

Mills County's Coolest New Attraction is Open

Throughout the entire experience, you will be paired with one of our CryoGold Technicians who will fully explain Cryotherapy and answer your questions.

After completing the form on our iPad, the technicians will check your blood pressure and lead you to the treatment room where you will begin your Cryo experience!

You will be provided with gloves, a pair of socks, and shoes to wear during your session. The technicians will re-enter the room and elevate you until your head is above the rim of the cabin. The door of the Cryo unit will not lock and you can exit at any time. Your technician stays in the room with you the entire time.

The Cryo unit will then fill with hyper-cooled air (-170° to -280°F) for up to three minutes. The extreme cold provides an epic rush!

This is a dry process, which only impacts the surface of the skin. The tissue is not actually frozen during the treatment. Most people find this to be pain-free because the dry environment allows your body to tolerate the cold more comfortably. You might just find yourself craving your next sessions!

Be sure your skin is clean and free from any lotions, chemicals or other products. Listen to your CryoGold technician while in treatment. It is very important to turn (rotate) your feet and body throughout your session to ensure even cooling and prevent over-cooling. Turning correctly and clean dry skin reduce your risk for chilblain and burn.

The best part for many people is that you are in and out in less than 15 minutes (8 minutes for the quick clothes-changers), making this easy to work into your day.



CryoGold offers Cryotherapy services for locals and visitors inside McMahan Pharmacy at 1500 Front Street in Goldthwaite.

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