

A grayscale photograph of a hand holding a white, cylindrical Cryoskin device against a person's skin. The device has a silver-colored top. The background is dark and out of focus.

# CRYOSKIN

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TRAINING AGENDA & INFORMATION

# Agenda

[ 10am ] Introduction

[ 10:10am ] Setting up the Cryoskin room

[ 10:15am ] The Science of Cryoskin

[ 10:30am ] Machine Use & Care

[ 10:45am ] Break

[ 10:55am ] The Art of the Consultation

[ 11:05am ] Slimming Demo & Practice

[ 1:00pm ] Lunch

[ 1:30pm ] Review of Afternoon Agenda

[ 1:35pm ] Intro to Toning

[ 1:45pm ] Body Toning Demo & Practice

[ 2:15pm ] Break

[ 2:25pm ] Intro to Facial

[ 2:35pm ] Facial Demo & Practice

[ 3:15pm ] Evaluation: Theory & Trainee Feedback Form

[ 4:05pm ] Wrap Up - Final Questions

# Cryoskin Room Set-Up



## Supplies

In terms of supplies, we recommend the following:

- [Machine Stand](#)
- [Adjustable Massage Table](#)
- Gel & Pump
- [Tape Measure](#)
- [Baby Wipes](#)
- [Makeup Removing Wipes](#)
- [Cleaning Wipes](#)  
For night time cleaning of machine after a day of sessions - must have low alcohol content
- [Headbands](#)
- Paper towels/towels
- Easily accessible trash can
- [Before and After Light](#)
- [Dust cover](#)  
Particularly if you live in a dusty area
- [Surge Protector](#)

# The Science of Cryoskin

## Slimming

The Slimming session uses a three phase thermal shock to initiate apoptosis, or programmed cell death, a naturally occurring sequence aided by the lymphatic system. During a Slimming session, the client will experience a localized warming sensation, followed by a cold sequence and particular massage technique. The immediate drop in temperature will initiate apoptosis once the fat cells have cooled to the temperature at which they can no longer sustain themselves. Once this cell death has been initiated, the fat cells will convert to cellular debris, to be cycled through the lymphatic system over the following fifteen days. Your client may see some immediate “slimming”, which is simply tension in the session area that will hold from sub-zero exposure. An optimal, longer lasting result will be seen at the end of three to five sessions. It is important to remind them that this session can be done at a maximum of once every 14 days, so as to not overload the lymphatic system. Also remind clients that they are not to have sugars or carbohydrates in the two hours prior to the slimming and two hours following the session. Presence of either close to the session time can interrupt the processes necessary to produce a desirable result. It should be noted that Slimming is strictly contraindicated on the breasts in both men and women as this is a glandular area.

### Elevator pitch:

The Slimming is a localized fat loss session which naturally passes fat debris from the body via the lymphatic system. This session is the ideal choice for anyone looking to lose inches or deal with stubborn pockets of fat that do not improve with diet and exercise alone.

### Ideal candidates:

- Individuals with a balanced diet and healthy lifestyle looking to lose the stubborn fat that does not improve with diet and exercise alone.
- Individuals under 35 BMI
- Individuals who have pinchable subcutaneous fat (“pinch an inch”)

### Contraindications for Slimming:

- Active Cancer or individuals taking post-cancer drugs
- HIV/AIDS
- Lymphatic Disorders or removed lymph nodes
- Uncontrolled Diabetes or Diabetes-related complications
- Pregnancy/Breastfeeding
- Severe Kidney or Liver Disease
- Severe Raynaud’s Syndrome
- Severe Allergy to Cold
- Progressive Diseases (MS, ALS, Parkinson’s)
- Irremovable body piercing(s) in treatment area
- Implants in treatment area

# The Science of Cryoskin

## Toning/Facial

Interchangeably referred to as a “Lifting”, this session utilizes the application of cold temperatures to tighten, smooth, and shape areas lacking elasticity by increasing microcirculation (oxygenated blood flow)/collagen and elastin production. The Toning works through the application of cold which produces vasoconstriction, then the opposing hand which follows creates vasodilation. This session does not use thermal shock as a factor (it uses exclusively cold) and therefore does not remove any fat cells. This session can be done once a day, but is recommended once per week for best results. The difference between the two available options should be thoroughly discussed with a client before proceeding with the session.

### Elevator Pitch:

The Toning session works through alternating vasoconstriction and vasodilation to increase microcirculation leading to increased collagen and elastin production in the localized area of treatment. This session is best used to address loose skin and cellulite.

### Ideal candidates:

- Individuals with cellulite
- Individuals with loose skin, or skin lacking elasticity/evenness in tone
- Individuals with signs of aging (fine lines, wrinkles, sagging, etc)

### Contraindications for Body Toning:

- Pregnancy/Breastfeeding
- Severe Raynaud's Syndrome
- Severe Allergy to Cold
- Progressive Diseases (MS, ALS, Parkinson's)
- Irremovable body piercing(s) in treatment area
- Implants in treatment area

### Contraindications for Facial Toning:

- Botox injections in the past 30 days
- Filler injections in the past 90 days
- Severe Raynaud's Syndrome
- Severe Allergy to Cold
- Implants in treatment area
- Progressive Diseases (MS, ALS, Parkinsons)
- Irremovable body piercing(s) in treatment area

# General Reminders

## Important client safety reminders

### Wand temperature range

- It is essential that wand temperature stays in an ideal temperature range for the cold portion of a Slimming session. This temperature range is +4C to -4C. You should monitor the wand temperature in real-time using the temperature graph in the bottom left hand corner of the screen.
- An application of temperature above +4C will not produce an effective Slimming session, while an application of temperature below -5C for an extended period can lead to extended numbness, irritation, and reactions.

