

# CRYOSPA 2HR PACKAGE

## Cryo-Yoga-Sauna- Salt room- Compression Therapy 2 hours to reenergize & rejuvenate

Indulge in our signature CryoYoga therapy wellness package, with a treatment selection of your choice, to improve injuries, flexibility, and boost overall performance.

Alleviate sore muscles, ease tension and de-stress in our boutique group session, starting on Sundays at 2pm - 4pm.

Why leave the city when you can find our little sanctuary to rejuvenate for the week.

### 2hrs ... \$130

*This package includes:  
1 session of Cryotherapy,  
1 hr Vinyasa Yoga Flow,  
and a choice of either – the  
Salt room, Sauna, or Normatec  
compression boots therapy.*

Visit our website to learn more  
about each treatment

[www.cryospaclinics.com.au](http://www.cryospaclinics.com.au)

\*T&Cs apply

📞 02 89647951

📍 21 Falcon St, Crows Nest,  
NSW 2065

🌐 [www.cryospaclinics.com.au](http://www.cryospaclinics.com.au)



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**Corporate/ Group Wellness  
package for 8 persons (max)  
2hrs ... \$130 pp**

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