



**CET CryoSpas**

RESEARCH | DESIGN | PERFORMANCE

# Game changing Ice Baths

**BOOST RECOVERY . ENHANCE PERFORMANCE**

## **The professional's choice** Designed for results

Maximise your  
therapeutic advantage.

## **#Chilling4Champions** Control your recovery

Keeping you winning since 2001.  
Boost recovery, enhance performance

## **Leading ice bath technology**

Sold in over 50 countries worldwide,  
from private customers to stadiums.



CONTENT

3

The Winning Formula for CET customers

4

Game changing Ice Baths & Contrast Spas

5

More Cold Water Therapy Solutions

6

Testimonials: What customers say

7

Why use CET CryoSpa Ice Baths?

8

Business Opportunity

9

The Professional's Choice: Market Sectors

10

About CET



# The Winning Formula for CET customers

CET has supplied CryoSpa ice baths to customers worldwide:



# Game changing Ice Baths & Contrast Spas



## CryoSpa Sport

**COLD**

The CryoSpa Sport offers optimum ice bath therapy and has proven to be an integral part of recovery strategy for many professional sports clubs, accelerating athlete recovery, minimising fatigue and lowering the risk of injury.

Suitable for 2 to 4 athletes, the CryoSpa Sport offers 4 treatment modalities for optimum therapeutic outcome. Short treatment times due to intense cold.



## Team CryoSpa Sport

**COLD / COLD**

The Team CryoSpa Sport consists of 2 CryoSpa Sports with a shared set of steps. Each CryoSpa can accommodate up to 4 athletes enabling the whole squad of players to get through quickly.

The temperature of each CryoSpa can be individually controlled down to 1°C, which enables you to set different temperatures in each one to accommodate individual athlete requirements.



## ContrastSpa Duo

**COLD / HOT**

The ContrastSpa Duo consists of two Spas with a shared set of steps and allows for contrast bathing – alternating hot and cold water immersion.

Each Spa can accommodate up to 4 athletes enabling the whole squad of players to get through quickly. The temperature of each Spa can be individually controlled.



## CoolSpa

**COLD**

The CoolSpa offers exceptional ice bath therapy for one person and is suitable for low volume non-commercial use.

Facilitating effective chilling and filtration, the CoolSpa provides optimum recovery for the most discerning sports person.

	CryoSpa Sport	Team CryoSpa Sport	ContrastSpa Duo	CoolSpa
Temperature	min. 1°C	min. 1°C	min. 1°C / max. 40°C	min. 5°C
No. of users	2-4	4-8	4-8	1
Treatment positions	4	4	4	3
Massage jets	yes	yes	yes	handheld jet
Variable massage pressure	yes	yes	yes	no
Filtration	yes	yes	yes	yes

# More Cold Water Therapy Solutions



## CryoHome / CryoHome Plus

**COLD**

Convert your household bath into an ice bath with the revolutionary CryoHome.

No more shopping for ice – just drop in the hoses and relax while the water is pre-chilled to your desired temperature.



## CryoSpa Mini

**COLD**

The fully portable CryoSpa Mini is designed for lower arm therapy including pitcher's, golfer's and tennis elbow.

The compact design facilitates use home or away, for example at tournaments.



## CoreTx / CoreTx Go

**COLD**

CoreTx is a futuristic palm cooling device that helps athletes supercharge their sporting performance through faster mid-game recovery.

By using the revolutionary CoreTx palm cooling device athletes will delay fatigue, make better late game decisions, improve fitness outcomes and break through to the next level of performance.



## Mobile ColdSpa Inflatable

**COLD**

The ColdSpa is a portable 'ice bath' for up to 4 athletes, which has been designed for recovering on the move.

With its compact design, the ColdSpa is easy to operate and ideal for treatment at tournaments, at away matches or at home.

