



***UNLIMITED
MONTHLY
MEMBERSHIP***

What is Cryotherapy?

The whole-body cryosauna uses a gaseous form of nitrogen to lower skin surface temperature by 30-50 degrees during a 2 - 3 minute session.

How does it work?

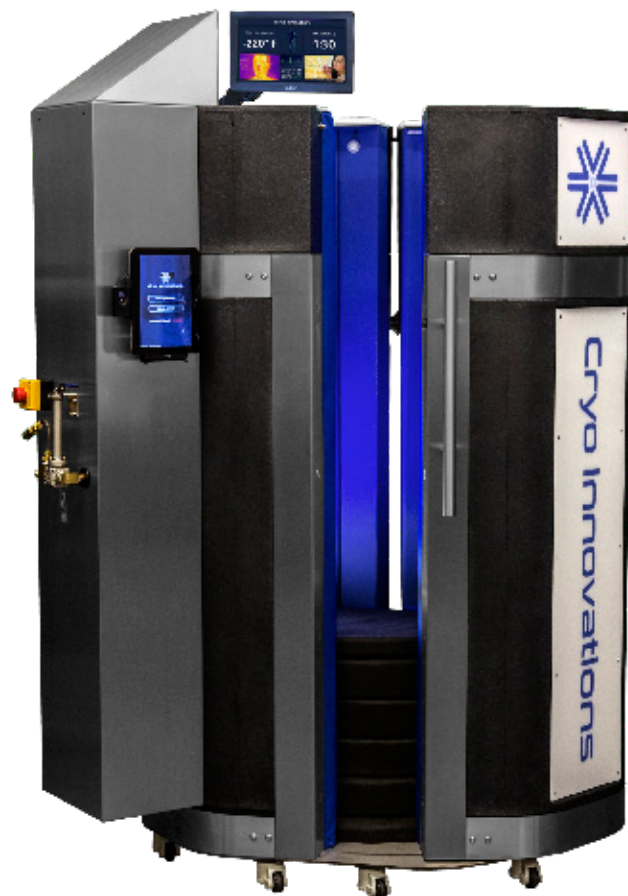
Exposure to extremely cold temperatures stimulates thermoreceptors in the skin, activating a central nervous system (CNS) response. This results in your brain and CNS drawing blood from the periphery to the body's core, circulating the blood through its vital organs. While circulating through the vital organs in the body's core, the blood is enriched with red blood cells, oxygen and other essential nutrients and enzymes, while toxins and metabolic waste are broken down and removed. Once the cryotherapy session is complete, the enriched blood flows back to the body's periphery where it promotes reduced inflammation, healing and recovery and boosts energy levels, mood and metabolic rates.

How long is each session?

The entire process from start to finish takes 10-15 minutes.

What are its benefits?

- Decreased inflammation
- Accelerated muscle recovery time
- Increased endorphin and energy levels
- Strengthened immune system
- Faster injury recovery
- Enhanced collagen production
- Reduced pain



Phone: 302 - 834 - 8400

Social Media: @thrivemiddletown

Visit us today at www.thrivemiddletown.com

Hedgelawn Plaza • 834 Kohl Ave. Middletown

Cryotherapy: Consistent Use

Because the beneficial effects of cryotherapy build up with each use, Thrive is proud to offer our members an unlimited monthly fee of just \$199 - the lowest in the country!

We care about our clients and don't want per-use pricing to hinder you from getting the best results from our top of the line whole body cryosauna. It is truly one of the best things you can do for yourself, as well as the easiest and quickest!

No catch - no gimmicks. No hidden annual commitment or contract. You can cancel at anytime. If you don't cancel, your card on file will be charged \$199 per month, and you can use it as much as you'd like throughout the month during our regular operating hours.

Questions? Message us through the Contact form on the site, or email kevin@thivemiddletown.com today.

*Cryotherapy is available to all members of the Thrive Family with the following exceptions:
Children under the age of 12, Pregnant women, those with heart issues or blood pressure,
those with severe raynaud's syndrome or a history of blood clots.*

