

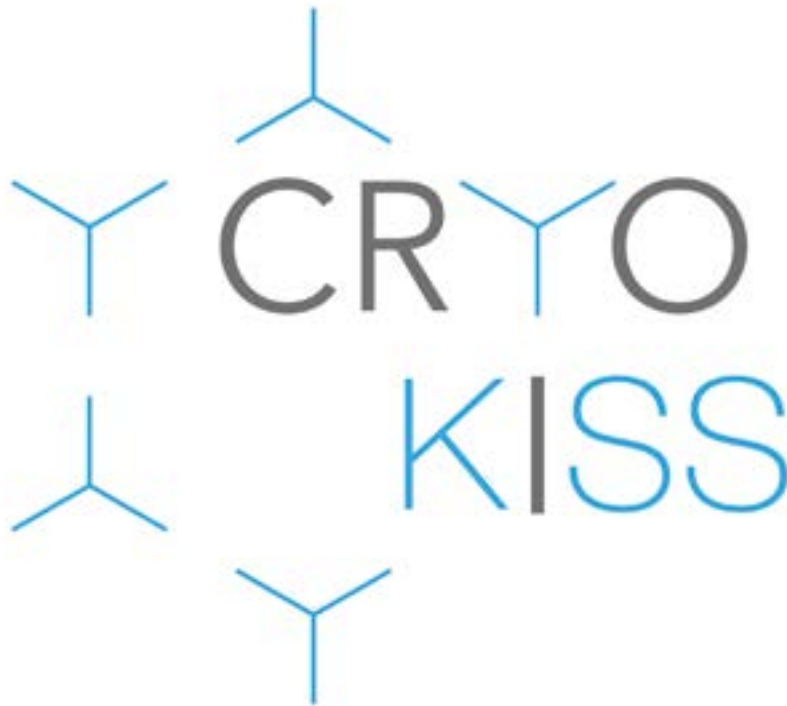
CRYO  
KISS







**K**ee*p* **I**t **S**mart & **S**imple



## What Is Cryotherapy?

Cryotherapy [kyros- cold; therapy- recovery (Greek)] is a branch of physiotherapy which includes treatment methods based on the use of cold as a physical factor.

Recent studies have demonstrated the increased therapeutic benefits from the effects of cryogenic gas on patients' skin. The best physiotherapeutic results are achieved when all the skin is exposed. This method is called whole body cryotherapy (WBC). Whole body cryotherapy involves the full or almost full submersion of the patient's naked body in a gassy environment at a temperature between -150 and -180 °C.

Unlike cryotherapy chambers, a 'cryosauna' allows for the almost full submersion of the body (below the head) without protection, with the exception of the feet. Hands can be exposed for a short period of time or simply placed on the sides of the cryosauna. The cryo-exposure area is filled with cold, dry air and nitrogen gas, and the patient breathes the ambient air. The founder of the WBC method was a Japanese rheumatologist called Tosimo Yamauchi who, in 1978, justified the use of whole-body cryotherapy in the treatment of patients with rheumatoid polyarthritis. Subsequently, additional benefits were found for various inflammatory diseases, chronic pain, stress, sleep problems, etc.

More information on [pro.hibernatus.ch](http://pro.hibernatus.ch)  
Contact us : [info@hibernatus.ch](mailto:info@hibernatus.ch)







## CryoKiss - A Philosophy

Keep It Simple and Smart. Our philosophy is based upon an idea. We produce cold and we produce it very well.

More than just conforming with the current trend of increasing the number of useless high-tech gadgets, we have developed an efficient (smart) and strong (simple) cryosauna.

- Effective due to the regular distribution of nitrogen gas over the entire body, from the legs to the shoulders.
- Effective due to the optimal management of the nitrogen gas flow with excellent gas density and a low consumption of liquid nitrogen.
- Strength from the use of resistant materials and ease of maintenance (leather, stainless steel...).
- Strength through simplified usage without the risk of interference (simple button pressing).

**Choice and details of materials and our range of colours on pages 12 and 13**







## CryoKiss, A Refined and Timeless Design

The refined design of CryoKiss cryosaunas has been studied so as to blend into any decor and to permit installation in any kind of room.

