



CLITHEROE  
CRYO 

**ALL ABOUT CRYOTHERAPY**

FIND OUT WHAT WE OFFER AT CLITHEROE CRYO

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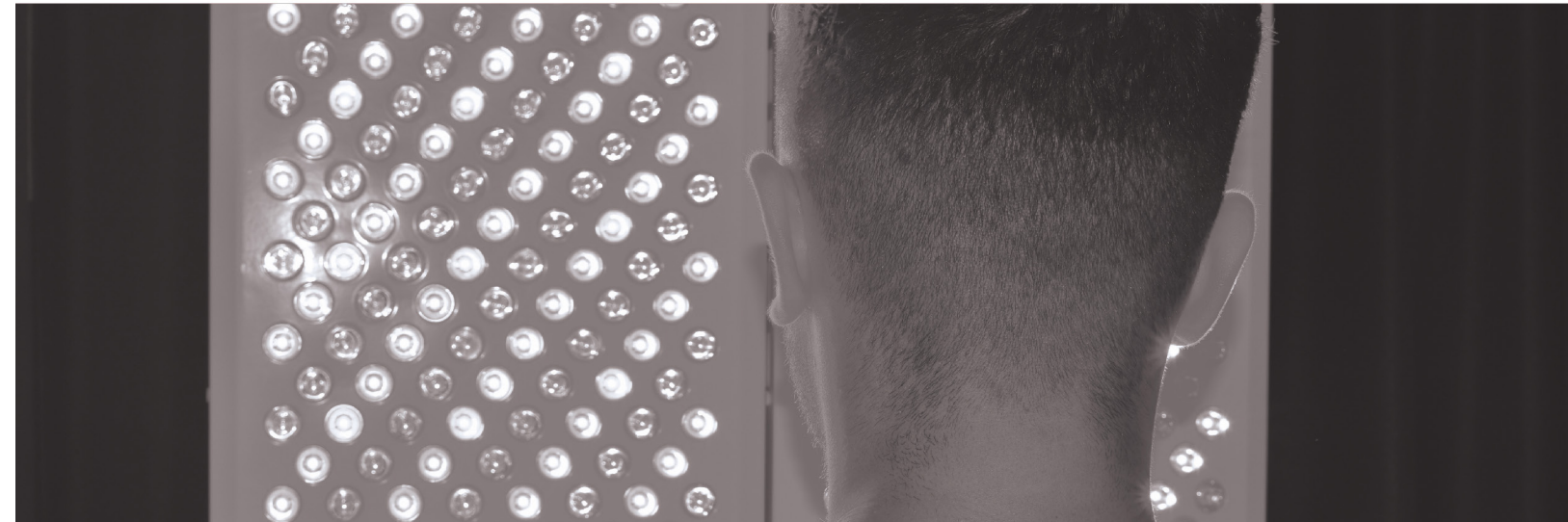
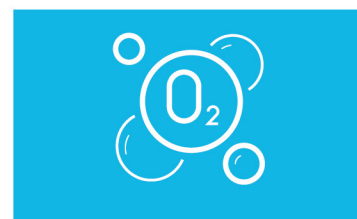
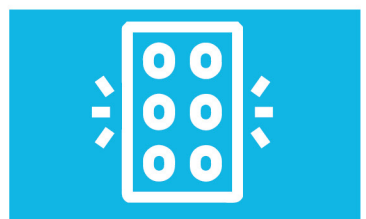
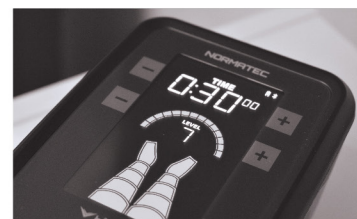
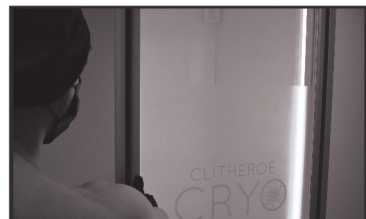
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## OUR COMPANY

*Our passion for cryotherapy and the benefits of cold therapy began in 2019, when our founder Chris Deaville was listening to Chris Evans on the radio. Evans had a special guest that day who was no other than the dutch extreme athlete and motivational speaker, Wim Hof.*

Wim or what he is commonly known as "The Iceman" holds 26 world records in all things related to ice/cold exposure and was on the show telling Evans of the great benefits with having cold showers and breathing.

