

NEWSLETTER



THE COLD REVOLUTION



I'M READY
CRYOSHOWER
ICE BLAST

At CRYOSHOWER, we believe in the benefits of cold therapy. This series of newsletters will highlight various people from multiple backgrounds who have taken advantage of those benefits. In this first issue, we bring exciting news about CRYOSHOWER's ICE BLAST highlights the benefits of cold therapy, and Bobbie Howarth tells us about her battle with mental health, and how cold therapy has changed her life.



CRYOSHOWER ICE BLAST

The CRYOSHOWER ICE BLAST is a straightforward, compact portable device that attaches to your shower reducing the tap temperatures to deliver water in the cold therapy zone. It maximizes the cold therapy benefits wherever and whenever it is used at home or on the go.

CRYOSHOWER ICE BLAST is available to you now through Indiegogo; discounts are available on limited pre-sale stock.

I'M READY

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FEEL THE COLD



TEMPERATURE MATTERS

Scientific research shows that we need to expose ourselves to water below 15C/60F to maximize the benefits of cold therapy. This isn't always possible; cold water temperatures can be high in summer and in hotter climates.

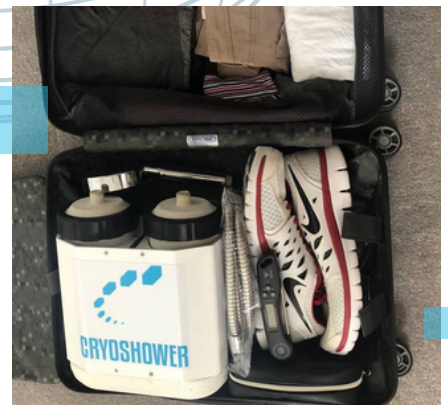
CRYOShower ICE BLAST delivers cold water in the benefit zone throughout the year wherever you are. [link](#)

I'M READY

COST OF COLD THERAPY

There are cold therapy plunge pools and cryotherapy chambers on the market, but these are expensive and typically in a fixed location.

CRYOShower ICE BLAST is portable and affordable; it delivers cold therapy benefits wherever you are.



I'M READY



EASY TO ACCESS

Plunge pools take time to cool down, and quickly add to your electricity bill.

CRYOShower ICE BLAST is easy to use and cheap to maintain

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WHY COLD THERAPY



BOBBIE HOWARTH

Bobbie-Jo Howarth the founder of Bob's Better Days told us about her cold therapy journey.

"Like many people, I struggle with mental health battles."

Her own first cold therapy session was on the 1st December in Yorkshire, she asked "Am I going to die?", but she went with a friend and did a breathwork session before hand.

[LISTEN](#)

"I BECAME EMPOWERED"

Cold therapy has transformed Bobbie's life.

"I became empowered after the first session and now it's become part of my daily life."

Bobbie wanted to give support, and now Bob's Better Days works with men and women of all backgrounds and ages. She has seen great results with menopausal women, particularly improvements to sleeping patterns.

Listen to Bobbie's story

[LISTEN](#)



[WATCH](#)

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