

Clinically Proven Benefits of Whole Body Cryo and Red Light Therapy

Whole Body Cryotherapy (Nitrogen-Free)

- Significantly Reduce Pain & Inflammation
- Reduce Muscle Soreness
- Accelerate Injury Recovery
- Improve Sleep Patterns
- Boost Mood & Energy
- Release Powerful Endorphins
- Enhance Athletic Performance

Red Light Therapy

- Significantly Improve Mitochondrial Function at the Cellular Level
- Reduce Joint Pain & Inflammation
- Accelerate Tissue Repair
- Boost Mood & Energy
- Boost Mental Cognition
- Increase Muscle Growth
- Improve Circulation

****Used by professional athletes in NFL, NBA, NHL, MLB, UFC,
and Olympic Training Centers****

Contact Info

US Cryotherapy

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Brief Description of US Cryotherapy Austin Services

Main Treatments (\$40)

Whole Body Cryotherapy

2.5 to 3.5 minute nitrogen-free whole body cryotherapy naturally reduces pain, accelerates recovery, reduces inflammation, and boosts endorphins!

Red Light Therapy

10 minute exposure to red (660nm) and near-infrared (850nm) light boosts mitochondrial activity and optimizes cellular output for an array of health benefits!

CryoFacial Rejuvenation

6 minute -22F cryofacial naturally stimulates collagen to reduce wrinkles, tighten skin, and reduces blemishes!

Add-On Treatments (\$15)

Localized Cryotherapy

3-min treatment of -22F degree air applied directly to affected areas, such as joints and muscle tissue, with the goal of decreasing the temperature of the skin down to 40F which provides better pain & inflammation relief than any ice pack.

NormaTec Compression

10-min high-pressure, pulsating compression therapy that promotes circulation and flushes out inflammation, lactic acid, and swelling.

Legs and Hip attachments available.

Hydromassage Bed

10-min warm water massage that pulsates a firm, but gentle water jet up at the body at a frequency of 100 bpm, which enhances circulation and promotes lymphatic drainage.

Theragun Percussive Massage

3-min targeted percussive vibration massage treatment which applies a 40 percussions per second nodule directly on the skin to break up tension, fascial adhesion, and eliminate knots.

Premium Treatments (Pricing Varies)

Cryoskin Slimming & Toning - (Single Session = \$350 | 5-Pack Sessions = \$1,500)

Slimming and Toning treatments safely and effectively stimulate significant fat loss, cellulite reduction, and potent collagen production.

Cryoskin is appointment-based only.

IV Drips by NUUVO Health - (IV Drip Prices Varies \$155-\$240)

Fluid therapy helps optimize your life, hydrates your body, and balances work, fitness, and play.

IV Drip is appointment-based on select Saturdays only.