Clitheroe Cryo founder, Chris Deaville, started some years ago by taking cold showers, where he began to learn about the benefits for health, skin, sleep, and muscle soreness. From there Chris conducted extensive research and once he had learned about cold therapy, he felt he wanted to know more. Chris dedicates his love for cryotherapy to the Dutch extreme athlete and motivational speaker, Wim Hof. From there, Clitheroe Cryo was born, and the rest they say, is history!



## MEET THE TEAM



Founder  
**WELCOME**

*Chris Deaville*

**Chris Deaville**  
Director & Founder

## A great business comes from a **great idea**

Beginning his career in the Royal Corps of Signals, Chris honed his discipline and determination in the military. However, a serendipitous encounter with the extraordinary Wim Hof and his cold exposure techniques led Chris to a transformative shift in his life's trajectory. Fueled by a newfound passion for health and wellbeing, he embarked on a dynamic career in the wellness industry, driven by his deep commitment to helping others unlock their full potential and lead healthier, more fulfilling lives. Chris Deaville is a testament to the power of personal reinvention and the profound impact it can have on not only one's life but the lives of those he inspires.



*Nathan Hindle*

**Nathan Hindle**  
Director

Nathan Hindle embarked on a remarkable journey, commencing his career in the Royal Air Force before making the decisive move to join the family enterprise, Clitheroe Cryo. His profound background in sports science and unwavering dedication to fitness and wellness have been instrumental in shaping his path. Now, Nathan leverages his knowledge and experience to wholeheartedly devote himself to offering top-tier wellness services to our valued customers. His passion and commitment are evident in every aspect of Clitheroe Cryo's mission to empower individuals on their wellness journey.

## OUR SERVICES

**Cryotherapy**

Whole body cryotherapy (WBC) is the therapeutic application of extremely cold dry air, in our case a temperature of 87°C / 124°F. Whole body cryotherapy boosts energy and stimulates the body's natural healing abilities.

[See pages 9-10](#)

**Visbody 3D Body scanner**

An intelligent 3D body scanner that combines 3D optical scanning technology to generate the user a 3D avatar, designed to transform the way we interact with our bodies. By recording and tracking changes in body shape, composition and dimensions, the trajectory of changes in the body are more accurately presented.

[See page 11](#)

**Compression Therapy**

Compression therapy is the process of applying focused and controlled pressure to a muscle group to increase blood flow, aid partial lymphatic drainage in order to help remove toxins, and speed up recovery.

[See pages 12-13](#)

**Localised Cryotherapy**

Localised Cryotherapy applications are used to reduce pain, inflammation, bruising and swelling in targeted areas by directing a flow of super chilled air over the area.

[See pages 14-15](#)

**Cryo Facial**

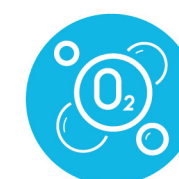
The Cryo Facial cools your skin to around 5-7 degrees celsius which turns on the bodies' bio-response of boosting collagen, instantly tightening the skin, reducing fine lines and wrinkles, relieving tension, and stress and for some headaches.

[See page 15](#)

**Red Light Therapy**

Red light therapy naturally stimulates your body's own production of ATP (Adenosine Triphosphate), a key element in cellular regeneration. It's been identified as a great way to aid in faster healing, immune boosting, anti-aging, mood enhancement, muscle recovery, and much more.

[See pages 16-17](#)

**Hyperbaric Oxygen Therapy**

Hyperbaric oxygen therapy is performed using our brand-new hyperbaric oxygen chamber. Oxygen therapy is a specialist treatment that has been used for many years to treat a variety of medical conditions and provide mental health support to clients by saturating the body with concentrated oxygen.

[See pages 18-19](#)





## CRYOTHERAPY



*We utilise a state of the art whole body cryo chamber to give clients a safe and controlled cold exposure experience, which can help the body heal, recover and rejuvenate. Cryo chambers provide a controlled, cold environment to help the body heal and recover.*

### **Cryotherapy can relieve pain and soothe aching joints.**

Cryotherapy has been around for centuries, and in recent years, its popularity has grown exponentially.

