

Whole body cryotherapy was originally developed in Japan in 1978 and has been used in Europe and Japan for more than three decades. Multiple research studies have been published in medical journals about the effects of whole body cryotherapy, and in many European countries, the treatments are covered by medical insurance policies.

All minors (under 18 years of age) must have a parent/guardian present for the first appointment to sign consent form.

Statements regarding CryoTherapy have not been evaluated by the FDA. Our products are not intended to diagnose, treat, cure or prevent any disease. Individual results will vary and no guarantee is stated or implied by any photo use or any statement on our website.

