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Body Sculpting Treatment Combines Compression and Ice Therapy

August 5, 2019 Contact Author



Cryotherapy has become a fairly well known treatment in the spa industry, being used both as a weightloss management and workout recovery tool. MediSpa Naturals dove deeper into the benefits of ice or cooling therapy with the Body Freeze treatment they released, which also uses cold temperatures to tone, slim and sculpt the body.

Body Freeze Treatment

The treatment uses cooling temperatures and compression therapy to help slim and tone the body. This type of treatment could be an excellent option for spas that have been looking into cryotherapy, but have not been able to afford the machinery.

The treatment uses products developed by MediSpa Naturals to help in lowering inflammation, paired with wooden body sculpting tools from Columbia to stimulate and reshape the body.

The treatment starts with the Cryo-tone Stick being applied to the skin frozen to help lower the body temperature. Then the body will be manipulated with the Colombian body sculpting tools, and a Chinese acupressure massage will be performed on the abdomen to remove any blockages. Finally the body will be wrapped in compression bandages that have been soaked in the Cryo-tone Lotion (a cryogenic lotion) to improve circulation while keeping the body temperature low to maximize calorie burn.

Understanding Ice Therapy

The Cryo-tone Stick helps to bring down inflammation in the skin and prevent swelling from any sports injuries. More recently however, this type of "ice" or "cooling" therapy has also been shown to help with weight loss.

For the Body Freeze treatment the Cryo-tone Stick is applied to fatty areas of the body (i.e. abdomen, thighs, arms etc.). The cold therapy works to trigger the body into turning those fatty areas into calorie burning areas, and the Cryo-tone Stick has also been formulated to tone the skin and reduce the appearance of cellulite.

Adding in Acupressure

Madero massage is used in this treatment because it is a massage specifically designed to reshape and sculpt the body. While this massage is being performed the natural active ingredients in the Cryo-tone Stick are released into the skin. The wooden devices used in the massage help to stimulate the body thus making it work at a higher capacity for faster results.

The abdominal acupressure massage in the treatment is an Ancient Chinese technique that involves palpating the belly to promote health and wellness in the body. This acupressure massage can help with pain and stress, but it also provides overall improvement of the digest track while aiding in metabolic function to reduce bloating and waste build-up.

Finishing with Compression

Over time, build up toxins accumulate in the three layers of fat in the body, which can cause poor circulation, water retention and weakening of the body's natural elimination process. The compression therapy used in the Body Freeze treatment aims to increase the pressure of these troublesome areas to stimulate the flow of lymph fluid.

The Cryo-tone Lotion that the bandages are soaked in helps to invigorate the body during the compression wrap. The crystallized menthol has a freezing effect on the body, dropping its temperature. This combination causes the brain to send norepinephrine receptors to the adipose tissue in the body to release its energy and generate heat, causing the body to burn more calories.

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