- Reduced width (Pro model = 160 cm and Individual model = 140 cm).
- Two doors allowing for placement in all areas of your premises.
- A limited height (206 cm) to suit all rooms.
- The 65 cm doorframe is large and sufficient for entry to the cryosauna.
- 

CryoKiss also offers personalised cryosaunas:

- A wide range of external, unit, and structure colours.
- A large choice of leathers and materials for the internal cladding.
- Shades used both on the interior and exterior can be almost infinitely combined.











## CryoKiss Pro, for intensive use

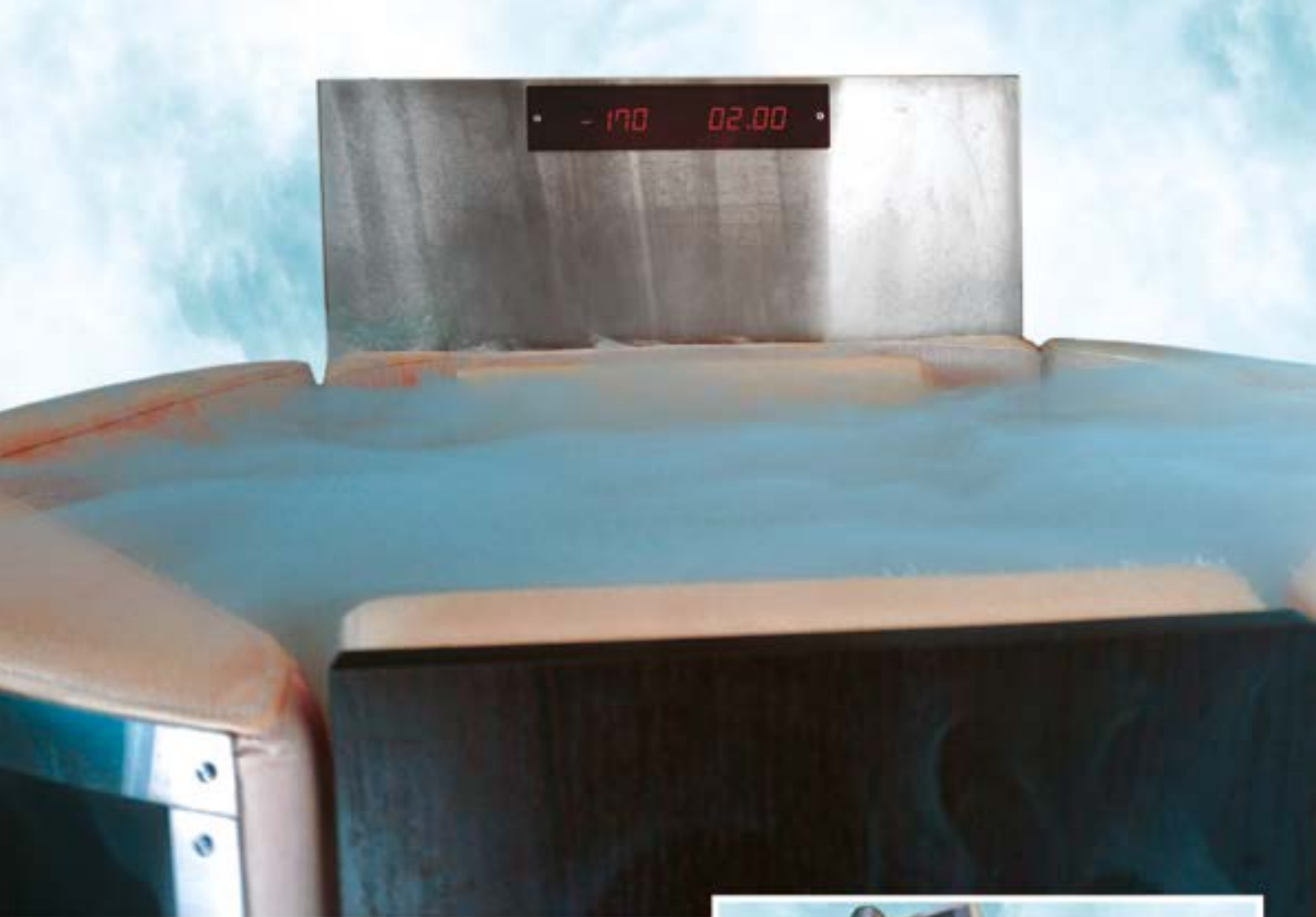
Due to their speed and reliability, CryoKiss cryosaunas are made for high frequency use. The pressure valved, high capacity Cryokiss Pro, can be run without a pause. Their high performance means the desired temperature for each treatment can be reached in just a few seconds, even with only a few minutes between each client. The precise and quick lift system allows for accurate adjustment to suit any client height.

