



GET YOUR FREEZE ON!

150 seconds to a stronger, healthier, and happier you!

**NOW OFFERING WHOLE BODY CRYOTHERAPY AT
VITALITY NATURAL HEALTH AND WELLNESS CENTER**

- BURN CALORIES
- SHORTEN EXERCISE RECOVERY TIME
- DECREASE CHRONIC PAIN
- IMPROVE CIRCULATION
- REDUCE CELLULITE
- IMPROVE SLEEP AND CHRONIC FATIGUE
- RELEASE ENDOPHRINS
- INCREASE COLLAGEN

Introductory Cryosauna - \$25



900 Water Street
Downtown Mall
Meadville, PA 16335
814-720-4825