FAST FACTS

Cryotherapy

Whole body cryostimulation

What

Cryotherapy involves exposing the body to extremely cold temperatures for a short period of time, typically for a few minutes. The most common form of cryotherapy is whole-body cryotherapy, which involves entering a special chamber or room that is cooled to sub zero temperatures using liquid nitrogen or another cooling agent.
During a cryotherapy session, the body is exposed to temperatures as low as -129°C-200°F (-200°F).

How it works

There are several ways in which cryotherapy is thought to work:

Constricting blood vessels: When the body is exposed to extreme cold, blood vessels near the skin's surface constrict, reducing blood flow to the skin. This is thought to help reduce inflammation and pain.

Reducing swelling: Cold temperatures can help reduce swelling by constricting blood vessels and reducing the amount of fluid that accumulates in the affected area.

Boosting circulation: After the body is exposed to extreme cold, blood flow to the skin's surface increases as the body attempts to warm itself back up. This increased circulation is thought to promote healing and tissue repair.

Activating the nervous system: Exposure to extreme cold temperatures stimulates the body's nervous system, triggering the release of endorphins and other feel-good chemicals that can help reduce pain and improve mood.

Learn more

Cryo | Alchemycryo | Ritual Biohacking

Pros

- Very quick. Most people are only in the chamber for a few minutes or less
- Fast track healing and recovery
- Can leave you feeling emotionally elevated after your short treatment

Cons

- Can be expensive
- Claustrophobia. As most cryo chambers are small, together with the vapour of the liquid nitrogen which might make it difficult to see
- Pain. It can be uncomfortable to have such cold temperatures on the skin

Contraindications

Pregnancy, those with sensitivity to cold, open wounds or skin conditions in addition to specific medical conditions such as Raynaud's disease, peripheral artery disease, or other heart conditions.