



# DISCOVER THE THREE-MINUTE ADVANTAGE

## Chilled Cryospa of Katy—Innovative Cold Therapy

BY TAMMY ADAMS PHOTOGRAPHY BY KELLEY SWEET

What if there was a simple yet effective way to combat fatigue, reduce inflammation, improve flexibility, increase blood flow, renew damaged tissues, and even alleviate pain? And what if it took only three minutes? Whole body cryotherapy can deliver all this and more.

Cryotherapy, in general, is the use of extreme cold for therapy and has been used for years. Innovative whole body cryotherapy was developed in Japan in the 1970s and has gained popularity in recent years, particularly among elite-level athletes.

More mainstream use of whole body cryotherapy has led to greater understanding of the wide variety of benefits it offers. From Hollywood actors and professional athletes to busy moms and dads with an eye on health and wellness, student athletes and people of all ages—cold therapy can have you feeling better than ever before!

“Anyone can benefit,” said Amy Mueller, owner of Katy’s Chilled Cryospa, located in the beautiful Villagio Town Center—Cinco Ranch. “We have clients who have experienced great relief from migraines and tremendous improvement in back pain, arthritis

symptoms and more. Some of our best success stories have been with student athletes who were sidelined because they could barely walk but are now back in the game!”

### HOW DOES COLD THERAPY WORK?

Amy admits it sounds almost too good to be true. “A misconception people have is that cold therapy treats only specific conditions, so people are surprised to learn about all the other potential benefits,” explained Amy. “The purpose of the cold is to trigger your body’s natural healing process. When your body senses an extremely cold environment, the circulatory system



A great way to start the day off, the cold, dry therapy helps alleviate pain and inflammation plus provides a boost to your energy and ability to focus.

draws blood from the extremities into your core to protect vital organs. While close to the lungs, kidneys and liver, the blood becomes oxygenated, cleansed, and enriched with nutrients. After your cryotherapy session, this enriched blood rushes to the extremities, reducing pain and inflammation, promoting healing, and delivering endorphins, resulting in an overall sense of well-being and improved athletic performance.” Think of it as a system reboot for your body’s hard drive.

A state-of-the-art cryosauna utilizes dry, gaseous nitrogen to lower the temperature in the open chamber to around 240 degrees below zero. Since the session lasts only three minutes, just the very top layers of skin are affected. The result is a systemic re-

sponse that promotes increased blood circulation and flexibility.

**WHAT DOES IT HELP?**

Chilled Cryospa breaks the benefits down into two main categories and finds that most clients fall into one or the other.

**CHILLED CRYOSPA MEMBERSHIPS AND OTHER SERVICES**

Studies show that whole-body cryotherapy works best when performed in a series of at least three sessions. For this reason, Chilled Cryospa offers both weekly and monthly memberships, making it easy for clients to experience the benefits of repeat sessions. Clients are also welcome to purchase individual sessions. After-hours appointments are available as well.

A Chilled Cryospa membership also includes access to the unique Recovery Lounge, featuring relaxing Osaki 3-D massage chairs; NormaTec sequential compression therapy that aids in recovery for legs, arms and hips; and a TrueFitness stretching cage that gives clients a safe and stable place to stretch muscles after a cryotherapy session. Recovery drinks and healthy



Each session burns more than 600 calories and even more if you warm up after the session using our stationary bike or TRUE stretch cage

**MIND AND BODY WELLNESS INCREASE LEVELS**

- energy and endorphins
- skin firmness, tightness and elasticity
- feelings of well being
- stronger hair and nails
- oxygen rich blood and increased circulation
- caloric burn (500-800 per session)

**ALLEVIATE LEVELS**

- chronic pain and inflammation
- chronic back pain
- auto immune diseases including:
  - Fibromyalgia
  - Rheumatoid Arthritis
  - Osteoarthritis
  - Psoriasis
  - Dermatitis

**ATHLETIC PERFORMANCE INCREASE LEVELS**

- stamina
- athletic performance and recovery
- metabolic rate and energy

**ACTIVATE LEVELS**

- body’s restorative processes
- psychological edge
- oxygen rich blood
- anti-inflammatory responses

**REDUCES LEVELS**

- delayed onset muscle soreness
- toxins in blood and body
- length of performance recovery
- length of surgical rehab, physical therapy

snacks make it a fun and relaxed environment. “It is a great and unique way to host a group meeting or party,” said Amy.

Call Chilled Cryospa today and see for yourself what world-class athletes, celebrities and regular people of all ages are excited about. Let 2015 be the year you finally feel great and operate in your peak physical condition. ///

**Beautify Your Body—Reduce Pain and Inflammation—Improve Your Performance**

**CHILLED CRYOSPA**

The Villagio Town Center—Cinco Ranch  
 22758 Westheimer Parkway, Suite 240  
 Katy, Texas 77450  
 281.665.8667 • CHILLEDCRYOSPA.COM