



Home



Wellness and SPA



Fitness



Yacht

3

minutes

at a temperature

-85°C



**criohome**

Bright Emotions Every Day

Air Cryosauna

# Criohome® Air Cryosauna

Today it is quite trendy to be healthy, enjoy life and its pleasures at any age. Criohome® air cryosauna helps to retain inherent energy of a young person for a long time, reach physical and mental balance.



## What is Cryotherapy?

“Cryotherapy” refers to the Greek word “kryos” which means “cold”, and “therapya” stands for “treatment”. The curative effect of cold is known probably to everyone. We are used to apply cold to injured spot, and when fever to the forehead. People take cold shower and even bathe in ice-holes in winter to fortify the body. From long ago and up to the present day cold is used in medicine as antiphlogistic, hemostatic and analgesic remedy. However, scientific study of cold influence on the human body and mind and use of low temperatures to cure diseases started not long ago. New horizons in this sphere opened thanks to latest achievements in low temperature physics and engineering.

## Criohome® Youth of the Body and Soul

“To be young in mind and body do not be afraid of neither heat nor cold”, - the words from old song are up-to-date more than ever. Cold exhilarates, fills with energy, tonicizes. The short-term exposure of cold affects the whole body and mind in especially useful way. In the early days people got cool in snowbanks and ice-holes. And where one can find pure snow or ice-hole in the city? Here air cryosauna Criohome® comes to help. And it is even cooler than the ice-hole as the temperature in cryosauna is  $-85^{\circ}\text{C}$ . The treatment procedure lasts 3 minutes, and you get the freshness feelings and cheerful mind for all day long. The low temperatures effect on the body and mind is an eustress. The organism allegedly awakes and directs its natural recovery forces to problem spots: immune and nervous systems are strengthened, pain in muscles and joints relieves, excess weight gradually leaves, and skin becomes clearer and younger.



## Criohome® The Way it Works

Air temperature inside the cold chamber is  $-85^{\circ}\text{C}$  whereat humidity level is about zero. Atmospheric air is cooled down by the cascade refrigerating machine and then supplied into the chamber. Thus, the system works without liquid nitrogen. This allows to stand cryoprocedure without any stress, and use Criohome® for homecare safely. Inside Criohome® a person undergoes treatment moving to favorite rhythms. Dry and frosty air impacts on skin receptors and thus boosts defense system of the body, mobilizes physiological resources, enhances immune system, and improves blood circulation. Therapy time takes up to 3 minutes. Short rest is recommended after a cryosession to enhance the effect. Whole body cryotherapy following with 20-minutes rest strengthens immune system, assists at coping with stress, do away with extra weight, cellulite and chronic diseases.



## CrioHome® Cryosauna for Health Improvement

CrioHome® is modern efficient and safe high-tech equipment for treatment and overall health improvement by the method of cryotherapy. Even one visit to cryosauna gives notable improvement of overall state. Cryotherapy treatment course allows to get rid of many health problems.

CrioHome® is used both in public health centers, and in private houses.

## CrioHome® in SPA, Wellness and Fitness Centers

With ever increasing frequency CrioHome® can be found in various healthcare, recreation and beauty centers.

Popular SPA, Wellness, Fitness centers, and beauty salons are equipped with cryosaunas along with traditional facilities. And this is not surprising as they wish to be in step with the time. And not only therapeutic aspects of cryosaunas are attractive, but also their technological nuances. Combination of cryotreatment and training sessions is an effective trend in beauty and health industry:

- CrioHome® relieves muscular and joint pain, prepares the body for upcoming sports activities, massage or other procedures.
- CrioHome® extensively helps with weight loss, reduction of cellulite, improvement of skin state, release from allergic reactions.
- CrioHome® raises vital tonus, stimulates nervous system, and enhances mood.

## CrioHome® is a High-tech Luxury Product

CrioHome® is designed according to high European standards of comfort. The exclusive invention based on advanced cryotechnologies is of high manufacturing quality, safety and reliability, and environmental friendliness. Ease in use and ergonomic factors of cryochamber help to save time and energy.

Attractive exterior and modern stylish design allow to fit it into any location, whether it is SPA, Fitness-center, home or yacht.

CrioHome® is for sure a worthfull acquisition for those who is used to take care of themselves, and does not make savings on good health. Besides, CrioHome® is of interest for those who is interested in top-class technological innovations in regard of SPA and Wellness. CrioHome® is an excellent decoration of a gorgeous smart home.

