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CRYO T-SHOCK THERAPY LONG ISLAND

An Affordable, All-Natural Way to Improve Skin & Reshape the Body

The only non-invasive, painless body contouring and toning system that can precisely diagnose, treat, and measure real slimming and toning results on your body. Cellulite and fat analysis using standard thermographic plates removes the guesswork from identifying and measuring the success of Cryo T-Shock treatments.

INTRODUCING: CRYO T-SHOCK

The Cryo T Shock is a cryogenic and thermogenic treatment that removes cellulite and unwanted fat. Cryo T-Shock provides body contouring, slimming, toning, and smooths the skin.

WHY DO YOU NEED CRYO T-SHOCK?

Cryo facials stimulate collagen production and increase micro-circulation. This then helps to detox and rejuvenate the skin. Cryo facials also restore radiance, soothe inflammation, and improve skin texture and tone.

Cryo T-Shock body sculpting is a non-invasive, painless, and natural approach to body contouring, skin smoothing, and slimming. It can also help reduce unwanted fat or cellulite. By alternating between hot and cold temperatures on the skin, fat cells are broken down and naturally flushed out through your lymphatic system in days to weeks after following the treatment.

BENEFITS OF CRYO T SHOCK

A cryo-skin facial brings some of the most transformative benefits, from fat loss to cellulite reduction, collagen production, pain relief, and more. **Here's how these cryo-facial benefits work:**

- Fat Loss – Thermal shock reduces fat cells typically resistant to diet and exercise alone. By applying heat to relax fat cells through vasodilation, and then administering an extended period of cold, fat cells drain through the lymphatic system.
- Reduction in Cellulite – Thermal shock is a non-invasive procedure that impacts the causes of cellulite including protruding fat into the lower dermis. Using mechanical energy and micro-massage, thermal shock eliminates excess liquids through lymphatic drainage.
- A Youthful Facial Appearance – When used around the face and neck, thermal shock triggers the production of collagen which smooths out

facial lines and wrinkles. Dead cells get released from the body while healthy skin cells activate.

- Toned and Tightened Skin – Similar to collagen production, thermal shock also effectively improves skin elasticity thanks to significantly increased microcirculation triggered by the application of hot and cold procedures.
- Pain Relief and Injury Recovery – Thermal shock has been shown to reduce pain and improve movement capability in patients with muscle and tendon disorders

H2 Cryo T-Shock Before and After*

Cryo T-Shock therapy has helped many of our patients achieve amazing results. We offer several facial and body treatments, including abdomen treatments, leg treatments, gluteus treatments, back treatments, arm treatments, and more. Check out some of our before and after photos of clients who have had success with Cryo T-Shock therapy!

Keep B&A images

*Results may vary.

H2 How You Can Eliminate Unwanted Fat, Reduce Cellulite, and Tighten Skin with Cryo Facials

A Cryo T-Shock facial lasts for roughly 30 minutes. During this time, your specialist will manually employ a massage technique. The session begins with two minutes of heat and then a prolonged period of cold (22-26 minutes) and then back to heat for another 2-3 minutes.

The purpose of the treatment is to lower the temperature of the fat cells enough to cause what is known as the phenomenon of apoptosis. This phenomenon is triggered when the temperature of the fat tissue is between 12 and 17 C which causes these cells to die. The cells are then naturally passed through the body's lymphatic system.

The expected effect is usually rapid: part of the fat cells are destroyed during the session while most will be eliminated within 2 to 3 weeks. It has also been proven to help with microcirculation and a significant increase in collagen due to the thermal shock that is caused by the hot and cold.

H2 Reduce Fat with Thermal Shock

This method is non-invasive and induces lipolysis (the breaking down of fat cells) to reduce body fat without damaging other tissues. Cryo T-Shock works by alternating warm and cold treatments directly applied to the skin. The treatment is painless, with some clients describing it as rather pleasant due to the massage technique and the session beginning with skin warming. **and descending into the gradual decrease of temperature.**

Fat cells are more vulnerable to the effects of cold therapy than other tissues, which causes what's known as fat cell apoptosis, a naturally controlled cell death. This leads to the release of cytokines and other inflammatory mediators that gradually eliminate the affected fat cells. These inflammatory cells digest the affected fat cells and lipids from the fat cells are released by the lymphatic system. In the end, you're left with a significant reduction in the thickness of the fat layer.

H3 Cryo T-Shock Candidacy

Anyone with the conditions below should not do this treatment:

Contraindications

- Kidney disease or dialysis
- Pregnant women
- Severe diabetes
- Undergoing chemotherapy
- Frequency of Treatments

Fat freezing treatments can be performed once every 14 days and lifting treatments can be performed every 7 days. There is a physiological reason for this: **When** apoptosis occurs and some fat cells die, waste is formed. This will be eliminated by natural routes (blood, lymphatic system, and urine).

Metabolism must therefore be allowed to evacuate this waste without overloading the system.

After your session, a good workout, massage, or compression on the treatment area will accelerate the benefits.

H3 Cryo T-Shock Results

The dreaded skin sag from aging can be reversed with the T-Shock. The shock of alternating between cold and hot therapies triggers deep layers of collagen back into production. The plumpness and firmness you get with T-Shock Cryotherapy are not achievable with other non-invasive techniques.

H3 Cryo Facial Results

For cryo facials, the T-Shock comes stock with a coupling device for precise treatments to smooth out wrinkles and blemishes to create a tighter skin appearance immediately after treatment. The results are even more profound after 4-8 sessions, with clients reporting more youthful-looking skin, as well as a reduction of puffiness around the eyes and a smaller pore size.

