

A photograph of two young women with long, wavy brown hair, smiling and looking at each other. They are wearing athletic clothing. The woman on the left is wearing a grey zip-up hoodie under a dark blue and white jacket with orange accents. The woman on the right is wearing a light pink hoodie. The background is a blurred outdoor setting.

CRYOSKIN 4.0

***TRAINING
HANDOUT***

CRYOSKIN

Official Cryoskin 4.0 Training Agenda

10:00 AM

Introduction to Cryoskin 4.0

10:15AM

Differences between 2.0/3.0 and 4.0

10:30AM

4.0 Features: In-Depth

10:45AM

4.0 Hardware Set-Up

11:15AM

4.0 Software: Explanation of Treatments

11:30AM

Understanding Two Part Sessions

11:45AM

Break

12:00 PM

Art of the 4.0 Consultation

12:30 PM

Demo 1: Abdomen

1:00 PM

Demo 2: Arms

1:15 PM

Demo 3: Legs

1:30 PM

Reminders

1:45 PM

Evaluation

INTRODUCTION TO THE CRYOSKIN 4.0:

The Cryoskin 4.0 is an exciting upgrade in the Cryoskin product line. This device offers the capability to treat clients with both manual and static wand heads as well as the additional electro drainage feature. Today you will learn how to operate and maintain your Cryoskin 4.0, as well as how to best treat your clients with it!

Cryoskin 4.0 sessions can be performed with less operator time due to static heads that are held in place offering a more consistent application. An electro-lymphatic drainage accessory stimulates muscles in the legs, which helps start the drainage process, improving the consistency of results from each treatment session.

PLEASE NOTE:

This handout will help guide your training session, but will not contain all the information you will learn today. We recommend taking notes and asking questions as they arise for the best possible learning experience.

STATIC TREATMENTS

There are three types of Static treatments available on the 4.0:

- **Static Slimming**
- **Static Cellulitis**
- **Static Drainage**

Static Slimming is used for localized fat loss in a target treatment area. All Manual Slimming contraindications and considerations still apply to Static Slimming. This includes performing post-Slimming massages, avoiding incision scars with all Slimming sessions as well as avoiding Slimming the breasts in both men and women.

Static Cellulitis Slimming is an exciting addition to the 4.0 software. These treatments are specifically designed to address dense and fibrous areas of cellulite, targeting both fat cells and collagen/elastin production in the area using alternating heat and cold.

Static Drainage is a great option for clients dealing with sluggish lymphatic systems, swelling in the limbs, or those that are not seeing results quickly. The Static Drainage option uses alternating heat and cold to create a pumping effect on the lymphatic system, releasing toxins towards the lymphatic stations to help promote drainage. Please note: the Static Drainage sessions are only available for use on the Arms or Legs.

ELECTRO LYMPHATIC DRAINAGE

For any Slimming session on the device, electro drainage should be employed to stimulate the lymphatic system and aid in the removal of debris from the system.

Lymphatic drainage is of fundamental importance in aesthetic treatments aimed at improving skin appearance and localized weight loss. Water retention is in fact one of the main factors causing skin imperfections.

Using compensated symmetric biphasic current (electro drainage), rhythmic contractions are obtained on the main muscles of the legs (calves) which allow exertion of a pump effect on the underlying veno-lymphatic system, so as to induce a release towards the main lymphatic stations.

Electro drainage carries its own set of contraindications, so please ensure to add the following to your waiver:

ELECTRO LYMPHATIC DRAINAGE CONTRAINDICATIONS:

- Pregnancy
- Pacemaker
- Current or recent bleeding/hemorrhage
- Open wounds
- Compromised Circulation
- Regenerating nerves
- Altered tissue sensation
- Impaired mental status
- Presence of any implanted electrical device
- Over malignant tissue
- Over wounds that are overly moist
- Near the eyes, carotid sinus, anterior neck, or over reproductive organs

ART OF THE 4.0 CONSULTATION

Please use the following examples as a reference for treatment protocols by client concern:

MAIN CONCERN: FAT LOSS

CLIENT 1

Client type:

Very overweight with a lot of excess mass, fairly good skin elasticity.

