

## CLIENT TESTIMONIAL

*"After I focused on my breathing it became a calming experience. As soon as I stepped out of the chamber, I felt my body adjust to the temperature and it gave me a euphoric feeling."*

**OMAR WARD**  
Personal Trainer at Innate  
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## WHAT IS CRYOTHERAPY?

Cryotherapy is a form of recovery therapy that involves putting the body through subzero temperatures. Sessions last as long as 3 and half minutes vapor temperatures as low as -170! This therapeutic method was first used to treat Rheumatoid Arthritis back in the late 1970's and has shown to have additional benefits in people searching for a whole body maintenance treatment.

*Your body is a machine, routine maintenance allows you to power through busy lives.*

## BENEFITS TO CRYOTHERAPY



### PAIN AND INFLAMMATION

Sub freezing temperatures restrict blood circulation that can lead to reduced pain and inflammation in muscles and joints. Excellent for recovery after surgeries or injuries.



### WEIGHT LOSS

Your body enters 'fight or flight' and rushes body to internal organs to maintain temperature. From there, the body works rigorously to repair vital organs resulting in up to 800 calories burned per session.



### MOOD BOOSTER

After completed sessions, blood rushes through your body releasing good feeling endorphins. Cryotherapy has been used in reducing anxiety and depression

## WHAT IS IT USED FOR?

- Cryotherapy has been used in studies, and has shown to help reduce pain, inflammation from people living with Fibromyalgia.
- The extreme cold is designed to kill off bad cells in the body, furthermore Cryotherapy The freezing of old or bad cells have shown signs of improving skin conditions.
- The constricting of blood vessels in the cold, to expanding upon exiting the chamber allows for a rush of energy. Recent studies have shown Cryotherapy to help decrease fatigue experienced from M.S.