Initial results are generally visible within a week following the first session. However, it should be noted that the best results appear from 15 days to 3 weeks after the start of treatment and extend for several months after the end of treatment.

H2 Sculpt Yourself & Reveal Fresh Skin with Cryotherapy on Long Island

Whether you're ready to sculpt and tone or you could use help getting rid of stubborn, unwanted fat, you've found the right place. At Blue Water Spa, our Oyster Bay clinic serves the Long Island area.

Call [\(516\) 518-4904](tel:516-518-4904) to learn more about Cryo T-Shock or book an appointment to see for yourself.

H2 Cryo T-Shock Frequently Asked Questions

Is the Cryo T-Shock safe?

The device is very safe. In terms of programming and electronics, it is managed by a computerized Windows system. The cooling system is controlled by an electronic temperature sensor located in the processing head of the device and the temperature is controlled in real time by the machine and figures displayed on the screen. Pagani created the Cryo T Shock five years ago and has sold hundreds of units throughout Europe.

How does it work?

How does it work? The body contouring treatments last for roughly 30 minutes and are done manually employing a massage technique. The session begins with 2 minutes of heat and then a prolonged period of cold (22-26 minutes) and then back to heat for another 2-3 minutes. The purpose of the treatment is to lower the temperature of the fat cells enough to cause what is known as the phenomenon of apoptosis. This phenomenon is triggered when the temperature of the fat tissue is between 12 and 17 C which causes these cells to die. The cells are then naturally passed through the body's lymphatic system and excreted through sweat and urine.

What are the benefits?

What are the benefits? Clinical studies have shown that this technology naturally destroys fat cells, but as with most techniques, the results vary from one individual to another. The expected effect is usually rapid: part of the fat cells are destroyed during the session while most will be eliminated within 2 to 3 weeks. It has also been proven to help with micro circulation and a significant increase in collagen due to the thermal shock that is caused by the hot and cold.

How does it feel?

The treatment is painless, with some clients describing it as rather pleasant. This is due to the massage technique and the session beginning with skin warming descending into the gradual decrease of temperature. Anyone with the conditions below should not do this treatment:

Contraindications

- Kidney disease or dialysis
- Pregnant women
- Severe diabetes
- Undergoing chemotherapy
- Frequency of Treatments

Fat freezing treatments can be performed once every 14 days and lifting treatments can be performed every 7 days. There is a physiological reason for this: when apoptosis occurs and some fat cells die, waste is formed. This will be eliminated by natural routes (blood, lymphatic system and urine).

Metabolism must therefore be allowed to evacuate this waste without overloading the system.

What should I do following a treatment?

A vigorous workout, massage or compression will accelerate the benefits.

What's the Difference Between the Cryo T-Shock and Other Body Contouring Treatments?

There are other manual cryotherapy machines, but they primarily involve necrotic cell death, which solely involves damaging fat with heat, high-intensity ultrasound, or chemical injections. Tests and experience have shown that no other machine in its class is currently capable of such dramatic results as the Cryo T-Shock, because it produces both heat and cold to preserve surrounding tissue as fat cells die.

The exchange within these temperatures has a dramatic effect on the body's tissues causing them to drop the precise temperature at which they die. They are then passed through the lymphatic system.

The problem? Unlike the cold component of the T-Shock, the surrounding tissue isn't preserved so the pure reduction of fat cells is not achieved. With T-Shock the reduction of fat with preservation of surrounding non-fat tissue offers a more dramatic firming effect.

Frequency of treatments

The natural destruction of fat cells will cause cell waste. This waste is passed through the body naturally, first through the blood then the lymphatic system and then sweat and urine. This process on average takes 2-3 weeks.

Maximum number of areas that can be treated simultaneously

Two, which consists of one large and one small. Again, to not overload the body's pathways. There is also strong internal cooling of the tissues and the treating of more zones at the same time could cause in extreme cases hypothermia and fatigue.

- Arms and Legs
- Arms and Stomach or Love Handles
- Possible Side Effects

There are generally no side effects apart from the amount you urinate will increase slightly over the 3 days following the treatment along with the appearance of your urine in color. Any localized redness will disappear after a few hours. In rare cases when localized pain may occur but will dissipate within 2-3 hours. Itching may occur however this is generally due to the reaction of certain cosmetic products used by clients.

Who Should Consider Cryo T-Shock?

Anyone who is looking to lose weight, reduce cellulite, tighten saggy skin, or treat stubborn areas of fat could consider Cryo T-Shock.

Anyone with the conditions below should not do this treatment:

Contraindications

- Kidney disease or dialysis
- Pregnant women
- Severe diabetes
- Undergoing chemotherapy
- Frequency of Treatments

H3 Does Cryo T-Shock Really Work?

For facials, the T-Shock comes stock with a coupling device for precise treatments that smooth out wrinkles and blemishes, creating a tighter skin appearance immediately. The results are even more profound after 4-8 sessions, with clients reporting more youthful-looking skin, as well as a reduction of puffiness around the eyes and a smaller pore-size appearance.

See these [Cryo T-Shock reviews](#) to learn about the real experiences of patients who tried T-Shock therapy.

H3 How Long Does Cryo T-Shock Take to Work?

The first results are generally visible within a week following the first session. However, the best results appear from 15 days to 3 weeks after the start of treatment and extend for several months after the end of treatment.

H3 Is Cryo T-Shock Permanent?

Depending on the individual, their lifestyle, and diet, the results last anywhere from several months to several years. For cellulite and skin tightening-specific results, an ongoing monthly maintenance schedule is recommended.