



Beginner

First cryotherapy session?
This shorter session is for you.

40 seconds of heat, up to 70 seconds of pre-cool, 150 seconds of cryotherapy.



Moderate

Ready to graduate from
Beginner? Go the full 3 minutes.

40 seconds of heat, up to 70 seconds of pre-cool, 180 seconds of cryotherapy at mild temperature.



Strong

Stepping up intensity and
colder than Moderate.

40 seconds of heat, up to 70 seconds of pre-cool, 180 seconds of cryotherapy at medium temperature.



Extreme

Start with heat, then reach
the coldest possible temperatures.

40 seconds of heat, up to 70 seconds of pre-cool, 180 seconds of cryotherapy at max temperature.



Intense

No heat, just 3 minutes at the
coldest possible temperatures.

Up to 70 seconds of pre cool, 180 seconds of cryotherapy at max temperature.



Thermo Contrast

Great heat and cold
contrasting effect.

40 seconds of heat, up to 70 seconds of pre-cool, 70 seconds of cryotherapy, 40 seconds of heat, 70 seconds of cryotherapy.



Lower Body

Great for focusing intensity
on the lower body.

40 seconds of heat, up to 70 seconds of pre-cool, 180 seconds of cryotherapy focused intensity from the waist down.



Upper Body

Great for focusing intensity
on the upper body.

40 seconds of heat, up to 70 seconds of pre-cool, 180 seconds of cryotherapy focused intensity from the waist up.