Clitheroe Cryo is a leading provider of cryotherapy services in Lancashire, offering a range of services designed to help people achieve their health goals.

We offer cryotherapy for customers in our specialist Cryo Chamber, designed to cool the body to -87C -124F. The extreme cold helps to stimulate the body's natural healing process, for health benefits that are truly remarkable.

Cryotherapy is becoming increasingly popular across the world to improve

overall health and wellbeing. As the extreme cold temperatures can help to:

- Reduce inflammation
- Improve circulation
- Aid weight loss
- Helps combat eczema, psoriasis and acne
- Reduces pain
- and even improve mood.

### **What's more, Cryotherapy can also help to:**

- Reduce stress levels
- Improve sleep
- And boost the immune system

### **Cryotherapy can aid weight loss and positively impact mental health and wellness.**

Cryotherapy for weight loss is a relatively new concept that has been gaining traction in recent years. It involves the use of extremely cold temperatures to help you to burn calories and lose weight.

Since cryotherapy works by exposing you to extreme cold temperatures, this causes the body to enter a state of thermogenesis. Which is when the body begins to burn calories to produce heat. During this process, the body releases hormones like adrenaline and noradrenaline, which help to increase the body's metabolic rate and burn more calories.

What is even more impressive about cryotherapy is how fast the treatment works. Our clients have seen positive results in weight loss following on from a cryotherapy session, which can help you to lose up to 800 calories.

In addition to burning calories, cryotherapy can also help to reduce inflammation and pain, as well as improve circulation and reduce stress levels. This can help to improve overall health and wellbeing, which can help to promote weight loss.

However, cryotherapy for weight loss is not a miracle cure, and it is important to remember that it should be used as part of a healthy lifestyle. Eating a balanced diet and getting regular exercise are both essential for achieving and maintaining a healthy weight.

Overall, cryotherapy can be a great way to help you to lose weight and improve your overall health. At Clitheroe Cryo we have experienced staff who can talk you through every step of the process.

So, if you are looking for a way to reduce inflammation, improve circulation, reduce muscle soreness, and even help with weight loss, cryotherapy could be the right choice for you. Contact Clitheroe Cryo for more information on cryotherapy.



**What to wear in our cryo chamber:**

At Clitheroe Cryo we take our customers health and wellbeing very seriously. For that reason, we will provide you with:

- Thermal headband
- Thermal gloves
- A facemask
- Footwear

For use in our cryo chamber. You can of course choose to bring your own if you would prefer.

**Females are advised to wear:**

- Shorts
- Gym vest or sports bra
- Warm socks.

**Males are advised to wear:**

- Shorts
- Warm socks

*Appointments are up to 30 mins to allow for consultation and getting changed*

**VISBODY 3D BODY SCANNER**

*The Visbody S-30 3D body scanner not only uses BIA technology to accurately analyse body composition, but also combines 3D optical scanning technology to generate the user a 3D avatar. By recording and tracking changes in body shape, composition and dimensions, the trajectory of changes in the body are more accurately presented.*

In a world where precision and personalisation are paramount, our cutting-edge technology takes body scanning to a whole new level. The Visbody S-30 is a revolutionary 3D body scanner designed to transform the way we interact with our bodies. Whether you're in the fitness, fashion, or healthcare industry, or simply looking to enhance your own health and well-being, the Visbody S-30 offers a myriad of benefits that can cater to your unique needs.

- Precision & accuracy
- Efficiency
- Personalisation
- Health and fitness tracking
- 3D Visualisation
- User-friendly interface

The Visbody S-30 3D Body Scanner is a game-changer in the world of body scanning technology. Its precision, efficiency, and versatility make it an invaluable tool for various individuals. With the Visbody S-30, you're not just scanning your body; you're unlocking a world of possibilities for customisation,

health improvement, and innovation by assessing:

- Body composition (such as body fat percentage, skeletal muscle mass, lean body muscle mass, water retention)
- Circumference measurements
- Posture analysis
- Shoulder functions

Experience the future of body scanning with Visbody S-30 and embark on a journey towards a more tailored and healthier you.