### Never hold the wand still on the skin

Similarly it is important to never hold the wand still on the skin. This is never an appropriate method of cooling the skin and can lead to irritation, damage, and extended redness and numbness.

### Avoiding incision scars with Slimming

Please make sure to note that it is prohibited to perform Slimming sessions over incision scars, regardless of how long they have been healed. This is due to the nature of the scar tissue as it differs from subcutaneous fat cells. Slimming over scars can produce an unsightly pillowing effect wherein the scar recedes and the fat that remains puffs out over it. Stretch marks are fine to work over but it should be noted there will be a temporary inflation of these marks.

### 0.5" Minimum Loss

During a Slimming session, 0.5" is the absolute minimum loss you should see between your before and after measurement. If you are not achieving this, please send brief videos (2-3 minutes) of technique to [training@cryofuel.com](mailto:training@cryofuel.com) for feedback.

# Machine Use & Care

## Electrical considerations

- Please do not unplug the machine while it is turned on or mid-session. To unplug the machine safely, exit the session and flip the power switch on the back to “OFF”
- Please do not turn the machine off mid-session, ALWAYS stop session before flipping power switch to “OFF”
- Always plug machine into a surge protector to protect against unexpected energy surges

## Cleaning the machine

- It is important to clean the wand head in between every session to prevent against debris build up between the ceramic plate and the plastic head
- Please use cleaning wipes with minimal or no alcohol content, as excessive alcohol can damage the wand head

## Refilling the coolant liquid

- If your coolant liquid needs to be refilled, the screen will show an alarm stating “Low Liquid Level Alarm”
- To replenish your liquid, unscrew the two screws on the top plate, then open the plastic vat containing the liquid by unscrewing the plastic top
- Using your replenishment liquid bottle, slowly add liquid until the liquid level mark is halfway up the neck of the plastic vat of liquid

## Additional notes

- Please make sure to keep your machine close when performing sessions, as too much tension on the wand connection port can disrupt the flow of liquid
- Please be careful with the wand as it is fragile, always make sure it is securely placed in the wand holder when the machine is not in use
- When you receive your machine, make sure the power cable is pushed in to the port fully before turning the machine on

# The Art of the Consultation

The consultation process is the first step to a successful session. By ensuring you are recommending the appropriate sessions based on each client's individual needs, you will see the best possible results for every individual.

**PLEASE FOLLOW THESE STEPS FOR EVERY CONSULTATION:**

## Intake

Clients must fill out a waiver before receiving sessions, which ensures they do not have any contraindications of treatment. If a client is concerned about any serious health issue not listed on the waiver, they should consult their physician before treatment. Some retailers additionally use a consultation form on which the client is able to discuss body goals, problem areas, and current lifestyle/diet.

## Observation of Desired Treatment Area(s) (Visual & Grip Test)

Once the area(s) of concern are determined, we must determine the appropriate sessions for each individual client dependent on their body. Have the client lay on the massage table and expose the area(s) so you may visually observe them as well as perform a grip test ("pinch an inch") to determine whether Slimming or Toning will be most effective for them.

## Initial Measurement

Always take before and after measurements for each Slimming session, as this is where the client will see quantifiable change (loss of inches). To measure, have the client lay on the massage table. Choose a uniform area of measurement (ex: belly button) and ask the client to take a deep breath in, then relax their body. Take note of the initial measurement.

## Before/After Photos

Make sure these photos are as consistent as possible. Mark a spot on the floor and choose a neutral backdrop. Use a light (we recommend one on the "Supplies" page) to ensure uniformity. It is best to take photos both with and without clothing.

## Treatment Plan/What to Expect

Explain the client's personalized treatment plan, why you have chosen it or them, along with lifestyle considerations they should follow during the course of treatment. Let the client know they will see best results from Slimming sessions 14 days after their initial session.

## How to Make the Best of Your Results!

Clearly explain before and after care recommendations. Cryoskin is not an alternative to diet and exercise, but instead an effective tool to address problem areas when diet and exercise are not enough. It is important the client knows that they must maintain a balanced diet and lifestyle in order to see best results.



# Evaluation

You will now complete theoretical training evaluation and trainee feedback form.

## NOTE

At least one member from your team must pass this evaluation in order to receive your Cryoskin.

Your theoretical evaluation can be completed [here](#).

Once you have completed your theoretical evaluation above, please click [here](#) to complete our trainee feedback form. If you wish to remain anonymous, please do not include your name in the form as it is optional.

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## Questions or concerns?

- For any questions related to training or technique: [support@cryofuel.com](mailto:support@cryofuel.com)
- For any tech-related questions or troubleshooting issues: [support@cryofuel.com](mailto:support@cryofuel.com)
- For all time replenishment requests (rev share only): [support@cryofuel.com](mailto:support@cryofuel.com)
- For any reporting questions (rev share only): [accounting@cryofuel.com](mailto:accounting@cryofuel.com)
- For an updated ETA of your machine: [eta@cryofuel.com](mailto:eta@cryofuel.com)
- For all gel requests: [support@cryofuel.com](mailto:support@cryofuel.com)
- For all general questions: [support@cryofuel.com](mailto:support@cryofuel.com)