

CRYO
STAY YOUNG

NATURE'S ELEMENT
REDEFINED THROUGH
TECHNOLOGY



DUBAI

Jumeriah Emirates Towers
+971 4 351 8300
+971 52 110 0359

ABU DHABI

Abu Dhabi Country Club
+971 2 667 7736
+971 50 404 1022

SHARJAH

Sharjah Ladies Club
+971 52 110 0357

AL AIN

Energy Plus
+971 3 721 1022

Dubai Ladies Club
+971 4 342 7858
+971 56 724 0608

FitRepublik
+971 52 789 1122

- CRYO Health
- @CRYOhealthdubai
- @CRYOhealth
- CRYOHealth
- contact@cryo.com

www.cryo.com



WHAT IS CRYOTHERAPY?

Cryotherapy is an innovative treatment where the body is exposed to very cold temperatures, up to -140°C , in order to stimulate four key benefits: beauty and anti-ageing, weight loss, muscle recovery, health and wellness.

Cryotherapy stimulates blood circulation, releases enhanced levels of endorphins, and increases the oxygen and nutrient supply to the areas of the body that need revitalising. Cryotherapy is used to treat aging and various skin symptoms by increasing cell rejuvenation and collagen levels, reducing signs of wrinkles, and tightening the skin. Cryotherapy also speeds up muscle recovery, reduces tissue damage, decreases inflammation and relieves pain by increasing cellular survival and strengthening the immune system.

°CRYO BODY

°CRYO BODY

A scientifically proven, innovative and quick full-body treatment exposing the body to extreme temperatures up to -140°C in order to promote overall health, fitness, weight loss, recovery, as well as beauty benefits.

°CRYO BODY

DURATION:
3 MINUTES

SESSIONS	TOTAL PRICE (AED)	BREAKDOWN PRICE (AED)	VALIDITY
1	350	350 / SESSION	1 MONTH
5	1,500	300 / SESSION	3 MONTHS
10	2,500	250 / SESSION	3 MONTHS
25	5,625	225 / SESSION	6 MONTHS
50	10,000	200 / SESSION	6 MONTHS
1 MONTH	3,499	3,499 / MONTH	1 MONTH
3 MONTHS	9,597	3199 / MONTH	3 MONTHS

°CRYO FACIALS

°CRYO GLOW FACIAL

The °CRYO Glow Facial is one of the most natural ways to look after your skin. Ten minutes of gentle cryogenically cooled air activates collagen production in the deeper levels of the skin, increasing the skin's capacity to rejuvenate itself, regain elasticity, appear smoother and bring forth a youthful glow. Simply put, cryotherapy is a non-invasive alternative to Botox.

°CRYO GLOW FACIAL

DURATION:
10 MINUTES

SESSIONS	TOTAL PRICE (AED)	BREAKDOWN PRICE (AED)	VALIDITY
1	325	325 / SESSION	1 MONTH
5	1,375	275 / SESSION	3 MONTHS
10	2,250	225 / SESSION	3 MONTHS
25	5,000	200 / SESSION	6 MONTHS
50	8,750	175 / SESSION	6 MONTHS
1 MONTH	3,199	3,199 / MONTH	1 MONTH
3 MONTHS	8,997	2,199 / MONTH	3 MONTHS

°CRYO SIGNATURE

Our four-step facial features our signature skin-cleansing, gentle facial scrub followed by a soothing mask and a °CRYO Glow facial. This therapeutic process activates oxygenation of the skin, leaving you with healthier, smoother and more refreshed skin.

°CRYO SIGNATURE

DURATION:
45 MINUTES

SESSIONS	TOTAL PRICE (AED)	BREAKDOWN PRICE (AED)	VALIDITY
1	450	450 / SESSION	1 MONTH
5	2,000	400 / SESSION	3 MONTHS
10	3,500	350 / SESSION	6 MONTHS

°CRYO FACIALS

°CRYO ELIXIR

Our anti-aging treatment deeply nourishes the skin, using natural beneficial ingredients for even the most sensitive skin. This deep cleansing experience is accompanied by the application of an intense nourishing mask and complemented by our ELT infrared light technology.

