HOT CRYO CHAMBER

Avant-garde rehabilitation chamber designed
for weight loss, mobility restoration, and functional training

Hot CRYO

Yoga & Pilates capsule



YOUR PERSONAL
HOT & CRYO
THERAPY STUDIO

/ Fitness / Wellness / Rehabilitation / Longevity

vacuactivus.com

Introduction

ABOUT THE PRODUCT

The HotCRYO Chamber is an advanced wellness capsule designed to combine contrast therapy, gentle movement, and smart recovery technologies in one immersive experience.

By alternating warming infrared heat with intense cooling cycles, the system stimulates circulation, activates metabolism, and supports faster muscle recovery. The result is a powerful combination of wellness, rehabilitation, and body-shaping benefits.





HOT CRYO CHAMBER

Gentle Heat

INFRARED HEAT THERAPY

Infrared heat gently warms the body to a comfortable temperature close to natural body heat, helping muscles relax and improving circulation. This controlled warmth prepares tissues for movement and supports natural detoxification processes.

The heat phase enhances oxygen exchange in the muscles and stimulates metabolic activity, making the body more responsive to subsequent cold therapy cycles.

Together, these effects improve flexibility, reduce stiffness, and create the ideal conditions for recovery and body shaping.

Smart Training

LOW-IMPACT EXERCISES

Clients recovering from rehabilitation often need to improve fitness and overall well-being, but intense workouts are not always possible. The same applies to those who struggle with weight loss and want to gradually get into shape.

The low-impact exercises in the Hot Cryo Chamber provide a gentle solution, allowing movement without heavy strain on muscles, tendons, or joints.

The chamber includes four light resistance ropes (1.5 kg load) for arms and legs, along with a display featuring a virtual trainer that guides exercises designed to restore movement, increase range of motion, and relax the muscles.





Cryotherapy

ENERGIZING THE BODY

Cryotherapy rapidly lowers skin temperature, triggering the body's natural response to restore thermal balance. This process activates circulation, stimulates metabolism, and supports calorie burning.

The cooling phase also helps reduce inflammation and temporarily decreases nerve sensitivity, which can relieve discomfort and support faster recovery after physical activity.

By integrating cryotherapy directly into the session, the chamber delivers a powerful stimulus that energizes the body and enhances overall wellness.

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Breathing Mask

OXYGEN RECOVERY

The oxygen breathing mask delivers concentrated oxygen during the session, helping the body improve oxygen intake and cellular activity. Enhanced oxygen levels support metabolism and promote a feeling of renewed energy.

Additional oxygen can help reduce fatigue and support faster recovery after physical activity. It also contributes to improved circulation and overall wellness.

Combined with contrast therapy and gentle movement, oxygen breathing enhances the session by supporting vitality, endurance, and physical regeneration.





HOT CRYO CHAMBER

Other Features

WELLNESS TECHNOLOGIES

The chamber can also incorporate additional wellness elements such as chromotherapy lighting, air ionization, and optional aroma therapy.

These sensory technologies enhance relaxation, improve the atmosphere inside the chamber, and support a holistic wellness experience.

Together they transform a simple therapy session into a multi-sensory environment designed to support both physical recovery and mental balance.

Dimensions

METRIC SYSTEM

HOT CRYO CHAMBER





Target Use & Applications

HOTCRYO IS IDEAL FOR:



Wellness
& SPA centers



Beauty and
aesthetic clinics



Fitness clubs and
body contouring
studios



Private practices
and limited
space facilities

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The HotCRYO Chamber transforms recovery and body shaping into a fully integrated wellness experience. By combining intelligent contrast therapy, guided movement, and advanced therapeutic technologies, it creates a powerful environment for regeneration, metabolism activation, and relaxation.

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