



REJUVENATE YOUR BODY WITH TARGETED CRYOTHERAPY

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OUR RECOVERY & REJUVENATION SERVICES

At Luxury Ice Spring, we provide a full range of cryotherapy and compression therapy services to assist with your overall health, wellness, and beauty.



CRYO SLIMMING

Utilizing our Targeted Cryotherapy equipment, we're able to rapidly cool the skin's surface instantly to 29°F in seconds, temporarily shrinking underlying fat cells (lipolysis) which are then digested by the body's natural management system without damaging any other tissue. A Cryo session usually takes 4-8 minutes, which most clients see and experience "skin tightening" and can continue for up to 6 months.



CRYO FACIAL

Cryo Facials produce on and aging effect. It can help you maintain a youthful appearance, by targeting wrinkles, fine lines, blemishes, and scars around the eyes, nose, mouth and neck. This treatment has immediate results after one session, leaving you looking younger and brighter, but it is most effective when completed over a series of sessions, stimulating improved collagen production long-term.

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WHAT IS TARGETED CRYOTHERAPY

Targeted cryotherapy is a non-invasive, non-surgical treatment that uses extreme cold to target and destroy fat cells, skin blemishes, and wrinkles. The treatment is safe, effective, and has no downtime. It's a great way to achieve your ideal body without surgery.

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BENEFITS OF TARGETED CRYOTHERAPY



CELLULITE & BODY WEIGHT LOSS

It helps break up and shrink excess fat cells, enhancing collagen which helps improve the appearance of skin that shows the effects of weight gain and aging.



SPORTS RECOVERY

Helps reduce inflammation and pain from muscle soreness, sprains, and strains. It also helps reduce swelling and bruising, allowing you to get back on your feet faster.



CHRONIC PAIN

Helps relieve all types of pain, including joint pain, muscle pain, nerve pain, and more. It also helps reduce inflammation and swelling, allowing you to get back on your feet faster.

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HOW DOES TARGETED CRYOTHERAPY WORKS?



RELIEVES PAIN AND STIMULATES NATURAL RECOVERY AND REJUVENATION

- ✓ Circulates freely oxygenated, nutrient-rich blood to the treated areas.
- ✓ Increases production of natural anti-inflammatory compounds that reduce swelling, promote cellular regeneration, and accelerate healing.
- ✓ Stimulates natural regeneration and repairs endorphins in affected areas, including back, neck, shoulders, hips, knees, and ankles.

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"I've been struggling to lose those last few pounds for years, but after just a few targeted cryotherapy sessions, I'm already seeing results! The cold therapy has really boosted my metabolism and helped me shed the extra weight!"



"As a competitive athlete, I've always looked for ways to improve my performance. Targeted cryotherapy has been a game-changer for me - it helps me recover faster after workouts and reduces inflammation so I can stay at the top of my game!"

NEED TO KNOW MORE?

[CONTACT US TODAY](#)

There are many cryotherapy benefits that you can gain, from blood improvement, to disease prevention, to improved appearance, and more. If you are interested in learning more about the cryotherapy treatment we have, please call us. We'll be happy to get you up to speed with our cryotherapy.

[GET IN TOUCH](#)


Meet Mercedes Kelly

"She has helped thousands feel better and lose weight in their journey. I am a life coach and trainer and I recommend my clients try to shed the extra weight."

"Over 200 lbs after I had my second child and realized that I needed to lose weight. I wanted to have real results in being healthy."

"Targeted Cryotherapy has helped me lose over 80 lbs and I am still going. During my workouts my back, neck and arms would hurt and I was able to quickly recover."

