



The Worlds No1
UK Manufacturer



Tru°Cryo

TruCryo is a UK-based company where the revolutionary Kaasen range of cryotherapy equipment is designed and manufactured. Using unique and patented technologies, the Kaasen is the world's most versatile and lightweight, portable hand-held cryotherapy tool.

Vital Hydrographic are the official distributors in the GCC, Middle East & UAE.

The Kaasen range of cryotherapy products deliver a focussed stream of cold gas that cools the skin from around 32°C to 4°C (90°F to 39°F) in a matter of seconds.

Working with experts across many disciplines, including aesthetics, dermatology, physiotherapy and sports science, our range of cryotherapy equipment is designed to meet the most exacting specifications using state-of-the-art 3D design software.

Each model in the Kaasen range has software protocols to safely guide the user through treatments applicable to their chosen sector.

Whether you are an athlete, trainer, physical therapist, aesthetician, dermatologist, or even involved in equine rehabilitation, there is a model to suit your needs.

Uncompromising in its performance, the Kaasen range delivers rapid true Cryo-Stimulation.



Kaasen by Tru°Cryo



Email: samer.r@vitalhydrographic.co.uk

charles@sdg-lb.com

Web: www.trucryo.com



What is Cryotherapy?

The term 'cryotherapy' means 'therapeutic use of cold' ("cryo" from the latinised form of Greek. Kryos, for "icy cold" + "therapy" from the Greek therapeia for "healing") and is used as a modality to stimulate a beneficial physiological response from the body.

TruCryo uses the cooling power of carbon dioxide (CO₂) - the same as the contents of the fire extinguishers seen on office and clinic walls. The CO₂ is in liquid form in the cylinder and as it leaves, it expands and cools to a very chilly -78°C (-108°F), providing a stream of cooling gas to apply to the skin.

Therapeutic benefits:

- Cellulite smoothing and body sculpting
- Skin Tightening
- Reduced symptoms for psoriasis and eczema
- Pain reduction - muscles and joints
- Muscle relaxation
- Improved recovery times
- Faster mobilisation following injury or surgery
- Increased range of motion
- Reduced oedema and haematoma
- Reduced systemic inflammation
- Mood enhancement



What is localised Cryotherapy?

A localised area of skin (the abdomen, a thigh, shoulder etc.) is cooled quickly (in this case to 4°C/39°F in less than 30 seconds), using a targeted spray of cold vapour. This temperature shock causes blood vessels in the underlying tissue to constrict (vasoconstriction) as a way of protecting the body's core temperature.

As soon as the cold source is removed, the body warms the area quickly by expanding the blood vessels to around 4 times their original diameter (visodilation). A rush of freshly oxygenated blood saturates the tissue, bringing with it, hormones, neurotransmitters, and nutrients. At the same time, unwanted by-products and waste produced from natural body processes are removed from the are to be processed by the lymphatic system.

The effect is for the localised tissue to receive all it needs to rejuvenate and restore its optimal functions:
Injured muscle tissue is relieved of systemic inflammation (at the optimum time as some inflammation is useful in the healing process) and fed with all the goodness and nutrients they need to recover faster.

Ageing and thinning skin is able to repair the basal cell layer to restore the supply of collagen, elastin and hydration to regain a smoother, tighter appearance.





BALANCE

Improvement in the blood circulation, lymphatic system, metabolism, immune system and mood



MUSCLE

Promotes healing of injuries and prevention of future injuries



NATURAL

Treatments are non-invasive and do not require any recovery time



AESTHETICS

Allows you to carry out a range of non-invasive aesthetic treatments to sculpt and rejuvenate the body's appearance



CRYOTHERAPY BENEFITS



HEALTH & WELLBEING

Promotes physical and mental wellbeing and enhances mood



Physiotherapy

- Muscle Injuries
- Tendon Overload Injuries
- Immediate & Lasting Pain Relief
- Muscle Repair and Regeneration
- Repair of Muscle Micro tears
- Reduction of Oedemia
- Reduction of Systemic Inflammation
- Enhanced Healing Process
- Muscle Relaxation to aid Range of Motion

Chronic

- Fibromyalgia
- Rheumatoid Arthritis
- Ankylosing Spondylitis
- Multiple Sclerosis
- Reduction of Hair Loss
- Reduction of Anxiety
- Energy Boost
- Eczema
- Psoriasis
- Lupus
- Chronic Pain
- Insomnia
- Migraine
- Mood Lifting

Aesthetics

- Abdominal Cryo-sculpting
- Reduction of Cellulite
- Reduced skin pore appearance
- Smoothing of scars
- Contouring of jawline
- Treatment of Acne
- Increased collagen
- Capillary Stimulation
- Smoothing of fine lines/wrinkles
- Tightening of loose "baby belly"
- Birthmark lightening & smoothing
- Relaxation
- Massage Therapy
- Energy Boost
- Skin tightening