## CrioHome® Quality and Reliability

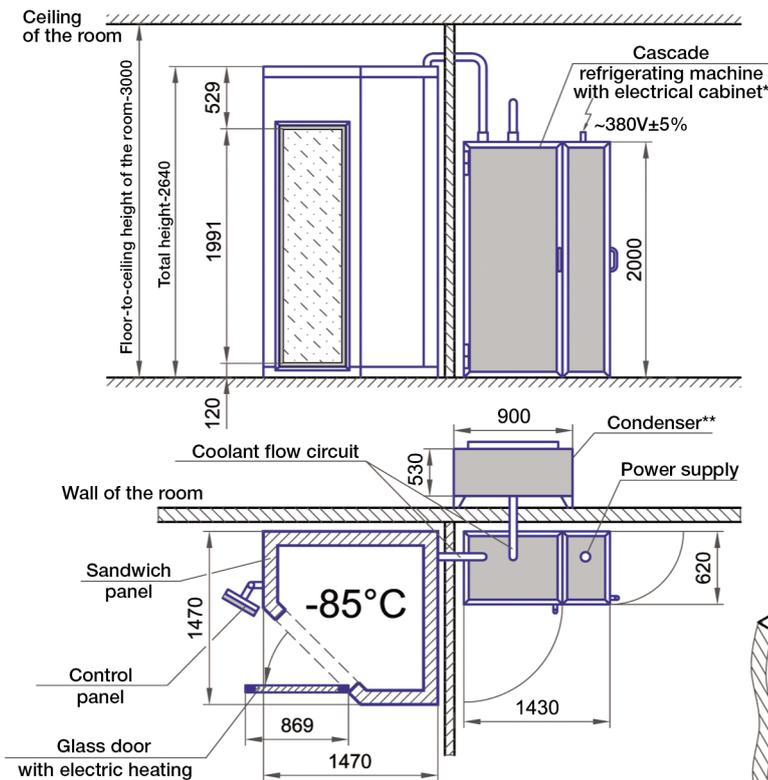
CrioHome® is a high-tech premium-class equipment. And inherent properties of such product, namely high quality, reliability and safety are guaranteed by high reputation of its manufacturer Zimmer MedizinSysteme GmbH and supplier Cryotec LLC who renders the following services:

- Development of individual project of cryosauna
- Installation, start-up and commissioning of the equipment
- Warranty and after-sales service
- Individual support during the whole period of the product life cycle

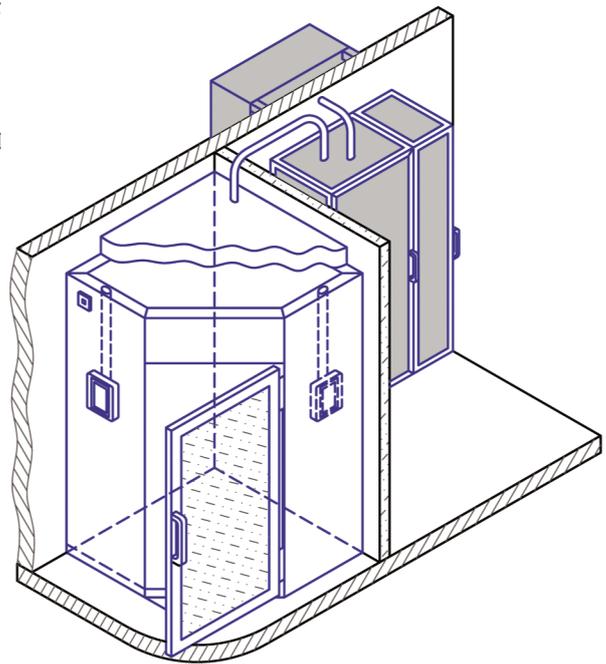
# Technical Specifications



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Maximum power input	8 kW
Power supply voltage	380V±5%
Maximum current	20A
Weight of cryosauna	~700kg
Weight of refrigerating machine	~680kg
Start-up time	1,5h



- \* Refrigerating machine with electrical cabinet may be placed up to 15 meters away from cryosauna as for horizontally or vertically.
- \*\* Condenser may be placed up to 25 meters away from the refrigerating machine.



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Made in Germany