	CryoHome	CryoSpa Mini	CoreTx	Mobile ColdSpa Inflatable
Temperature	min. 5°C	min. 5°C	min. 5°C	min. 5°C
No. of users	1	1	2	1-4
Treatment positions	1	1	1	1
Massage jets	no	yes	no	no
Variable massage pressure	no	yes	no	no
Filtration	no	no	no	no



### TESTIMONIALS: WHAT CUSTOMERS SAY

**Club Brugge, Belgium:** "Thanks to my daily CET CryoSpa sessions, my legs are feeling a lot more fresh. I'm really scoring on my recovery!" Tom De Sutter, striker

**VfB Stuttgart, Germany:** "Thanks to the CryoSpa, I get perfect support for a quick recovery between our training sessions. The daily ice bath is definitely part of professional performance sport for me." Andreas Beck, player

"Recovery also plays a key role in the optimal stress management of our players. We are completely convinced of the positive effects of CET Cryo Spa. We would like to thank the entire CET team for the very good support. Keep it up." Mathias Munz, Head of Game and Performance Analysis

**Widnes Vikings, English Rugby League:** "The CET CryoSpa... has been invaluable in helping the management of fatigue and recovery in our squad of players. I would happily recommend Colin and the CET CryoSpa to anyone who is working with performance athletes." Clive Brewer, Head Strength & Conditioning Coach

**Lisburn CryoSpa:** "Superb! Our Netball girls tried this out and would go as far to say they loved it! Would highly recommend this for recovery AND speeding up an injury! ALL athletes should be managing their recovery/injury with this! BRILLIANT!!" Laura Montgomery

**CryoSpa Larne:** "I'm a regular user of the Cryospa. I found it very beneficial during my marathon training and especially after doing the marathon." Brian Maltman

**BANN Physiotherapy:** "Had a knee injury and went to Gary earlier tonight got in the ice bath and have seen the benefit already... will be back." Maria Walsh

# Why use CET CryoSpa Ice Baths?

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Cryotherapy is an accelerated recovery method. CryoSpa ice baths use state of the art technology, helping to reduce fatigue, aid recovery, lower risk of injury and improve overall performance.

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## **CryoSpa Spa low temperature hydrotherapy relies on four basic factors:**

### **Temperature**

- The metabolic response of the cells is reduced, so the cells need less oxygen to function and thereby suffer less hypoxic injury.
- The permeability of the blood vessel walls is decreased, thus reducing the amount of fluid that accumulates in the injured area.
- The cold numbs the area to a certain degree, acting as a topical analgesic.
- It does not override the beneficial effects of the body's natural healing process.

### **Salt concentration**

- It has a positive impact on the healing process: higher salt concentrations will draw away more of the fluids that accumulate around an injury.
- Saltwater has been found to allow injuries to heal more quickly while inhibiting the risk of infection – salt being a natural sanitiser.

### **Depth of Water**

- The greater the depth of the water, the greater the physical pressure exerted on the tissues.
- It aids the dispersal of accumulated fluids acting much like a compression garment.

### **Turbulence: Aeration of the water**

- Increased level of dissolved oxygen aid the healing process much as hyperbaric chambers do for humans.
- The soft tissue is subject to a massaging action which influences dispersal of fluids and ensures a more penetrating cold.

## **Four Treatment Modalities of CryoSpa ice baths**

- Sit on top for ankle therapy
- Stand on step for submersion to mid-thigh
- Stand in deep end for submersion to waist depth
- Sit on step for full body submersion

### **Benefits for athletes**

- Shorter recovery time post-exercise.
- Faster resolution of soft tissue injuries.
- Reduces fatigue - lowers the risk of injury.
- Promotes neural and cardio vascular system recovery.
- Maintains optimum performance levels.

### **Benefits for staff**

- Easy to maintain saving on labour and cost.
- Effective filtration & sanitization maintains water clarity.
- Digitally controlled chiller keeps the water at the required temperature.
- Quiet operation.
- Short treatment times due to intense cold.

