



Cryotherapy Preparation & Precautions

WARNING: DO NOT USE CRYOTHERAPY UNSUPERVISED!

All sessions must be conducted by a certified Cryotherapy Technician

1. Cryotherapy sessions are limited to 3 minutes (or less)
2. Must have DRY SKIN, including lotions, waxes, chemicals
3. Remove ALL jewelry, piercings or other metal accessories.
4. Must wear DRY SOCKS, DRY GLOVES and SLIPPERS (provided by Thrive CryoStudio)
5. MEN: Must wear undergarments
WOMEN: Clothing optional, underwear and cotton sports bra/bikini top is recommended
6. Head must remain above the chamber area during the session
7. If at anytime during the session, you feel light headed, or physically uncomfortable, please let the operator know
8. ALL customers **must have signed** the Liability Waiver prior to entering the cryotherapy chamber