## COMPRESSION THERAPY



*Compression therapy enhances lymphatic drainage by applying controlled pressure to the affected areas, facilitating the movement of lymphatic fluid, reducing swelling, and promoting more efficient waste elimination from the body.*

Compression therapy can be an alternative or complimentary to physiotherapy and/or the need for a chiropractor, and especially beneficial if you are on your feet all day!

Compression therapy works by applying pressure to the affected area to reduce swelling, increase circulation, and provide pain relief. Our compression sleeves and boots are designed to massage the muscles to improve the circulation in your arms and legs and speed up recovery.

### Compression Therapy also helps to:

- Improve range of motion after injury
- Flush out lactic acid
- Combat cellulite

Whilst compression therapy can be enjoyed by almost everyone, it is extremely beneficial for those people who work on their feet, such as:

- Hairdressers
- Nurses & other health care workers
- Construction workers
- Postal workers
- Retailers
- Waiters/Waitresses
- And more!



Moreover, compression therapy can be ideal for anyone who battles poor circulation such as those with:

- Diabetes
- Varicose veins
- Any other circulation disease (Except for those with DVT)

And athletes such as:

- Runners
- Swimmers
- Cyclists
- Footballers
- Triathletes
- Weightlifters
- Cross Fitters
- Rugby Players
- Walkers
- Basketball, Tennis, Netball, and Hockey players

Compression therapy is a type of physical therapy that uses pressure to treat a variety of musculoskeletal conditions for our clients. It is a non-invasive, drug-free treatment option that can help reduce pain, improve range of motion, and improve overall physical function.

At Clitheroe Cryo we have seen that compression therapy is becoming increasingly popular because it is an effective, non-invasive treatment option for a variety of musculoskeletal conditions, including:

- Arthritis
- Tendinitis
- Muscle strains
- Post-surgical healing.

*For more information on compression therapy for pain relief or using a chiropractor from Clitheroe Cryo, contact us today.*

## LOCALISED CRYOTHERAPY



*Localised cryo is a form of therapy that uses extremely cold temperatures to reduce inflammation and provide pain relief to specific areas of the body.*

It is a non-invasive procedure that is used to treat a variety of conditions, including:

- Arthritis
- Sports injuries
- Chronic pain
- Bites and stings
- Tennis elbow
- Sprained ankles and wrists
- Headaches and migraines

But the benefits of localised cryotherapy don't stop there! It can:

- Reduce inflammation and pain
- Improve circulation
- Increase range of motion
- Reduce muscle spasms
- Improve recovery time

In addition, localised cryotherapy can help to improve skin complexion and texture, reduce the appearance of wrinkles, and reduce the appearance of cellulite.

We offer a range of localised cryotherapy treatments that can help you achieve the pain relief you need.

**What to expect with localised cryotherapy. A targeted, natural, and non-invasive pain relief.**

During your treatment, you will receive targeted cold air directly to the place of pain or injury.

Localised cryotherapy focuses on helping your body to provide natural pain relief through changes in the inflammatory response from the extreme cold. Since localised cryotherapy is a safe and effective form of pain relief that can be used to treat a variety of conditions, it can also be used to prevent further cell damage following injuries such as sprains, strains, or bruises.

## CYRO FACIAL



*The Cryo Facial cools your skin to around 5-7 degrees celsius which turns on the bodies' bio-response of boosting collagen, instantly tightening the skin, reducing fine lines and wrinkles, relieving tension, stress and headaches.*

**Discover the many benefits of cryo facials**

Cryo facials are revolutionary way to combat skin damage and aging.

This treatment has become increasingly popular, due to its ability to improve the overall health of the skin and reduce the appearance of wrinkles, fine lines, and sun damage.

The treatment involves applying a cold device to the skin, which causes the skin to contract. This temporary contraction helps to improve the supply of oxygen rich blood to the

dermis and epidermis (layers of the skin), which stimulates the production of collagen.