- Short preparation time (1 to 2 minutes).
- Optional high capacity (120 to 600 litres, or more) or standard pressure (30 to 100 litres) setup.
- Reduced consumption.
- Quick cooling between each session.
- Variable speed motor.
- Adjustable initial temperature.
- Live ventilated drying system.
- Lift system to adapt to the height of each user.









## CryoKiss Individual, for personal use

- Short preparation time (1 to 2 minutes).
- Optional high capacity (120 to 600 litres, or more) or standard pressure (30 to 100 litres) setup.
- Reduced consumption.
- Variable speed motor.
- Adjustable initial temperature.
- Live ventilated drying system.
- Variable base thickness to suit the height of the user.

Without compromising on quality and performance, the CryoKiss model, coupled with an unpressurised tank, is the ideal cryosauna for private use or for use in a sports club for example.



**Choice and details of materials and our range of colours  
on pages 12 and 13**



## CRYOKISS RANGE OF INTERIOR COLOURS

The internal materials used in our cryosauna models are a subtle mix of leather and special materials able to withstand the temperatures and ensure easy maintenance.



### Choice and details of our colours and range upon request



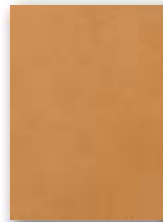
**Beige**



**Green  
(option)**



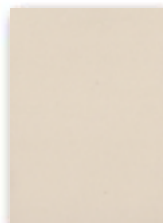
**Blue**



**Light brown  
(option)**



**Red**



**Cream  
(option)**

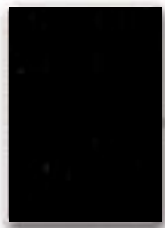


## CRYOKISS RANGE OF EXTERNAL COLOURS

A large range of colours are available. Some colours require longer delivery times.



**Some examples of available colours.**



**Deep black**



**Oak brown  
(option)**



**Platinum grey**



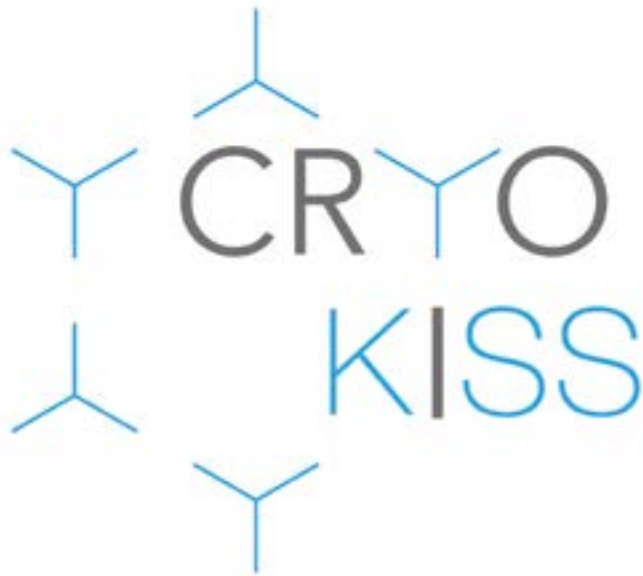
**Marble grey  
(option)**



**Ebony brown  
(option)**



**Wood grey  
(option)**



## BENEFITS OF CRYOTHERAPY?

ELIMINATES THE FEELING OF TIREDNESS.

RELAXES TENSE MUSCLES.

INCREASES BLOOD FLOW IN TEGUMENTS (SKIN COMPONENT), MUSCLES AND INTERNAL ORGANS.

REDUCES OEDEMA AFTER AN INCREASE OF HORMONES IN THE BODY WITH AN ANTI-INFLAMMATORY AND HEALING EFFECT.

INCREASES OXYGENATION OF THE BLOOD AND WASTE ELIMINATION (LACTATES): BETTER MUSCULAR RECOVERY.

DECREASES MICROLESIONS.

REDUCES INFLAMMATORY REACTIONS.

HELPS ALLEVIATE DEPRESSION.

REDUCES SLEEP PROBLEMS.

SUPPORTS WEIGHT LOSS (AROUND 100 KCAL/MINUTE).