°CRYO ELIXIR

DURATION:
45 MINUTES

SESSIONS	TOTAL PRICE (AED)	BREAKDOWN PRICE (AED)	VALIDITY
1	375	375 / SESSION	1 MONTH
5	1,625	325 / SESSION	3 MONTHS
10	2,750	275 / SESSION	6 MONTHS

°CRYO BEAUTY ANGEL

The °CRYO Beauty Angel is a 45 - minute treatment that uses an intense nourishing mask, ELT Infrared Light Technology, and a °CRYO Glow Facial to renew your skin and give you a youthful and radiant glow. The safe infrared rays are directed at your face and help cleanse the skin. These gentle rays are absorbed by the skin and can help it become visibly smoother.

°CRYO BEAUTY ANGEL

DURATION:
45 MINUTES

SESSIONS	TOTAL PRICE (AED)	BREAKDOWN PRICE (AED)	VALIDITY
1	575	575 / SESSION	1 MONTH
5	2,500	500 / SESSION	3 MONTHS
10	4,500	450 / SESSION	6 MONTHS

°CRYO FACIALS

°CRYO ESSENTIAL WHITE

The °CRYO Essential White Treatment is a 35 day course that consists of a 60 minute treatment followed by four 30 minute treatments, that are conducted one week apart. With the treatment you are also given two products, Crème Lumière and Solution Clarte to use at home.

The four step treatment uses a combination of soft and deep peels rich in Alpha Hydroxy Acid (AHA) & Red Algae, followed by a soothing and clarifying mask and topped up with our °CRYO Glow Facial. Enriched in Time defying Vitamin C, this treatment fights pigmentation imperfections and is an effective solution for dark spots as well. The result of this treatment is a highly radiant complexion as well as whitening up to 2 shades lighter.

°CRYO ESSENTIAL WHITE

DURATION:
60 MINUTES
1st Treatment

30 MINUTES
2nd - 5th Treatments

PACKAGES	TOTAL PRICE (AED)	BREAKDOWN PRICE (AED)	VALIDITY
5	2,500	500 / SESSION	1 MONTH

LOCALISED °CRYO

LOCALISED °CRYO

Localised cryotherapy is the application of cryogenically cooled air to specific parts of the body. It can be used to alleviate pain, inflammation and speed up recovery from injuries through cryogenically cooled air penetrating deeper into the layers of tissue and increasing blood circulation. Localised cryotherapy can also be used for beauty benefits such as tightening the skin and reducing cellulite.

°CRYO CELLULITE REDUCTION

When exposed to extremely cold temperatures, fluids that bind fat cells together crystallise, destroying the cells and the bonds that hold the fatty deposits. After several °CRYO sessions, the upper ranges of fat are destroyed and exit the body through the blood stream with the help of the lymphatic system, eliminating both toxins and fat, and thus reducing the appearance of cellulite.

LOCALISED °CRYO

DURATION:
10 MINUTES

SESSIONS	TOTAL PRICE (AED)	BREAKDOWN PRICE (AED)	VALIDITY
1	325	325 / SESSION	1 MONTH
5	1,375	275 / SESSION	3 MONTHS
10	2,250	225 / SESSION	3 MONTHS
25	5,000	200 / SESSION	6 MONTHS
50	8,750	175 / SESSION	6 MONTHS
1 MONTH	3,199	3,199 / MONTH	1 MONTH
3 MONTHS	8,997	2,199 / MONTH	3 MONTHS

°CRYO CELLULITE REDUCTION

DURATION:
20 MINUTES

SESSIONS	TOTAL PRICE (AED)	BREAKDOWN PRICE (AED)	VALIDITY
1	500	500 / SESSION	1 MONTH
5	2,250	450 / SESSION	3 MONTHS
10	4,000	400 / SESSION	6 MONTHS

NORMATEC

NORMATEC RECOVERY

NormaTec compression massage stimulates your body's natural muscle pump and helps eliminate toxins and metabolites that can prolong muscle soreness and delay recovery. The heaviness caused by intense workouts is relieved through its compression and decompression technique. This system combines both intense muscle recovery and healing for athletes and fitness.

