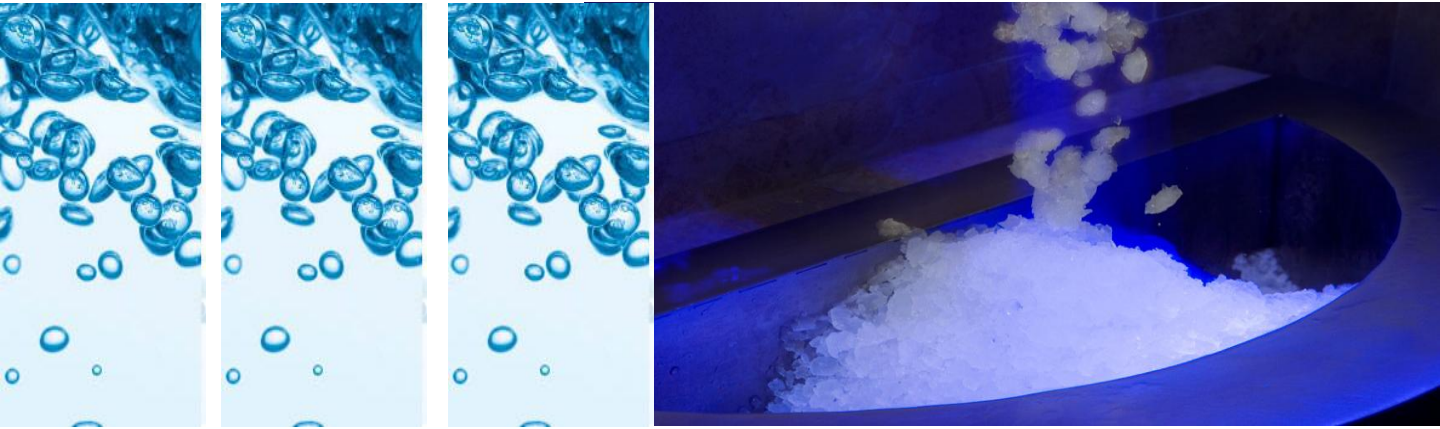




CRYOTHERAPY TREATMENT

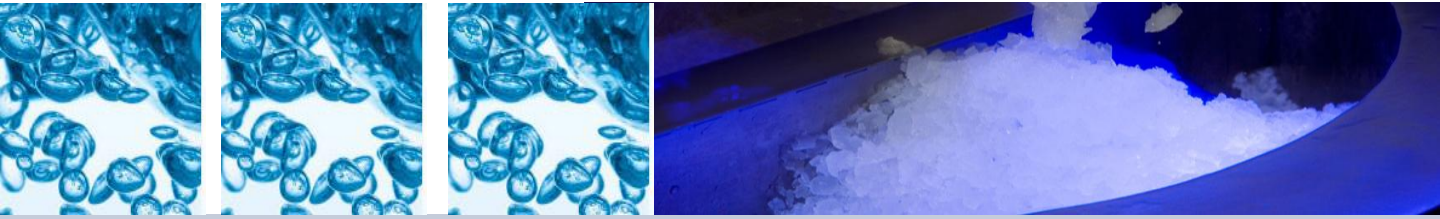
Enjoy the benefits of **ITV ice** in any of the SPA centers in Spain. A refreshing circulatory massage on the legs using crushed ice from our **source of IQ ice** and aromatic oil followed by a facial massage with contrasting temperatures using crushed ice and previously heated Herbal Balls in order to achieve a tensor effect.



EFFECTS OF CRYOTHERAPY

- Initial superficial VASOCONSTRICTION.
- Reactive VASODILATION.
- Decrease in the chemical cellular activity.
- Decrease in the accumulation of harmful and spasmogenic products.
- Decrease in the nutritional needs of the area.
- Decrease in the necessity for oxygen.
- Improves the autogenous drainage of the body.
- inhibits muscular spasms.

Analgesia due to a decrease in the pain threshold.



EFFECTS OF MASSAGE THERAPY COMBINED WITH PREVIOUS CRYOTHERAPY:

- Drainage of catabolic residue.
- Reduction in hypertonia and spasms.
- Increase in the blood supply, increase of the vascularization (Vasodilation).
- Increase in the internal temperature of the muscle.
- Improves of the movement of the different aponeurotic planes.
- Elimination of myalgia, adhesion and trigger points.
- Elimination of symptoms of muscular fatigue.



- Side effects do not normally occur although it is necessary to keep an eye on the application of ice so that burns on the skin or damages in the nervous system are not produced, it is very important to control the degree of humidity of the ice (IQ perfect)
- With the application of ice a significant reduction in the volume of local blood is produced.
- Decrease in the inflammation and edema.
- Decrease in pain and muscular spasms, as well as a decrease in the velocity of conduction of the peripheral nerves.
- It stimulates the muscular function when it is applied with stimuli of short duration
- It initially produces vasoconstriction, both direct cooling of the smooth musculature of the vessels as well as by reflex stimulation of the adrenergic endings. The blood flow is reduced, the blood viscosity increases, the extravasation of liquid toward the interstice is reduced. By maintaining the cooling for more than 10' or in the case that the temperature reaches 10º C, vasodilation is produced followed by another vasoconstriction as effort made by the organism to conserve the corporal temperature.