STRENGTHENS THE IMMUNE SYSTEM.

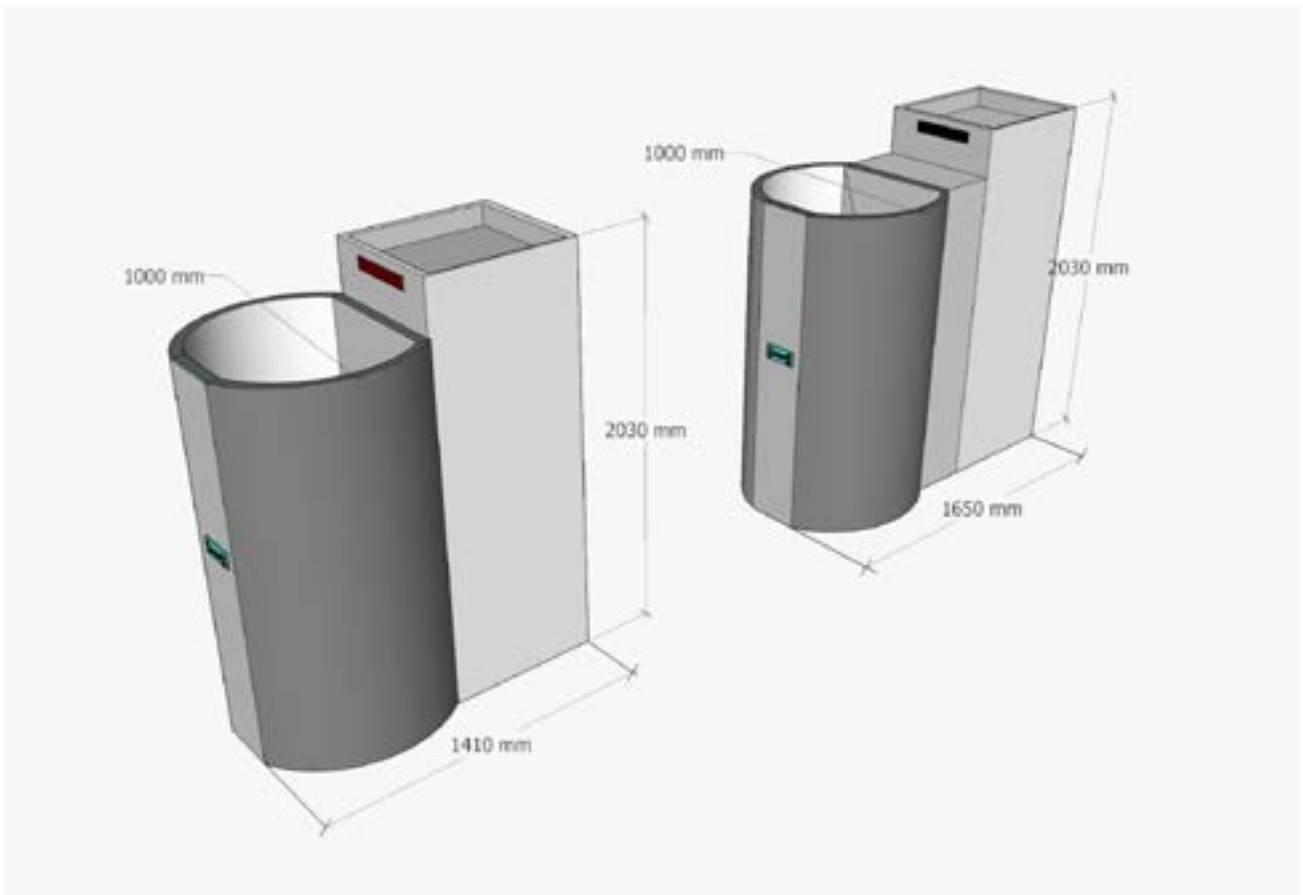
More information on [pro.hibernatus.ch](http://pro.hibernatus.ch)

Contact us : [info@hibernatus.ch](mailto:info@hibernatus.ch)



# CRYO KISS

## CRYOKISS **INDIVIDUAL** & CRYOKISS **PRO**



More information on [pro.hibernatus.ch](http://pro.hibernatus.ch)  
Contact us : [info@hibernatus.ch](mailto:info@hibernatus.ch)



CRYO  
KISS