Treatment Protocol:

Alternating Static Slimming and Manual Slimming sessions. Recommend a 10-pack to start.

Recommended Timeline:

Week 1: Static Slimming, Week 3: Manual Slimming, Week 5: Static Slimming, Week 7: Manual Slimming, etc.

Reasoning:

As mentioned previously, the Manual Slimming sessions have the ancillary benefit of producing a Toning effect on the treated area. Because the client has a lot of excess mass, when the fat loss occurs, the skin will need to be tightened up in the treatment area. As the client has fairly good skin elasticity, additional Toning sessions should not be necessary.

CLIENT 2

Client type:

Very overweight with a lot of excess mass, poor skin elasticity.

Treatment Protocol:

Alternating Static Slimming and Manual Slimming sessions, with Manual Toning sessions in between.

Recommend 10 Slimming sessions and 10 Toning sessions to start.

Recommended Timeline:

Week 1: Static Slimming, Week 2: Manual Toning, Week 3: Manual Slimming, Week 4: Manual Toning,

Week 5: Static Slimming, Week 6: Manual Toning, Week 7: Manual Slimming, etc.

Reasoning:

As mentioned previously, the Manual Slimming sessions have the ancillary benefit of producing a Toning effect on the treated area. Because the client has a lot of excess mass, when the fat loss occurs, the skin will need to be tightened up in the treatment area. As the client has poor skin elasticity, additional Manual Toning sessions will improve treatment outcomes.

Client type:

Concerned with pockets of fat in hard to reach areas or displaced fat produced by another aesthetic procedure.

Treatment Protocol:

Manual Slimming. Recommend a 5-pack to start.

Recommended Timeline:

Week 1: Manual Slimming, Week 3: Manual Slimming, Week 5: Manual Slimming, Week 7: Manual Slimming, etc.

Reasoning:

The Manual wand allows the technician to reach areas that are difficult to address with the Static Heads. The Manual wand also allows for customization in situations of displaced fat.

Client type:

A healthy client with a good diet/lifestyle who has pockets of excess fat.

Treatment Protocol:

Static Slimming. Recommend a 5-pack to start.

Recommended Timeline:

Week 1: Static Slimming, Week 3: Static Slimming, Week 5: Static Slimming, Week 7: Static Slimming, etc.

Reasoning:

The Static Slimming is the best treatment option on the 4.0 for clients with a healthy, active lifestyle looking for fat loss and reduction of circumference in targeted areas.

Client type:

Slimming candidate who is not seeing optimal results, or who is feeling that their lymphatic system is not draining efficiently.

Treatment Protocol:

Alternating Static Slimming and Static Drainage. Recommend a 5-pack of Static Slimming and a 5-pack of Static Drainage to start.

Recommended Timeline:

Week 1: Static Slimming, Week 2: Static Drainage, Week 3: Static Slimming, Week 4: Static Drainage, Week 5: Static Slimming, Week 6: Static Drainage, Week 7: Static Slimming, etc.

Reasoning:

When clients are not seeing good results from Slimming sessions, the lymphatic system is generally involved in some way. If a client is experiencing difficulty with drainage, adding a Static Drainage session in between each Slimming session provides an additional aid to the lymphatic drainage process.

MAIN CONCERN: CELLULITE

CLIENT 1

Client type:

A client with fibrous cellulite.

Treatment Protocol:

Static Cellulitis Slimming and Manual Toning. Recommend a 5-pack of Static Cellulitis Slimming and a 5-pack of Manual Toning to start.

