

READY FOR THE CRYO SAUNA?

Socks

Gloves

Boots

Underwear

— CAUTION —

1. Must have dry skin
2. Must wear dry long socks
3. Must wear boots (supplied)
4. Must wear dry gloves (supplied)
5. Remove ALL jewellery
6. Must wear dry underwear / swimwear
7. Max time in Cryo Sauna 3min

For further contraindications or risks
please consult your physician.

USE AT OWN RISK.

Prolonged exposure to cold temperatures
may result in skin burns and other injuries.

