

CRYO MIAMI

COLD

Cryotherapy and cold plunge

INTRO SESSION / 35

Cryotherapy or Cold Plunge

CRYO SESSION / 65

Whole body, local, or facial

COLD PLUNGE / 45

20 minutes

HOT

Infrared sauna and red light therapy

INFRARED SAUNA 30 MINUTES / 40

Additional person \$15

INFRARED SAUNA 40 MINUTES / 50

Additional person \$15

CELLUMA 30 MINUTES / 50

Red light therapy facial

PACKAGES

Package of cryotherapy OR cold plunge OR 30 minute infrared sauna OR 40 minute infrared sauna sessions †

5 SESSIONS / 200

10 SESSIONS / 300

MONTHLY MEMBERS

UNLIMITED COLD / 200 *

One cryotherapy OR cold plunge session every day of the month

UNLIMITED HOT / 200 *

One 30 minute infrared sauna session every day of the month

UNLIMITED CONTRAST / 250 *

One cryotherapy OR cold plunge session AND one 30 minute infrared sauna every day of the month

UNLIMITED CONTRAST TRIO / 300 *

One cryotherapy OR cold plunge session AND one 40 minute infrared sauna AND one extra session of cryo, OR cold plunge, OR Celluma every day of the month

† packages may be used for up to one year

* members may pause or cancel at any time in writing; members may only use the sessions from their membership up to once per day; two month minimum commitment; autopay

430 S DIXIE HWY UNIT 8, CORAL GABLES, FL 33146
305-456-0684
INFO@CRYO-MIAMI.COM

CRYO MIAMI

CERAGEM V4 THERAPEUTIC MASSAGE BED

Ceragem massage session / standard price / member price

INTRO CERAGEM MASSAGE SESSION / 45 / FREE

36 1/2 minutes therapeutic thermal massage

CERAGEM MASSAGE SESSION / 75 / 50

36 1/2 minutes therapeutic thermal massage

MASSAGE PACKAGES

Ceragem massage sessions / standard price / member price †

4 SESSIONS / 240 / 160

8 SESSIONS / 400 / 240

COMPRESSION BOOTS

Compression boot session / standard price / member price

30 MINUTES / 25 / 15

S/M 25" - 31" inseams or L/XL 29" - 34" inseams

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