

BECOME MORE  
**PRODUCTIVE,  
ENERGISED &  
FOCUSED**



### WHAT IS CRYOTHERAPY?

Cryotherapy is the science of exposing the body to sub-zero temperatures in order to stimulate physical and mental health benefits.

### HOW DOES IT WORK?

All forms of cryotherapy treatments work on the same principle of reducing the surface temperature of the skin to 4°C in order to boost blood circulation and reduce inflammation. The increased circulation of healthy nutrients in the body stimulates various health benefits.

### WHAT RESULTS DO YOU GET?

Cryotherapy boosts the anti-inflammatory chemical called norepinephrine.

Cryotherapy boosts blood circulation which increases metabolic and caloric burn rate.

Cryotherapy increases the level of endorphins which can elevate mood and reduce stress.

Cryotherapy increases collagen production, which in turn tightens the skin and brings forth a youthful glow.

Cryotherapy can help you recover from most injuries much quicker by drastically reducing inflammation and boosting blood circulation.

STAY COOL

STAY AGILE

STAY SHARP

STAY BEAUTIFUL

STAY HEALTHY

STAY ACTIVE

STAY FIT

STAY STRONG

**BOOK A SESSION NOW!**

book online at

[www.stayyoungcryo.com.au](http://www.stayyoungcryo.com.au)

**CRYO**  
STAY YOUNG  
EASTLAND



**PRICELIST**

WELLNESS, PERFORMANCE,  
RECOVERY, BEAUTY & SLIMMING

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## WHOLE BODY CRYOTHERAPY

°Cryo Body	
Single Session(3mins)	
3 sessions.....	\$99
6 sessions.....	\$290
12 sessions.....	\$575
	\$1,080

## RED LIGHT THERAPY

Infinity Revive Bed	
Single Session(15mins)	\$89
3 sessions.....	\$255
6 sessions.....	\$499
12 sessions.....	\$989

## SWEAT & DETOX

Infinity Sauna	
Single Session (45mins)	\$50
6 sessions.....	\$260
12 sessions.....	\$510

## HYPERBARIC OXYGEN THERAPY

Single Session(40mins)	\$95
6 sessions.....	\$550
12 sessions.....	\$1,050
Single Session(60mins)	\$129
6 sessions.....	\$750
12 sessions.....	\$1,499

### Give The Gift Of °Cryo

This really is the coolest gift you could ever give someone! All our services are available to be purchased as gift vouchers. Alternatively, we can prepare a gift voucher for a set dollar amount, or we can tailor a custom package to your liking.



# LOCATION

## RINGWOOD

Shop 1066,  
Eastland Shopping Centre,  
171-175 Maroondah Highway,  
Ringwood, Victoria 3134

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EASTLAND SHOPPING CENTRE

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