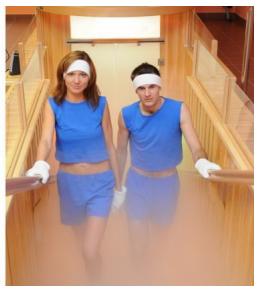


Natural cure treatments in health Spas: Cryotherapy



Cryotherapy is sort of general or local utilization of extremely low temperatures in **natural cure remedies**. The term "cryotherapy" comes from the ancient Greek cryo meaning cold and the therapy stands for cure. The term has been around since the 1880s. The method is widely use in Czech spa programs as a part of **natural therapy** for many indications.

Cryotherapy, or treatment with low temperatures, is an important and unique allurement in the world of vitality. The person spends 30 seconds in a fore-chamber at -60°C and another 2 to 3 minutes directly in a cryo chamber cooled with liquid air to about -130°C . This procedure has excellent anti-inflammatory effects, reduces pain and muscle tension, poignancy and spasms, accelerates the healing processes, strengthens the immune system, helps eliminate cellulite, works as an anti-depressant, stimulates the creation of the male hormone testosterone, and brings about positive sensations by the increasing the production of endorphins.

Full regeneration may be wrapped up with a classical, aromatic massage or other forms of natural cure remedies. After spending time in the cryo chamber, it is absolutely imperative to spend around 30 minutes actively exercise on equipment that will enable quick perfusion in the body and thus rid the body of toxic waste.

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