**The benefits of cryo facials are:**

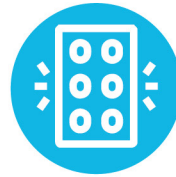
- Improved skin elasticity
- Reduce fine lines & wrinkles
- Skin hydration
- Wound healing
- Prevention of skin sagging
- UV protection
- Improved skin complexion
- Increases collagen production

*For more information on cryo facials, contact Clitheroe Cryo.*





## RED LIGHT THERAPY



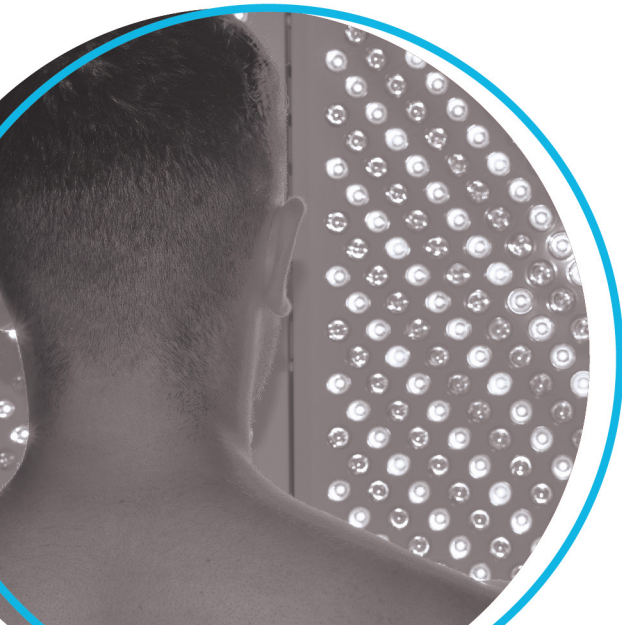
*Mental health support is essential for a healthy and balanced life, and the use of red light therapy is becoming increasingly popular as a natural mental health support.*

Red light therapy works by naturally stimulating your body's production of ATP (Adenosine Triphosphate). ATP is a molecule that helps to power the body's cells. It is produced in the mitochondria, the powerhouses of the cells, and is responsible for providing energy. What's more, ATP helps to keep the cells healthy and functioning properly.

### The benefits include:

- Reduce stress
- Improve mood
- Promote a sense of wellbeing
- Improve your energy levels
- Reduce fatigue
- Promote healing
- Anxiety
- Depression
- Increasing the function of the mitochondria
- Increasing blood flow
- Protection of neurons and neuron damage
- Anti-inflammatory
- Hormonal regulation like serotonin and melatonin
- Improving sleep quality

What's more, red light therapy can also help to increase the production of endorphins, which are the body's natural feel-good hormones. This can help to improve your overall mood and make you feel more relaxed and energised.



### Red Light Therapy can increase recovery time

In recent years, red light therapy has been gaining traction as a natural way to help with recovery time and boost your mood. With its numerous benefits, it's no wonder so many people are turning to red light therapy to improve their overall well-being.

Red light therapy is known to help with inflammation and pain, helping customers with:

- Enhance recovery time
- Improved skin health
- Improve fertility
- Even hair growth.

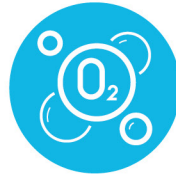
Moreover, red light therapy can help to fight skin conditions such as:

- Psoriasis
- Eczema
- Acne

*For more information on Red Light Therapy, contact Clitheroe Cryo.*



## OXYGEN THERAPY



*Our Oxygen therapy is performed using our brand-new hyperbaric oxygen chamber. Oxygen therapy is a specialist treatment that has been used for many years to treat a variety of medical conditions and provide mental and physical support to clients.*

Oxygen therapy provides oxygen to the body through inhalation. The oxygen can help to improve the body's ability to absorb and use oxygen, which can help to improve overall physical and mental health. During oxygen therapy you will be placed inside the hyperbaric chamber with increased air pressure that helps your lungs breathe in pure 95% oxygen, leaving you 10-15 more times oxygenated after just a few sessions.

### Regular sessions of oxygen therapy can help:

- Hasten wound healing
- Post-surgery recovery
- Treatment of decompression sickness
- Carbon monoxide poisoning
- Treatment of infections
- COPD symptoms
- Neurological conditions
- Inflammatory conditions
- Sports injuries

Oxygen therapy is known to be used as part of elite level athlete recovery process to increase performance or

heal from an injury.

