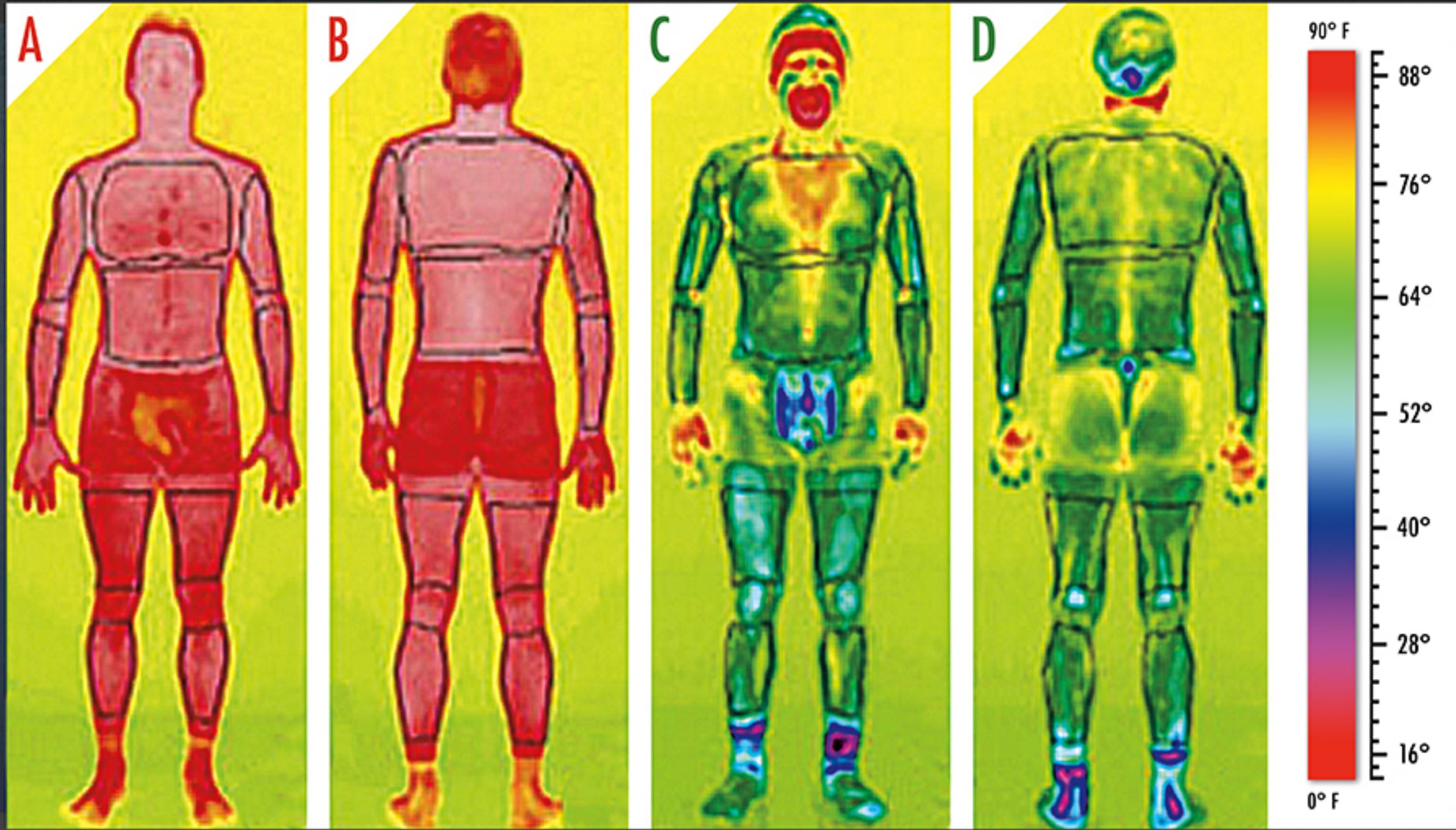


What to Expect With WHOLE BODY COOLING



A whole body walk-in session reduces skin temperature evenly from head to toe during exposure. Proper skin temperature measurements are taken near the core of the body (shoulder, chest, triceps).

Skin temperatures before cooling average around **90° F**. Each body is unique, therefore exit skin temperatures will vary. Our policy is to baseline first time treatments at 2.5 minutes and adjust the following session length based on exit skin temperature results.

Whole body cooling (WBC) activates the Central Nervous System (CNS) via a **30-45° F** skin temperature drop from baseline. This process stimulates “cold shock” systemic responses; releasing endorphins and enhancing circulation resulting in: pain relief, mood elevation, and anti-inflammation.

An average skin temperature upon exit should be between 45-60° F.

There are no benefits to skin temperature drops beyond 45° F.

