



NATURAL DESTINATION

CRYOTHERAPY TOTAL BODY

A Cryotherapy session involves exposure to extreme cold temperatures for a short duration (which does not exceed five (5) minutes per session). Cold therapy is followed by ten (10) to fifteen (15) minutes of light exercise on a fixed apparatus, and five (5) minutes of stretching. Below there is a list of "Contraindications" which preclude your participation at any given circumstance. Furthermore, be aware that if you experience any mental or physical discomfort or pain during the treatment, you are advised to end the session immediately. You will be monitored by an operator for the entire time while inside the cryochamber, but you are free to quit at any time. In case of changes in the state of health with respect to what is stated in this document, the customer is obliged to present it to the operator and to complete a new discharge of responsibility.

CONTRAINDICATIONS

(where Cryotherapy is strictly forbidden)

- Untreated hypertension
- Heart attack in the last 6 months
- Decompensation diseases (oedema) of the cardiovascular and respiratory system
- Chronic heart failure, COPD, or chronic liver disease
- Unstable Angina
- Pacemaker
- Peripheral arterial disease
- Deep Venous Thrombosis (DVT) or any known circulatory dysfunction
- Acute febrile diseases (respiratory conditions)
- Acute kidneys or urinary tract diseases
- Severe anaemia
- Cold urticaria (aka allergy to contact with cold)
- Abnormal bleeding
- Epilepsy or seizure problems
- Viral or bacterial infections of the skin, problems with wound healing
- Drugs or alcohol problems
- Valvulopathy
- Raynaud's syndrome
- Polyneuropathies
- Pregnancy

For any other health problems or diseases, please consult your doctor before participating in a cryotherapy session.