**Who shouldn't do it?**

There are few contraindications for this treatment. But we must still be vigilant about some pathologies: Severe Raynaud's syndrome, Severe allergy to cold, and Progressive Diseases (MS, ALS, Parkinson's, neuropathy), Clients with irremovable body piercings in the treatment area, and Clients with implants in the treatment area are contraindicated for all Cryoskin sessions. Pregnancy/Breastfeeding is contraindicated for all sessions except the Facial Toning (Absolutely NO body sessions). For Slimming sessions specifically: Active Cancer, HIV/AIDS, Lymphatic Disorders, Severe Kidney and Liver Disease, Severe Diabetes.

**What are the contraindications specific to the Facial?**

Must respect the waiting period if the client uses Botox or fillers. Botox: minimum one month. Fillers: minimum three months.

**Can I do this if I'm pregnant?**

Like any external treatment, this is not advisable and of course forbidden on any body areas. The safest is to abstain from treatments altogether. Facial Toning sessions are the only option that we leave up to the discretion of the retailer for clients that are pregnant or breastfeeding.

**What are the side effects?**

There are few. Sometimes localized redness that disappears after a few hours. Sometimes some delayed onset muscle soreness that rarely exceeds 2 to 3 hours. There may also be some itching without consequences and often due to the reactions of certain cosmetic products used by clients. Hence it is good to ask clients to not use anything (i.e. strong lotions) before coming to do the treatment because some products can crystallize to the cold and cause discomfort. It is also normal after Slimming sessions for clients to experience increased urination and/or change in urine color or smell.

**Why is this effective for Cellulite?**The treatment causes vasoconstriction then vasodilation in the blood vessels. This increases blood flow which results in increased Collagen and Elastin production. Collagen helps to break down Cellulite.

**How does it feel?**

The feeling is rather pleasant thanks to the start of the treatment which is generally done with a short period of skin warming and a gradual but rapid decrease of the temperature. At the end of the treatment, the thermal shock appears very quickly, which gives a feeling of warmth and lightness at the same time.

**Is there evidence for permanent effects for the Cryoskin Facial?**

The treatment is more temporary for Face Lifts. The cold creates constriction then dilation in the treated area. This increases the production of collagen which helps to reduce the appearance of fine lines / wrinkles. The treatment also closes the pores and increases the elasticity of the skin which gives you the “Cryoskin glow”. However the aging process continues unfortunately so the effect is not permanent.

**How does the Slimming treatment work?**

The treatment works by triggering the phenomenon of apoptosis of the fat cells. This is achieved without risk to the other tissues (in particular muscular tissue) by the fact that the intracellular electrolytes of the fat cell are the first to crystallize in the cold before all the others. This crystallization is information brought to the cell to program self destruction. One could say that cryotherapy is a homeopathic treatment specific to the fat cell. (Homeopathy consists in inducing information to certain molecules).

**How often can I do it?**The usual frequency is 1 treatment every 14 days (for slimming treatments). There is a physiological reason for this: when apoptosis occurs and some fat cells die, waste is formed. This will be eliminated by natural routes (blood, lymphatic system, and then urine). Metabolism must therefore be allowed to evacuate this waste without overloading the circuits. Toning treatments can be performed once every week.

**Can I workout before/after?**

We don't recommend working out within 2 hours before a Slimming session as this can make it difficult to cool the client down. Working out directly afterwards is fine.

**Why can you not eat sugar for 2 hours before or after a Slimming session?**

To get the best results following a Cryoskin session, you should not eat any sugar for at minimum 2 hours before and after the session. The reason for this is that sugar is a strong power source for fat cells. It’s factual, all nutritionists would attest that to succeed a diet slimming, sugar is the first thing to stop. As you know, the cold weakens and retracts the adipocyte but if you eat sugar, that will give it back immediate energy so the apoptosis effect will be less efficient even could be canceled. Be careful, when we talk about sugar, we talk about all kind of sugars as slow sugar (pasta, rice, bread, cereals, fruit, alcohol) and of course fast-acting sugar.

**What do I need to bring?**

Nothing. If anything, the best possible diet and lifestyle to accompany the treatments (drink plenty of water in particular).

**How quickly will I see results?**

For the Slimming, the first results are generally visible from the first session and often very encouraging. However, it should be noted that the best results appear from 15 days to 3 weeks after the start of treatment and extend for several months after the end of treatment. For the Facial, results are visible right away. For the Toning, results are generally visible subtly from the first session and are at their best about 3-5 days after.

**How long do those results last?**

Depending on the individual and depending also on their lifestyle and diet, the results last several months or several years. It is advisable to come back for 2 or 3 maintenance sessions 6 months after the end of treatment to maintain results.

**Can I do anything that enhances the treatment?**

By implementing a healthy lifestyle and a good diet first. But also by the addition of a powerful drainage treatment in depth (lots of water, walking, exercise, compression).

**Do legs count as 1 area or 2?**

The legs would count as one area because you would divide the time between each leg (14 mins on one leg, 14 mins on the other).