



CRYONIS

CRYO & IONI SPA

MARBELLA



MAXIMUM PERFORMANCE.
BEST RECOVERY.

DISCOVER THE **POWER** OF CRYOTHERAPY

Discover our
single sessions and
treatment packages

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Your new spa
for **cryotherapy**
in Marbella.

1 CRYOTHERAPY FOR REGENERATION IN THE FIELD OF SPORTS AND FITNESS

For many years, cryotherapy has been used for medical reasons in competitive and recreational sports in order to help athletes and sports people to regenerate physically after contests or training sessions and to accelerate regeneration.

Stars such as Kobe Bryant, Floyd Mayweather Jr., Cristiano Ronaldo and his Real Madrid team, Gareth Bale, Jamie Vardy, Justin Gatlin, Jason Terry, Andrej Arlovski, Stipe Miocic and Tiger Woods use cryotherapy as an important part of their regeneration programme.

The targeted use of cold accelerates the healing process in the muscle structure, has an anti-inflammatory effect, reduces the swelling of muscles, stabilises affected joints and results in a considerable increase in performance. Cryotherapy enables you to work out longer and harder – achieve maximum results for your workouts and your contests!

- *Cryotherapy stabilises joints*
- *Cryotherapy has an anti-inflammatory effect*
- *Cryotherapy enhances your performance capability*

2 CRYOTHERAPY FOR PAIN RELIEF

Use the pain-relieving effect of cold for your benefit! Like the commonly used ice pack which is placed on the respective part of the body or joint, cryotherapy serves as an analgesic. The treatment in our cryosauna slows down the signal transmission of the nerves which make the pain noticeable, and reduces the pain you feel. In addition, the treatment with cold releases endorphins and anti-inflammatory proteins in the bloodstream. This results in an immediate reduction of the sensitivity to pain and an anti-inflammatory effect.

After only one session, pain caused by injuries, inflammations, surgery or a chronic illness such as back pain and tendinitis are considerably reduced. Several cryotherapy sessions can even achieve pain alleviation for months.

- *Cryotherapy reduces your sensitivity to pain*
- *Cryotherapy has an anti-inflammatory effect*
- *Cryotherapy accelerates the healing process*



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