# Business Opportunity

The general population and the sporting public are increasingly embracing CryoSpa low temperature saltwater hydrotherapy for both general recovery as well as pain management.

Sports therapy clinics, health clubs, leisure centres, fitness centres and specialist recovery facilities are now able to generate significant additional income by offering CET Cryospa therapy to the general public.

Amateur athletes, weekend warriors, fun runners and members of the public suffering from acute and chronic conditions including lower back pain and rheumatoid arthritis are embracing CryoSpa low temperature saltwater hydrotherapy to maximise their recovery or to manage their pain.

Many clients have reported a payback period of 6 to 9 months when they introduced CryoSpa Therapy to their facility.



## Benefits

- Generate significant additional income.
- Differentiate your facility from competitors.
- Achieve high ROI and Rapid Payback.
- Increase your existing business.

## Additional benefits per sector:

- |                       |  |
|-----------------------|--|
| Therapists / Clinics: | • Attract non-injured clients for post-exercise recovery.                        |
| Fitness Centre:       | • Attract more Sports-minded clients, Elite Amateur and Semi-professional teams. |
| Health / Wellbeing:   | • Attract clients with autoimmune conditions such as rheumatoid arthritis.       |



# The Professional's Choice

CryoSpa ice baths provide a range of benefits and are especially suitable for the following market sectors:

## Elite Sports & Colleges

Drive player performance, improve recovery times, combat fatigue and lower the risk of injury while increasing player availability with state of the art CryoSpa ice bath technology.

## Physios & Clinics

Differentiate your clinic, improve patient outcomes and attract new clients while generating a significant new revenue stream when you add CryoSpa ice bath therapy to your practice.

## Health & Wellbeing

Enjoy the effects associated with cold water swimming with state of the art CryoSpa therapy. Boost immunity, improve sleep patterns and help develop a positive mental outlook.

## Health Clubs & Gyms

Monetise recovery beyond sports drinks and supplements while attracting new clients with CET CryoSpa ice bath products.

## Medical

Promote faster post-surgery and injury recovery by controlling inflammation and managing pain without drugs or side effects using CryoSpa cold therapy.

## Military & Police

Military personnel train like Olympic athletes and when things go wrong, they deserve the best possible recovery facilities – and CryoSpa therapy can help with both.





# CET CryoSpas

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## ABOUT CET CryoSpas

### Keeping you winning since 2001

Today, sport demands sophisticated approaches and techniques to enable athletes to compete successfully. Ice bath therapy is proven to optimise health, increase energy, aid recovery by reducing inflammation and promoting healing within muscles and joints. These essential benefits are making ice bath recovery a necessary part of professional sports medicine departments around the world.

To enable maximum recovery, pro training and coaching strategies must be backed up by the best facilities. By choosing CET CryoSpa products, you are providing your athletes with the same ice bath therapy facilities employed by AC Milan, Bayern Munich, Brooklyn Nets, Manchester United, Toronto Blue Jays, TeamGB, Wimbledon and many more.

In the early 2000s CET low temperature CryoSpa hydrotherapy was developed as an intervention for tendon & ligament injuries in horses. Even though tendon & ligament injuries are notoriously slow to heal recovery times were reduced to 30% of expected recovery times when compared to using conventional treatment. Today CET CryoSpa therapy is used 80% to 90% as a preventative but is still beneficial for soft tissue injuries as well as general pain management.

#### Sports recovery and rehabilitation

It quickly became clear that elite and non-elite athletes could also benefit enormously from CryoSpa therapy and since 2007 CET have been supplying elite sports facilities across the globe. Today, **CET have clients in more than 50 countries** supplying performance centres, stadiums, gyms and other training facilities, sport clubs, clinics and physiotherapists, individual athletes and private homes.

## #Chilling4Champions

**We'd really love to hear from you. Contact us today:**

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