°CRYO RECOVERY

Localised °CRYO + Normatec

Our localised CRYO treatments help to treat specific areas of the body such as the face, or also problem areas such as wounds or injuries and include a gentle moisturising treatment, combined with the amazing NormaTec technology you will be totally relaxed and rejuvenated.

NORMATEC RECOVERY

DURATION:
20 MINUTES

SESSIONS

1
Extra 10 Minutes

TOTAL PRICE
(AED)

150
50

BREAKDOWN PRICE
(AED)

150 / SESSION

VALIDITY

1 MONTH

°CRYO RECOVERY

DURATION:
30 MINUTES

SESSIONS

1
5
10

TOTAL PRICE
(AED)

425
1,875
3,500

BREAKDOWN PRICE
(AED)

425 / SESSION
375 / SESSION
350 / SESSION

VALIDITY

1 MONTH
3 MONTHS
3 MONTHS

°CRYO PACKAGES

°CRYO COMBO

°CRYO Whole Body + °CRYO Glow Facial

A combination of scientifically proven Whole Body Cryotherapy and CRYO Glow facial localised Cryotherapy treatments, your skin will be cooled to temperatures of between -140°C and -180°C and you will feel the benefits of CRYO in promoting overall health, fitness, weight loss, wellbeing, recovery as well as beauty.

°CRYO INDULGENCE

Whole Body °CRYO + °CRYO Glow Facial + Normatec

Here we've combined our most popular treatments to give you all the benefits of each in a single package. Our CRYO Body and CRYO Glow Facial treatments will deliver a unique Cryotherapy treatment to your whole body and then you finish off with a NormaTec Body treatment to soothe any aches and pains.

°CRYO COMBO

DURATION:
15 MINUTES

SESSIONS	TOTAL PRICE (AED)	BREAKDOWN PRICE (AED)	VALIDITY
1	550	550 / SESSION	1 MONTH
5	2,500	500 / SESSION	3 MONTHS
10	4,500	450 / SESSION	3 MONTHS
25	10,000	400 / SESSION	6 MONTHS
50	15,000	300 / SESSION	6 MONTHS
1 MONTH	5,499	5499 / MONTH	1 MONTH
3 MONTHS	14,997	4999 / MONTH	3 MONTHS

°CRYO INDULGENCE

DURATION:
35 MINUTES

1	650	650 / SESSION	1 MONTH
5	3,000	600 / SESSION	3 MONTHS
10	5,500	550 / SESSION	3 MONTHS



Recovery

Athletes of all disciplines are now turning to cryotherapy to help them to perform better. With cryotherapy, you can train harder, longer, and recover quicker to help you achieve maximum results from your workouts. During a Whole Body cryotherapy session, as temperatures rapidly cool, oxygen is pushed through the body to help reduce inflammation, relieve pain and recover the muscles.



Health and Wellness

Cryotherapy helps boost your health naturally and assists in maintaining your overall wellness through treatments exposing you to temperatures reaching -140°C. Our clients choose to add cryotherapy to their routines to battle insomnia and sleep better, reduce stress and anxiety, and to improve the immune system and organ function.



Beauty and Anti-ageing

Cryotherapy can help maintain a youthful appearance while reducing the signs of ageing such as wrinkles, fine lines, and blemishes. Cryotherapy stimulates collagen production in the deeper layers of skin resulting in a smoother, firmer, and more youthful look.



Weight Loss

Cryotherapy combines science and nature to help promote natural weight loss. Our non-invasive procedures can help stimulate blood flow throughout the body and boost the delivery of oxygenated blood, which can lead to the increase of your metabolic rate and in turn lead to weight loss.