Sport

- Increased performance
- Post-performance recovery
- Improved range of movement
- Treatment of overload injuries of tendons
- Prevention of future injuries
- Accelerated Rehabilitation process
- Increased energy
- Physical and mental balance

Wellbeing

- Improved blood circulation
- Improved tissue perfusion
- Reduces recovery time
- Hemoglobin increase
- Endorphin release
- Collagen production
- Enhanced immune system
- Enhanced Lymphatic drainage
- Prevention of muscle damage
- Improved mental balance
- Rejuvenated skin condition
- Can be used alongside other therapies

Equine

- Treatment of overload injuries of tendons
- Prevention of future injuries
- Increased energy
- Physical and mental balance
- Post-performance recovery
- Improved range of movement
- Accelerated Rehabilitation process
- Increased performance



Carbon Dioxide

Carbon dioxide (CO₂) provides the cooling power behind the Kaasen phenomenal cooling ability.

The key device is connected to the cylinder (fitted with a siphon tube) of liquid foodgrade CO₂ via a robust hose.

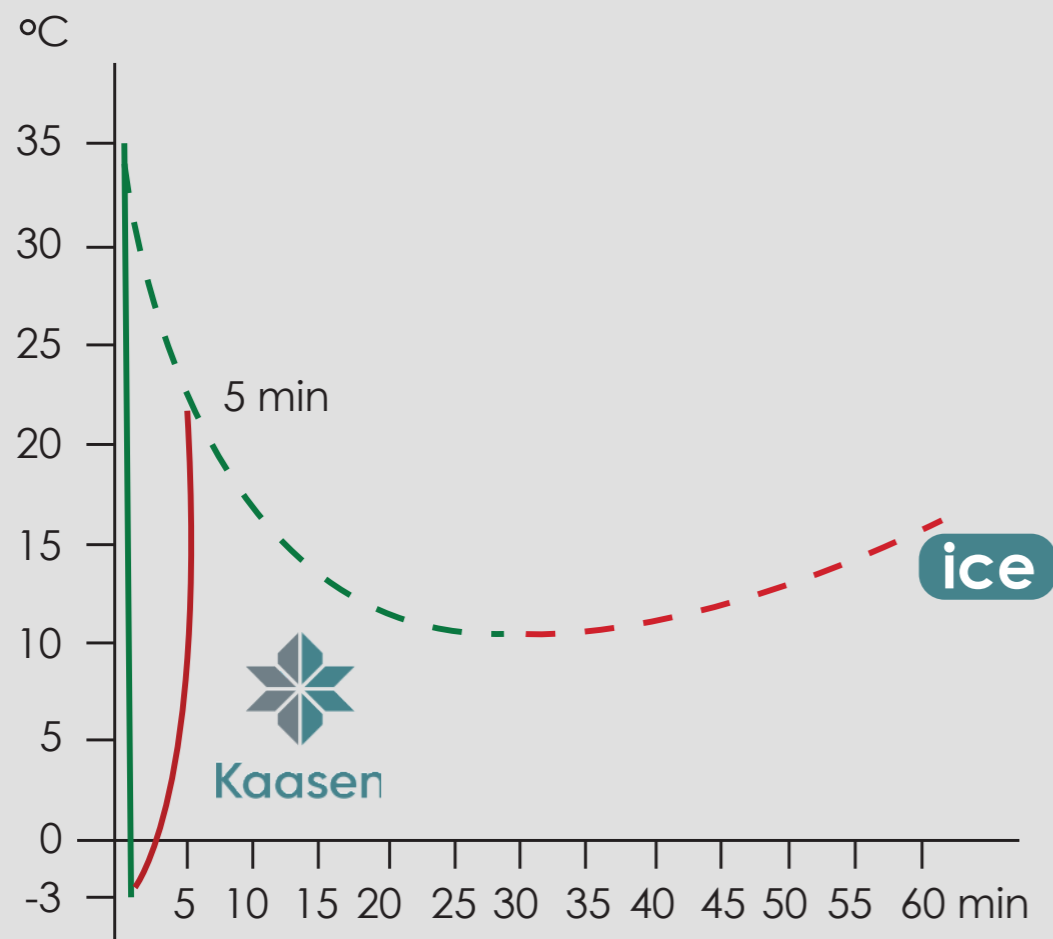
When the liquid CO₂ expands into a gas in the hose, it cools to -78°C (-108°F) To provide the targeted vapour spray

CO₂ is the only consumable, it is inexpensive and easy to get delivered from local gas suppliers.