Oxygen therapy is designed to provide oxygen to the body in the most efficient way possible. By using state-of-the-art technology in our Hyperbaric Oxygen Chamber, we can ensure you receive the highest quality oxygen therapy available.

### Oxygen therapy for mental health support and improved cognitive ability

Oxygen therapy is a safe and effective way to improve mental health and cognitive ability. It is also a great way to reduce stress and anxiety levels and can be used to help people cope with depression. So, if you're looking mental health support and want to improve your overall cognitive ability, then oxygen therapy may be the perfect solution for you.

We offer oxygen therapy as a safe and effective way to:

- **Boost Collagen Production:** Helps to increase the production of collagen in the skin, which helps to reduce wrinkles and keep the skin looking youthful.
- **Improve Skin Tone:** Making your skin look brighter and healthier.
- **Reduce Pore Size:** Can help to reduce the size of pores, giving the skin a smoother and more even appearance.
- **Hydrate the Skin:** Leaving it feeling soft and supple.
- **Reduce Inflammation:** Oxygen therapy can help to reduce inflammation in the skin, which can help to reduce the appearance of fine lines and wrinkles.

### Treat chronic illnesses by aiding essential tissue repair

We understand the importance of oxygen therapy in treating chronic illnesses. Oxygen therapy is a service that can help improve the quality of life for those suffering from chronic illnesses such as COPD, asthma, and cystic fibrosis, and oxygenate cells to facilitate the repair of essential tissue.

Oxygen therapy can also help reduce inflammation and improve the body's ability to fight infection. Which is essential for patients struggling with cystic fibrosis and other life limiting respiratory conditions such as COPD by helping with shortness of breath and fatigue.

Our Oxygen therapy sessions are typically done in a session of one hour, and the effects can last for several days. Multiple sessions are recommended to maximise benefits.

*For more information on oxygen therapy for anti-aging, contact Clitheroe Cryo*





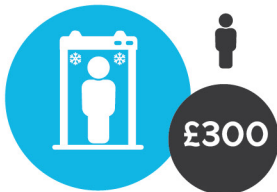
PRICES & BUNDLE OFFERS



**Cryo Chamber**  
One x3 min session  
*1 person session*



**Cryo Chamber**  
Five x3 min session  
*1 person session (£35 per session)*



**Cryo Chamber**  
Ten x3 min session  
*1 person session (£30 per session)*



**Cryo Chamber**  
One x3 min session  
*2 person session*



**Cryo Chamber**  
Five x3 min session  
*2 person session (£28 per person)*



**Cryo Chamber**  
Ten x3 min session  
*2 person session (£24 per person)*



**Compression Boots**  
30min session  
*1 person session*



**Compression Boots**  
Five x30 min session  
*1 person session (£16 per session)*



**Compression Boots**  
Ten x30 min session  
*1 person session (£14 per session)*

PRICES & BUNDLE OFFERS...



**Compression Boots**  
30min session  
*2 person session (£17.50 per person)*



**Compression Boots**  
Five x30 min session  
*2 person session (£70 per person)*



**Compression Boots**  
Ten x30 min session  
*2 person session (£130 per person)*



**Localised Cryo**  
30min session  
*1 person session*



**Localised Cryo**  
Five x30min session  
*1 person session (£24 per session)*



**Localised Cryo**  
Ten x30 min session  
*1 person session (£22 per session)*



**Express Cryo Facial**  
30min session  
*1 person session*



**Luxury Cryo Facial**  
60min session  
*1 person session*

## PRICES &amp; BUNDLE OFFERS...



£20

**Red Light Therapy**

20 min session  
1 person session



£80

**Red Light Therapy**

Five x20 min sessions  
1 person session (£16 per session)



£140

**Red Light Therapy**

Ten x20 min session  
1 person session (£14 per session)



£35

**Oxygen Therapy**

1hr 15min session  
1 person session



£165

**Oxygen Therapy**

Five x1hr 15min sessions  
1 person session (£33 per session)



£310

**Oxygen Therapy**

Ten x1hr 15min sessions  
1 person session (£31 per session)



£560

**Oxygen Therapy**

Twenty x1hr 15min sessions  
1 person session (£28 per session)



