wellness + CRYOTHERAPY

MEMBERSHIPS



3 - MONTH COMMITMENT DISCOUNTED PRICES ON ALL SERVICES

OPEN

Monday-Friday 10:00AM-6:00PM Saturday 9:00AM-4:00PM 970-247-4113

1800 East 3rd St. Suite #101 Durango, CO

www.cryomedspadurango.com

Core Services

Whole Body & Local Cryotherapy



- Relieve pain, swelling & stress
- Promote healing & athletic recovery
- Boost mood & energy



Red Light Therapy

- Improve mood & energy
- Relieve pain & inflammation
- Optimize sleep
- Regulate hormones

Infrared Sauna



- Promote energy and healing
- Improve circulation
 and heart health
- Detoxify heavy metals



Compression

- Improve lymphatic function and circulation
- Reduce muscle aches and pain
- Improve flexibility and mobility

Halotherapy (Dry Salt)



- Relieves respiratory issues and skin conditions
- Helps relieve sinus, nasal, and lung congestion

In Body (Body Composition Analysis)



(2 Credits)

- Muscle & Bone Mass
- Visceral & Body Fat %
- Base Metabolic Rate
- Hydration Level

	Member	Non-Member
Single Service	1 Credit	\$40
3 Pack	\$60	\$110
5 Pack	\$80	\$180
10 Pack	\$160	\$360

Signature IM Ingredients

Amino Blend (Arginine + Ornithine + Lysine + Citrulline)	These aminos may help maximize performance by supporting the function of healthy joints and muscles.
B12	Aids in energy production and red blood cell formation.
B Complex (B1+B2+B3+B5+B6)	This family of B Vitamins may increase energy and reduce the body's response to stress.
Lipo (Methionine + Choline)	These amino acids may help boost the body's metabolic power.
Tri-Immune (Glutathione + Zinc + Vitamin C)	This blend of nutrients work together to help build your resilience and recharge your body's natural defenses.
Toradol	A nonsteroidal anti-inflammatory drug (NSAID) that may help relieve mild to persistent discomfort, headaches and migraines.
Zofran	Reduces feelings of nausea and may prevent vomiting.

	Member	Non-Member
Single Shot	\$20 or 2 Credits for Recover/Conquer	\$35
3 Pack	\$60	\$90
5 Pack	\$80	\$150
10 Pack	\$160	\$315

Premium IM Ingredients

Biotin	This vitamin supports metabolic health and may help regulate blood sugar.
B12 + B Complex	This mix of B vitamins(B1+B2+B3+B5+B6) may improve energy levels, benefit mood and reduce the body's response to stress.
CoQ10	Supports cardiovascular health and aid the body in regulating blood sugar.
Vitamin D3	A fat-soluble nutrient that may help the body absorb and retain calcium, thus supporting healthy bones.
L-Carnitine	Helps transport fats for energy production and may help support optimal body composition
B12 + Lipo	Lipo and B12 together may improve energy levels and support metabolic health.

	Member	Non-Member
Single Shot	\$30 or 3 Credits for Recover/Conquer	\$45
3 Pack	\$90	\$120
5 Pack	\$140	\$200
10 Pack	\$220	\$405

IV Drips

-			
Member	B /	ASE	Non-Member
\$110		edits	\$150
Immunity	Recovery	Age-Defying	Energy
Glutathione Vitamin C	B Complex Glutathione	Lysine Proline	B12 B Complex
Member \$176	Sign	ature	Non-Member \$240
New Myers	Recharge	Unstoppable	Relax
Trace Elements 2x Vitamin C B Complex	Glutathione Proline Taurine Vitamin C	B12 2x Taurine 2x B Complex	Glutathione Magnesium Lysine B6
Member	Dro	nium	Non-Member
\$206	PIE		\$280
Defender	Wonder Juice	Get Set	Amplified Beauty
Glutathione	Glutathione	B12	Mem \$275 / ท พ์ \$380 Glutathione
Trace Elements	B12	Glutamine	Magnesium
B12	Glutamine	Lysine	Biotin
Taurine	Vitamin C	Taurine	Glutamine
2x Vitamin C	B Complex	B Complex	Lysine & Proline B Complex
		NAC	

Custom IV Drip

CHOOSE YOUR BAG:

- 1 Liter Normal Saline (1 hour)
- 500 mL Express Drip (30 min)
- 1 Liter Lactated Ringer Solution (Primarily for pregnant women)



ADD YOUR INGREDIENTS: (Includes 2 signature or 1 Premium)

SIGNATURE PREMIUM **Equal to 2 Signature Ingredients** B12 Lysine ALA **Trace Elements B** Complex Proline Biotin L-Carnitine Vitamin C Taurine NAC Magnesium Sulfate Glutamine Toradol Zinc Glutathione Zofran

	Member	Non-Member
1 Liter Saline	4 Credits	\$105
500 mL Express	2 Credits	\$70
Lactated Ringer	3 Credits	\$89
Additional Ingredients	1-\$20 2-\$48 3-\$66 4-\$81 5-\$96 6-\$110 7-\$124 8-\$138 9-\$152 10-\$165	1-\$42 2-\$70 3-\$90 4-\$110 5-\$130 6-\$150 7-\$170 8-\$190 9-\$210 10-\$230

High Dose IV's / Ingredient Packs

<u>High-Dose Vitamin C</u>	Member	Non-Member
<u>Ingir Dose vitarini o</u>		
10g	12 Credits	\$168
20g	14 Credits	\$210
30g	\$200	\$280
50g	\$350	\$490
<u>High-Dose Glutathione</u>		
1200mg	12 Credits	\$189
Ingredient Packs:		
30-Pack	\$480	\$672
50-Pack	\$775	\$1085
100-Pack	\$1500	\$2000



NAD+

Nicotinamide adenine dinucleotide (NAD+) is a coenzyme present in almost all cells in your body. Its main purpose is to fuel metabolic reactions forward. Helps people suffering from addiction, age-related diseases, and chronic fatigue.

