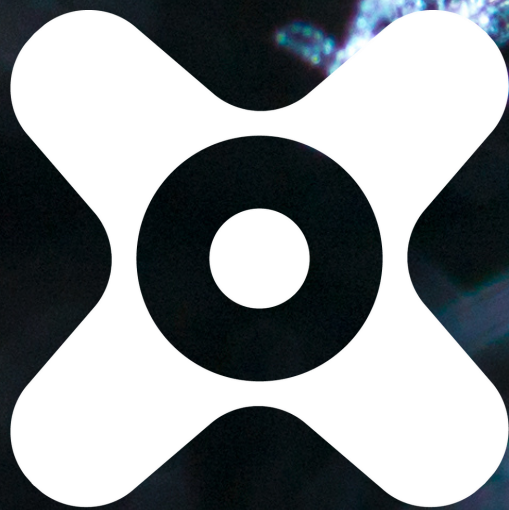


— EXPLORE —

# STRIVE CRYO



STRIVE

MIND | MOVEMENT | FITNESS | NUTRITION | RECOVERY



— EXPLORE —

# WHAT IS CRYOTHERAPY?

WHOLE BODY CRYOTHERAPY IS A THERAPEUTIC TECHNIQUE THAT INVOLVES EXPOSING THE BODY TO EXTREMELY COLD TEMPERATURES FOR A SHORT DURATION, ACHIEVED USING LIQUID NITROGEN. THE TREATMENT OF CRYOTHERAPY IS IN AN ENCLOSED CHAMBER, WITH THE AIM OF COOLING THE SKIN SURFACE AND STIMULATING VARIOUS PHYSIOLOGICAL RESPONSES.

STRIVE CRYO CONSISTS OF TWO SEPARATE ROOMS, THE FIRST, THE PRE-CHAMBER, IS FOR ACCLIMATISATION, WITH AN AVERAGE TEMPERATURE OF  $-70^{\circ}\text{C}$ , WHICH PREPARES THE BODY FOR THE NEXT STAGE. THE PRE-CHAMBER LEADS INTO THE SECOND AND MAIN TREATMENT CHAMBER COOLED TO AN OPERATING TEMPERATURE OF UP TO  $-135^{\circ}\text{C}$ . THIS IS THE PROVEN OPTIMUM TEMPERATURE FOR BENEFICIAL THERAPEUTIC USE.

YOU WILL BE REQUIRED TO COMPLETE A PRE SCREENING MEDICAL QUESTIONNAIRE, BE COMPLETELY DRY, INCLUDING HAIR, SKIN AND CLOTHING (NO SWEAT AND FREE FROM MOISTURISER & SKIN LOTIONS) AND TO WEAR THE APPROPRIATE ITEMS PROVIDED BY THE STRIVE TEAM.

\*THE PROCEDURE MAY NOT BE SUITABLE FOR EVERYONE, AND INDIVIDUALS WITH CERTAIN MEDICAL CONDITIONS SHOULD CONSULT WITH A HEALTHCARE PROFESSIONAL BEFORE UNDERGOING CRYOTHERAPY.

BOOK NOW  
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# — BENEFITS —

# STRIVE CRYO

## WELLNESS & BEAUTY BENEFITS OF WHOLEBODY CRYOTHERAPY



AID MUSCLE RECOVERY



AID SKIN TIGHTENING



ALLEVIATE STIFF JOINTS



CELLULITE REDUCTION



REDUCE NERVE IRRITATION  
& INFLAMMATION



BOOST METABOLISM TO  
PROMOTE WEIGHT LOSS



IMPROVE SLEEP



REDUCE FATIGUE



IMPROVE IMMUNE SYSTEM



BENEFICIAL FOR MIGRAINES

PLUS MANY MORE

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# PRICES

# STRIVE CRYO



❄ SINGLE SESSION	£50.00
❄ BLOCK OF 3 SESSIONS	£120.00
❄ BLOCK OF 5 SESSIONS	£185.00
❄ BLOCK OF 10 SESSIONS	£325.00
❄ 12 MONTH UNLIMITED*	£220.00
❄ COUPLES 12 MONTH UNLIMITED*	£360.00

\*MONTHLY DIRECT DEBIT

\*SUBJECT TO STRIVE OPERATING HOURS

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