

Frozen to near death

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Spas in European countries like Finland and Slovakia, where winters are long and cold, offer an Arctic-inspired treatment called cryotherapy. You enter a cryogenic chamber in which the temperature is typically set at around negative 184 degrees Fahrenheit. After entering the cryochamber, your brain is quickly triggered to protect itself from the cold by rapidly pulling your blood into the body's core. The cold causes vasoconstriction which helps to minimize muscle injury and to repair muscle tears quickly. The cold affects only the skin temperature, 1/2 millimeter deep, and doesn't reduce the body's internal temperature or freeze the tissue as does an ice bath. The Whole-body Cryosauna uses a gaseous form of nitrogen to lower skin surface temperature, by 30-50 degrees, in a two-to-three minute session. After stepping out of the cryosauna, the super oxygenated and nutrient-rich blood rushes to the extremities and reduces inflammation and spasms by inducing a systemic (whole body) response that promotes pain relief, healing, and a physical sense of wellbeing through the accelerated release of endorphins. Cryotherapy is also said to remove toxins and strengthen the immune system.

Recovery and lost time from injury and physical exertion is shortened and the daily stresses on the mind and body are relieved and rejuvenated.

You can't spend more than a few minutes inside the chamber, as too much time in such frigid temperatures will quickly cause hypothermia and death.



www.chilledcryospa.com

www.wellnessoriginindy.com