Cryoniq® Cryotherapy Solutions




# Taiga

## Electric Cryotherapy Chamber

An electric whole-body cryotherapy chamber for recovery, wellness and longevity.

The experience

# Reset your body, head to toe.

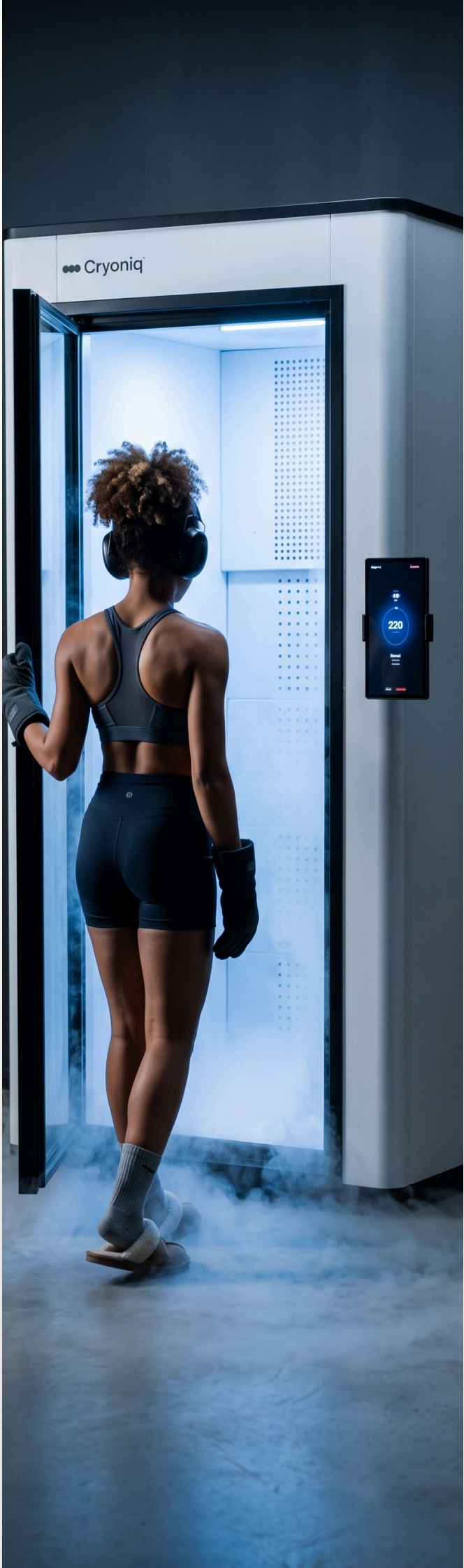
Step into the spacious cabin and immerse yourself in extremely cold, dry air for 2–4 minutes.

## -90°C

Feels like

## 2–4 min

A typical session




The Taiga is designed for convenience, consistency and ease of use.

## The chamber

# Engineered to the last detail.

**Clear view out at all times**
Full sized heated glass door

**Keep track of your session**
Built-in smart LED indicators

**Fits into every room**
Takes up only 1.8 m²




**Set it and forget it**
Pick your setting and let Taiga do the rest.

**Make it your own**
Create your own profile and Taiga will run your favourite session every time.

**Fully electric**
Powered by 220/230 V.

Breathable air throughout, with cabin temperature monitored for the whole session.

The effect

# What it delivers.

Whole-body cold prompts a set of natural responses. It sounds hard. It isn't. Just cold.

## Vasomotor response

The body's natural constrict-and-dilate response to cold.

WHEN YOU FEEL IT

**In session** | Right after | Hours after

## Analgesic effect

May ease discomfort and make daily routines easier to tolerate.

WHEN YOU FEEL IT

In session | **Right after** | Hours after

## Myorelaxant effect

Supports muscle relaxation after exercise and hard training.

WHEN YOU FEEL IT

In session | **Right after** | **Hours after**

## Invigoration

Many people step out feeling refreshed, clear and alert.

WHEN YOU FEEL IT

In session | Right after | **Hours after**

General physiological responses to whole-body cold. Individual responses vary. This is not a medical claim or diagnosis.

The session

# Treatment workflow.

Four simple steps, from getting ready to stepping back out.




1 **Prepare** ≈ 3 min

Dry skin. Ear muffs, gloves, underwear, socks and slippers. Remove jewelry and piercings.

2 **Choose your session** ≈ 30 sec

Pick the intensity mode and session length that fit your experience.

3 **Enjoy the session** 2–4 min

Focus on your breathing. Play some music, move if you like. Step out whenever you want.

4 **Step out** ≈ 2 min

Warm up, have some water, and get on with your day.

**Door to door in ≈ 10 minutes**

Whole-body cryotherapy is not for everyone. Talk to a health professional before your first session.

For business

# Where Taiga works.

Designed for a wide range of spaces. Every installation is planned with our team.




## Clinics & physiotherapy

Recovery sessions alongside rehab plans.




## Gyms & sports facilities

Before or after workouts, for groups, teams or single members.




## Spas & wellness

A cold ritual next to the sauna.




## Hotels & resorts

A signature stop for guests.

For business

# Return on Investment.

Taiga is optimized to deliver consistent session quality for just ≈ £10 per day in electricity cost. Here is what a day of sessions can be worth.

A DAY OF SESSIONS · AT £30 A SESSION

**STEADY**

**10** sessions
a day

REVENUE £300 | £10

**BUSY**

**20** sessions
a day

REVENUE £600 | £10

**FULL DAY**

**30** sessions
a day

REVENUE £900 | £10

Estimated revenue · Electricity to run the day

| At 20 sessions a day · after electricity | ≈ £11,800 a month | ≈ £141,600 a year |
|---|---|---|

Estimated revenue is sessions × the session price shown, before staff, rent and finance costs. Electricity is the only per-day running cost. Month at 20 working days, year at 20 days × 12. Estimates for illustration only — session pricing and volume vary by region and operation.

For home

# Own your recovery.

Treat yourself to a recovery session whenever you need it, in the privacy and convenience of your home.

### Fits a room
Whether a house, garage or apartment, a 12 m² (130 sq ft) space is all Taiga needs for optimal function

### All electric
Cools with its own sealed circuit. Powered by 220/230 V

### Ready when you are
With the built-in timer, set it to be ready whenever you need it

### A profile for everyone
Each member of the household saves their own favourite session



## The details

# Specifications.

WEIGHT
**350 kg**
770 lb

POWER SUPPLY
**230 V AC**
1 phase · C16

SURFACE
**Metal sheet**
Plastic-coated




**Inside the cabin**
900 × 820 mm floor. 2045 mm of headroom.

Cryoniq® Cryotherapy Solutions

# RECOVERY FOR EVERYONE


Contact Us:

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Visit Us:

www.cryoniq.com/uk