Recommended Timeline:

Week 1: Static Cellulitis Slimming, Week 2: Manual Toning, Week 3: Static Cellulitis Slimming, Week 4: Manual Toning, Week 5: Static Cellulitis Slimming, Week 6: Manual Toning, Week 7: Static Cellulitis Slimming, etc.

Reasoning:

Static Cellulitis treatments are specifically designed to address dense and fibrous areas of cellulite, targeting both fat cells and collagen/elastin production in the area using alternating heat and cold. Adding alternating Manual Toning sessions aids in improving microcirculation and the overall appearance of cellulite.

CLIENT 2

Client type:

A client with mild/superficial cellulite.

Treatment Protocol:

Manual Toning. Recommend a 5-pack of Manual Toning to start

Recommended Timeline:

Week 1: Manual Toning, Week 2: Manual Toning, Week 3: Manual Toning, Week 4: Manual Toning, Week 5: Manual Toning.

Reasoning:

Manual Toning sessions aid in improving microcirculation and the appearance of cellulite. Manual Toning sessions are particularly good for clients looking to improve skin elasticity and overall appearance.

MAIN CONCERN: SKIN ELASTICITY, WRINKLES, OR FIRMNESS

CLIENT 1

Client type:

A client with facial wrinkles, dull skin, or lack of elasticity in the face.

Treatment Protocol:

Manual Facial. Recommend a 5-pack of Manual Facials to start.

Recommended Timeline:

Week 1: Manual Facial, Week 2: Manual Facial, Week 3: Manual Facial, Week 4: Manual Facial, Week 5: Manual Facial.

Reasoning:

Manual Facial sessions improve microcirculation, increasing oxygenated blood flow in the treatment area. This improves collagen and elastin production, smoothes the appearance of wrinkles, and turns over dead skin cells in the outer layer of skin.

CLIENT 2

Client type:

A client with lack of skin elasticity in areas without excess fat.

Treatment Protocol:

Manual Toning. Recommend a 5-pack of Manual Toning to start.

Recommended Timeline:

Week 1: Manual Toning, Week 2: Manual Toning, Week 3: Manual Toning, Week 4: Manual Toning, Week 5: Manual Toning.

Reasoning:

Manual Toning sessions improve microcirculation, increasing oxygenated blood flow in the treatment area. This improves collagen and elastin production, smoothes the appearance of the skin, and helps in overall firmness.

GENERAL SAFETY REMINDERS

- 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 the 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 heads in between every session to prevent against debris build up.
- Please use cleaning wipes with minimal or no alcohol content, as excessive alcohol can damage the wand head.
- In order to safely detach the wands from their connection ports, you must press both metal buttons on either side of the connection and gently pull to release. Do not pull the hose to loosen the connection as this can cause damage to the device.
- If your coolant liquid needs to be refilled, the screen will show an alarm stating “Low Liquid Level Alarm”.
- To replenish your liquid, follow the instructions in the video on the “Set-Up” page of your 4.0.
- Please make sure to keep your machine close when performing sessions, as too much tension on the wand connection ports can disrupt the flow of liquid.
- Please be careful with the wands as they are fragile, always make sure they are 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.
- Only use gel provided by Cryoskin. It is strictly prohibited to use any gel alternatives as this can lead to crystallization or burning of the client’s skin and damage to the wand.
- If a client presents with a serious health ailment not listed on the contraindication list, always consult support@cryofuel.com and have them consult with their physician before treatment.

EVALUATION

You will now complete theoretical training evaluation and trainee feedback form. You must pass this evaluation with a score of 80 or higher in order to complete training.

STEP 1

[CLICK HERE TO COMPLETE YOUR THEORETICAL EVALUATION](#)

STEP 2

[CLICK HERE TO COMPLETE YOUR FEEDBACK FORM](#)

PLEASE NOTE:

We ONLY accept the first submission score. Multiple submissions will not be accepted.

QUESTIONS OR CONCERNS?

Please reach out to support@cryofuel.com.

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