

°CRYO

Luxury Destination for Cryotherapy, Biohacking & Holistic Treatments for Wellness,
Performance, Recovery, Beauty & Slimming



Born From Nature, Redefined Through Technology

What's Cryotherapy?

Cryotherapy is a non-invasive treatment where the body is exposed to extremely cold temperatures for a short period of time. This controlled exposure activates the body's natural responses, delivering a wide range of health, beauty, recovery and performance benefits.

In just a few minutes, cryotherapy can help reduce pain and inflammation, support faster muscle recovery, boost energy and metabolism, improve sleep and mental clarity, and stimulate collagen for anti-ageing and skin rejuvenation.

At °CRYO Eastland, we are proud to be affiliated with °CRYO Science, the global leader in cryotherapy technology. Our equipment is TGA approved, ensuring the highest safety, quality, and efficacy standards.

More importantly, our treatments are delivered by a qualified and certified team of experts with extensive knowledge in cryotherapy and holistic health - so you can experience world-class results in complete comfort and confidence.

Our Signature Treatments



WHOLE BODY CRYOTHERAPY



INFRARED SAUNA



HYPERBARIC OXYGEN THERAPY



RED LIGHT THERAPY



INFINITY SCULPT



Whole Body Cryotherapy

Step into our °CRYO Arctic whole-body cryotherapy chamber for a fully immersive -140°C session that helps you reset, recover, and recharge in just three minutes.

Why?

Sub-zero therapy is one of the fastest, most effective ways to reduce inflammation, boost energy, and support both body and mind - whether you're training hard, working long hours, or simply want to feel your best.

 **Area:**
Full body

 **Duration:**
3 minutes

Benefits:

 Speeds recovery & reduces inflammation

 Boosts immunity & metabolism

 Improves sleep & focus

 Enhances circulation & overall wellbeing



Scan the QR code to learn more and book your session.



PACKAGES

Whole Body Cryotherapy	Package Price (\$)	Price Per Session	Sharable	% Discount	Validity
Single Session		99			
5 sessions	425	85	NA	15%	2 Month
10 sessions	800	80	1 Person	20%	3 Month
20 sessions	1500	75	2 Persons	25%	4 Months
30 sessions	2100	70	3 Persons	30%	5 Months

Red Light Therapy

Bathe your body in therapeutic red and near-infrared light that penetrates deep into the skin and muscles to repair, recharge, and rejuvenate from within.

Why?

Light is energy and with the right wavelengths, it can boost your cells, improve recovery, and enhance how you look and feel, all in a calm, non-invasive treatment.



Area:

Full body
(including face)



Duration:

15 minutes

Benefits:



Boosts collagen & skin glow



Enhances sleep, mood & mental clarity



Reduces signs of ageing & inflammation



Speeds up muscle repair & circulation



Scan the QR code to learn more and book your session.



PACKAGES

Red Light Therapy	Package Price (\$)	Price Per Session	Sharable	% Discount	Validity
Single Session		89			
5 sessions	380	76	NA	15%	2 Month
10 sessions	710	71	1 Person	20%	3 Month
20 sessions	1340	67	2 Persons	25%	4 Months
30 sessions	1860	62	3 Persons	30%	5 Months



HYPERBARIC OXYGEN THERAPY

Hyperbaric Oxygen Therapy (HBOT) involves breathing pure oxygen in a pressurized chamber, allowing more oxygen to dissolve into the bloodstream to **accelerate healing, enhance recovery, reduce inflammation, and support overall cellular health.**

Why?

A Hyperbaric Oxygen Therapy (HBOT) session helps speed up recovery, reduce inflammation, boost energy and focus, and support overall cellular health, making it ideal for anyone looking to enhance wellness, performance, or healing.



Area:
Whole Body



Duration:
60 minutes

Benefits:



Increases
Oxygenation



Optimizes sleep



Increases Blood flow to
the body's tissues and
circulation



Boosts energy and
healing



PACKAGES

Hyperbaric Oxygen Therapy	Package Price (\$)	Price Per Session	Sharable	% Discount	Validity
Single Session		129			
5 sessions	550	110	NA	15%	2 Month
10 sessions	1050	105	1 Person	19%	3 Months
15 Sessions	1500	100	2 Persons	22%	4 Months
20 sessions	1940	97	2 Persons	25%	5 Months
25 Sessions	2250	90	3 Persons	30%	6 Months
30 Sessions	2700	90	3 Persons	30%	7 Months
40 Sessions	3600	90	4 Persons	30%	8 Months



BODY SCULPTING - INFINITY

Build muscle, tone, and sculpt your body with this advanced treatment that combines **Radiofrequency (RF)** and **High-Intensity Focused Electromagnetic (HIFEM)** technology to reduce fat and strengthen muscles.

Why?

EMS Body Sculpting helps you build muscle, burn fat, and achieve visible toning — all in one powerful, non-invasive session.



Area:

Abdomen,
buttocks, thighs,
arms and more



Duration:

60 minutes

Benefits:



Fat Reduction



Muscle Toning



Body Shaping and
Contouring



Stimulates Collagen



Infinity Sculpt	Package Price (\$)	Price Per Session	Sharable	Validity
Single Session		150		
5 Sessions	700	140	NA	2 Months
10 Sessions	1200	120	1 Person	4 Months



INFRARED SAUNA

An infrared sauna uses gentle infrared heat to warm your body directly, helping to promote detoxification, improve circulation, reduce muscle tension, and support relaxation—all at a more comfortable temperature than traditional saunas.

Why?

An **infrared sauna session** helps your body **detoxify through sweat, improve circulation, relieve muscle tension, reduce stress, and boost overall recovery**, making it an easy and relaxing way to support total wellness.



Area:

Whole Body



Duration:

45 minutes

Benefits:



Improved Blood Circulation, pain relief



Soothe sore muscles



Deep relaxation and detoxification



Powerful detox for the whole body



PACKAGES

Infrared Sauna	Package Price (\$)	Price Per Session	Sharable	% Discount	Validity
Single Session		49			
5 sessions	210	42	NA	15%	2 Month
10 sessions	390	39	1 Person	20%	3 Month
20 sessions	740	37	2 Persons	25%	4 Months
30 sessions	1020	34	3 Persons	30%	5 Months



Where Science Meets Luxury

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