- Gain cognitive edge
- Boost mood & energy level
- Improve heart health, strength & endurance
- Accelerate the healing of muscles and tissues



Loading Dose (1st time)

<u>IM Shot</u> 1 shot per week 4 consecutive weeks <u>IV Drip</u> 1 drip per day 4 consecutive days

Maintenance doses are performed every 6-8 weeks

<u>Loading Doses (4 Pack):</u>	Member	Non-Member
125mg IM	\$460	\$644
500mg IV Drip	\$1,840	\$2,576
750mg IV Drip	\$2,240	\$3,136
Maintenance Dose:		
125mg IM	\$115	\$161
500mg IV Drip	\$460	\$644
750mg IV Drip	\$560	\$784

Biomarker Assessments

	Member	Non-Member
Micronutrient + Antioxidant Assessment Evaluates your blood to uncover insufficiencies of vitamins, minerals, aminos, and fatty acids. Our assessment measures the function of 52 nutritional components.	\$350	\$390
Biomarker Bundle	150 Item - \$825	150 Item - \$925
	250 Item - \$900	250 Item - \$1050
MethylDetox Assessment Evaluates your DNA for mutations that may indicate an over or under compensation in essential bodily functions. Tests critical genes involved with detoxification and the metabolic cycle.	\$175	\$190
Food Sensitivity Test		
The Alcat Test measures proinflammatory immune cell responses to specific foods, additives, and other dietary items. 150 or 250 count food panel.	150 Item - \$825 250 Item - \$925	150 Item - \$900 250 Item - \$1050

Oxygen Therapy



EWOT Exercise with Oxygen Therapy

Provides benefits of both exercise and oxygen therapy which increase the effectiveness of your workout.

	Member	Non-Member
Single Session	2 Credits	\$35
3 Pack	\$60	\$90
5 Pack	\$80	\$150
10 Pack	\$160	\$315

These benefits include:

- Reducing inflammation
- Increased energy and metabolism
- Increased cognitive performance/memory
- Increased overall performance
- Improved cardiovascular health
- Reduced muscle fatigue
- Increased oxygen utilization

Mild Hyperbaric Oxygen Therapy

Boost energy and healing while regaining your cognitive edge. 60-90 min session.



Conditions treated:

- Traumatic Brain Injury, Stroke, Dementia
- Burns & Wounds
- Orthopedic Surgery
- Cancer
- Diabetic Neuropathy
- Autoimmune Diseases
- Lyme Disease
- Inflammatory Conditions

ntia		Member	Non-Member
	Single Session	4 Credits	\$80
	3 Pack	\$180	\$225
	5 Pack	\$300	\$375
	10 Pack	\$500	\$700

Facials

HydraFacial

- Reduce the appearance of discoloration and wrinkles
- Deep cleansing for clogged pores and blemishes

\$582

\$950

Signature Facial:

Cleansing, Exfoliating, Hydrating and Replenishing the skin

Premium Facial:

Signature + one booster and Red Light Therapy session

\$437

\$713

Platinum Facial:

3 Pack

5 Pack

Sig facial

Signature + 1	booster, Red	Light Thera	py, Lymphati	c Drainage, aı	nd Local Cry	o f
		Member		N	on-Membe	r
	Signature	Premium	Platinum	Signature	Premium	F
Single Session	\$150	\$200	\$275	\$210	\$280	

Circadia Oxygen Facial

\$611

\$998

A 3 step facial using a series of masks to gently exfoliate, oxygenate, and hydrate the skin.

Eliminate acne-causing bacteria

\$800

\$1,306

- Reverse the signs of aging
- Reduce signs of rosacea and telangiectasia

	Member	Non-Member		
Single Session	\$125	\$175		
3 Pack	\$364	\$509		
5 Pack	\$594	\$831		



\$815

\$1,330

Platinum

\$385

\$1,120

\$1,829

Specialty Esthetics



Non-invasive treatment using high intensity electromagnetic technology to strengthen musculature to Abdomen, Arms, Legs, Buttocks, or Pelvic Floor.



	Emsculpt (Body)		Emsella (Pelvic Floor)		
	Single Session	4 Pack	Single Session	6 Pack	
Member	\$350	\$1200	\$250	\$1250	
Non-Member	\$450	\$1800	\$350	\$1800	



- Reduce the appearance of wrinkles and pores
- Firm and tighten skin
- Reduce the appearance of cellulite

For Slimming/Toning services, avoid eating sugar or carbs at least 2 hours prior to session.

	Member		Non-Member		
	Facial	Slimming/Toning	Facial	Slimming/Toning	
Single Session	\$175	\$275	\$245	\$385	
3 Pack	\$509	\$800	\$713	\$1,120	
5 Pack	\$831	\$1,306	\$1,164	\$1,829	
10 Pack	\$1,575	\$2,475	\$2,205	\$3,465	