What is Targeted Cryotherapy

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Localised cryotherapy is a treatment that targets specific areas of the body with extremely cold temperatures, usually using tools like cryo-sprays or handheld devices. Unlike whole-body cryotherapy, which exposes the entire body to cold, localised cryotherapy focuses on precise spots to reduce inflammation, relieve pain, accelerate recovery, and improve skin health. Treatments are quick, typically lasting a few minutes, and are commonly used in sports recovery, aesthetics, and pain management.

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