



LONDONCRYO
REINVENTING COOL



Cryotherapy
lowers the skin
temperature to 5°C
during a session of
up to three minutes

SPA REVIEW

LondonCryo

Liz keeps her cool and goes in for the big chill.

Cryotherapy has been around for a while to treat top athletes with sports injuries and speed recovery after high-performance activities (Andy Murray famously sits in an ice bath after tennis tournaments), but its benefits for mere mortals are only now becoming more widely known.

Deep-chilling the body works by triggering our 'fight or flight' response to release a surge of endorphins, which boosts the body's natural ability to heal itself. The sudden cold snap shifts blood swiftly to our core, bringing re-oxygenation to the outer muscles and skin tissues, as circulation floods back. Hyper-cooling helps reduce inflammation and pain, boosts metabolism (so aiding weight-loss) and may even help reverse the signs of ageing. It's popular among the billionaire tech gurus of Silicon Valley, many of whom have machines installed in their offices for a daily body-freezing fix. Indeed, cryotherapy treatment bars are now popping up all over American cities.


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London's own cryotherapy centre was set up in the City by Maria Ensabella, a mother of two, who discovered the treatment when she was recovering from a sports injury while travelling. So impressed, she decided to leave her accountancy job and set up cryo centres to offer completely dry, three-minute hyper body-cooling sessions to help stressed city execs cope with working harder, as well as improve their athletic performance and recover from physical injuries. Her

latest branch has just opened in Belgravia and includes signature cryo treatments also aimed at inch-loss and skin rejuvenation (the drop in temperature on the skin increases oxygen, which in turn boosts collagen production).

What I liked best about this intense body treatment is that it is both fast and effective. You simply

change into a gown, slip on a pair of cosy gloves and fluffy boots (to protect the extremities) and step into a space-age cabin for two to three minutes. A cheerfully chatty technician stays nearby throughout the process to offer reassurance as the temperature plummets around you – even a few short minutes in the extreme cold seems like an age.

After the initial recommended two minutes inside the icy chamber I felt reinvigorated, de-stressed and renewed. The immediate endorphin rush is very cheering – and pleasantly addictive! The good mood and higher energy levels stayed with me for several days, too. I loved trialling this one-stop shop for cool body rejuvenation, faster muscle recovery from my running and boost for overall wellness. I shall definitely drop by for more. 

Single sessions £90 or £49.90 when bought in a block of ten. londoncryo.com



Review: Liz Earle