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## **Grace Medical Aesthetics Brings The First Whole Body Cryotherapy Sauna To Connecticut.**

Whole body cryotherapy, or WBC - is a treatment popular in Europe that has gained recognition in the US recently due to the popularity of professional sports teams and celebrities publicly showcasing its benefits. Featured on shows such as Dr. Oz, The Doctors, and The Real Housewives of Beverly Hills, it is becoming a buzzword among athletes and the beauty minded alike. The Dallas Mavericks, Phoenix Suns, Jennifer Aniston, and Demi Moore report benefits such as: decreased workout recovery time, decreased whole body inflammation, increased body collagen production, increased energy and euphoria, a decrease in chronic pain and a significant metabolism boost with calorie burns in the range of 500-700 calories per session.

Whole body cryotherapy utilizes the healing properties of cold therapy via nitrogen gas to cool the skin surface temperature to approximately -220 Fahrenheit. During the 2-3 minute session, the body sends its blood flow to the core – a built-in protective reflex when the body senses extreme cold. Although the actual body temperature does not fluctuate, we can trick the body into thinking so, thus triggering the previously mentioned benefits.

“This modality was first utilized in Japan in 1978 to treat rheumatoid arthritis,” says **Cryohealthcare’s** managing director Emilia Kuehne. “More recently, studies conducted in Europe over the last two decades have established WBC as a powerful treatment for inflammatory disorders and injuries. Every client experiences a different result, whether that’s pain relief, recovery, changes in mood, **better sleep**, improvement in various skin conditions, or weight loss.

Grace Medical Aesthetics – a medical spa in Southbury, CT, is now offering Cryotherapy sessions beginning in March 2016 under the supervision of medical personnel. While the US is just beginning to recognize the outstanding benefits of Whole Body Cryotherapy, it has been utilized as an adjunct medical treatment in Europe for over 20 years. We are excited to be the first to offer this holistic, natural, safe, and invigorating treatment to Connecticut residents.

For further information or Press Opportunities, please contact Jennifer Berardi at [jenniferatgrace@gmail.com](mailto:jenniferatgrace@gmail.com) or call the office at [860-578-4722](tel:860-578-4722).

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