£999

**Oxygen Therapy**

Fourty x1hr 15min sessions  
1 person session (£25 per session)



£25

**Visbody 3D Body Scanner**

First scan  
1 person session

## MEMBERSHIP PLAN



£100

**Bronze Membership\***

Enjoy x4 sessions every month  
from the below 4 services:

- Cryo Chamber
- Compression Therapy
- Localised Cryo
- Red Light Therapy



£180

**Silver Membership\***

Enjoy x8 sessions every month  
from the below 4 services:

- Cryo Chamber
- Compression Therapy
- Localised Cryo
- Red Light Therapy



£300

**Gold Membership\***

Enjoy x16 sessions every month  
from the below 4 services:

- Cryo Chamber
- Compression Therapy
- Localised Cryo
- Red Light Therapy

*\*Membership is for single person usage  
and requires a minimum of two months  
commitment*



£450

**Family Membership\*\***

Enjoy x30 sessions every month  
from the below 4 services:

- Cryo Chamber
- Compression Therapy
- Localised Cryo
- Red Light Therapy

*\*\*Membership is for families of the same  
household and requires a minimum of two  
months commitment*

*Oxygen Therapy & Visbody 3D Body Scanner is available to members at a discounted rate.*



CORPORATE MEMBERSHIPS

*Investing in the well-being of your employees can yield numerous benefits, including increased employee satisfaction, improved productivity, reduced absenteeism, and enhanced overall company culture. By partnering with Clitheroe Cryo, you demonstrate your commitment to the health and well-being of your most valuable asset - your workforce!*

Why choose a corporate membership

Exclusive Discounts

As a corporate member, your employees will be eligible for exclusive discounts on our services, making it more accessible and cost-effective for your business.

Customised Wellness Programs

Customised Wellness Programs: We can work with your company's HR department to develop tailored wellness programs that align with your employees' needs and preferences, fostering a culture of well-being and increased productivity.

On-Site Services

Upon request, we can arrange on-site sessions or pop-up wellness events for a reduced rate at your office location (service dependent) providing a convenient and immersive wellness experience for your employees.

Expert Guidance

Our well-trained team will be available to offer personalised guidance and recommendations to your employees, ensuring they receive the most effective and appropriate treatments. Services

Below are a list of services that are included in our corporate memberships. (Adjustments to services can be discussed if required).

- Whole Body Cryotherapy
- Red Light Therapy
- Compression Therapy
- Localised Cryo
- Cryo Facials (Cryo only) – can be upgraded to express and luxury facials at a further cost.

Prices of memberships



Only £26.00 a session



Only £24.00 a session



Only £19.99 a session

Sessions and prices are open to change depending on company requirements and usage. Corporate membership sessions should be used within the month and can not roll over to the next. Employees are to book through one email account on the booking system to ensure accurate recording of membership and sessions. To optimise the chances of service availability 48 hours' notice for booking is recommended.

The events and pricing for events will all be on an ad-hoc basis, depending on business needs (for example – amount of staff, type of services, duration and day of event)

*Oxygen Therapy & Visbody 3D Body Scanner is available to members at a discounted rate.*





## RECOVERY PARTNERSHIP WITH BLACKBURN ROVERS

*At Clitheroe Cryo we are proud to announce our exclusive partnership with Blackburn Rovers. This collaboration represents a groundbreaking synergy between sports science and cutting edge technology, designed to enhance recovery, prevent injury and prolong the careers of elite athletes.*



## WHERE TO FIND US

We are located within Clitheroe Leisure which is on the grounds of Clitheroe Cricket Club, off Chatburn Road, Clitheroe. BB7 2AW

Enter the Cricket club and bear left taking the road around the cricket pitch. The Leisure centre is located over the far side of the pitch.

There is lots of free parking available right outside the Leisure Centre. Clitheroe Leisure has great facilities, a gym, sauna, steam room, studios, spin room, huge changing rooms with showers.

A large variety of classes are available. (spin, body balance, etc)  
Memberships or day pass access.





# CLITHEROE CRYO

Get in touch today for more information about our services:



info@clitheroe-cryo.co.uk



01200 424 475



clitheroe-cryo.co.uk



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