Kaasen
by TruCryo



Kaasen Rapid Cooling

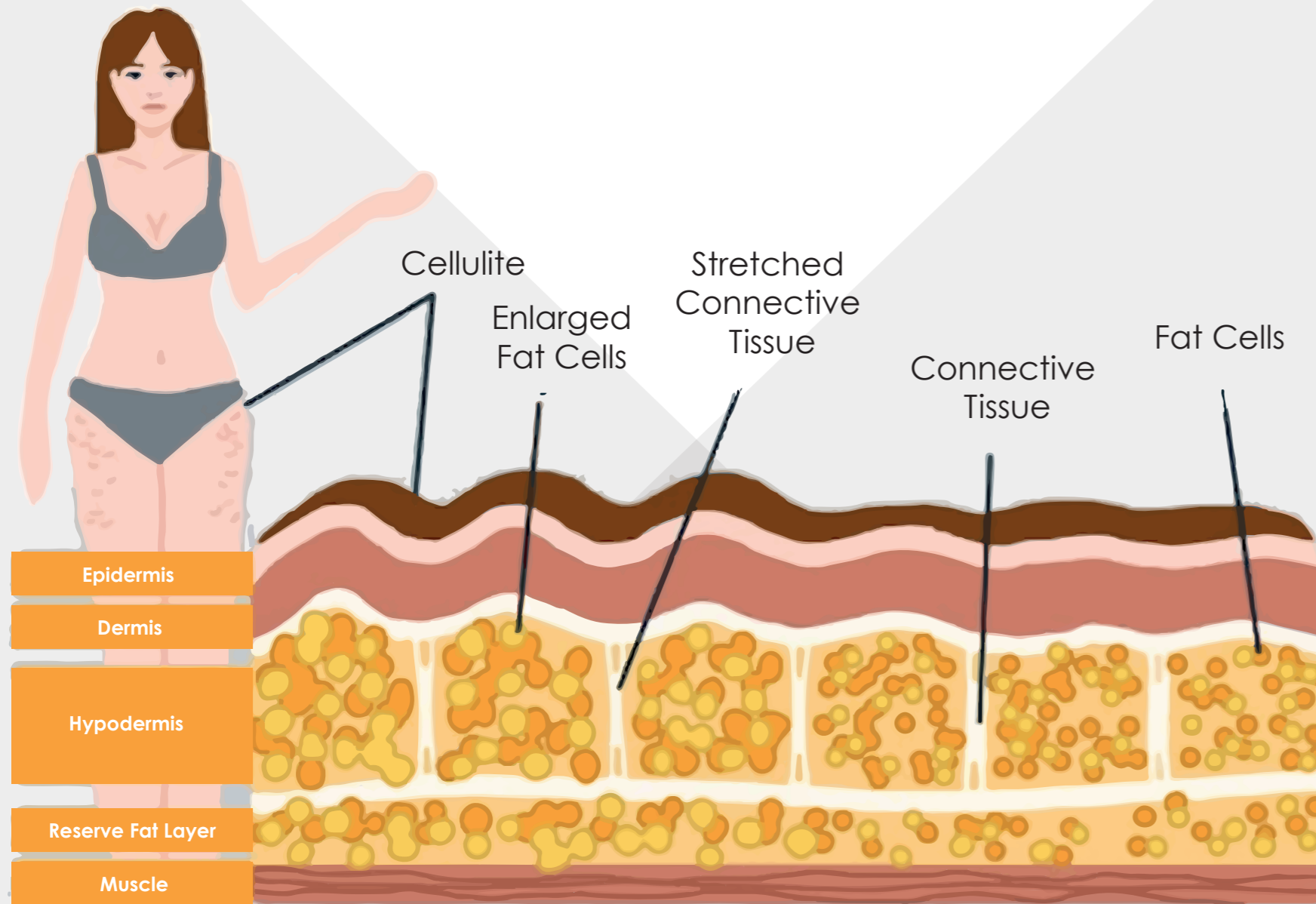
Some localised cryotherapy devices take up to 45 minutes to call and complete their processes; often requiring a gradual reheating process as part of the treatment.

The Kaasen cools skin and underlying tissues to optimum temperature in under 30 seconds.

Rapid, effective treatments without the need for post-treatment warming.



Cryotherapy and Cellulite



When targeted extreme cold is applied with the KaasenLife device this causes cryo-lipolysis of the fat cells. Specifically related to cellulite, the cold is also absorbed by the fibrous connective tissue, which causes the solubilisation of the collagen with consequent debridement of the tight non-elastic weft that strangles the lobules. The solubilisation of collagen, in addition to producing the loss of the pitted appearance of the skin, also makes it possible to reactivate the fibroblasts which are stimulated to produce new, more elastic collagen.

Grade 1

Grade 1 Cellulite is characterized by smooth skin with no visible signs of dimpling when lying down of standing up. The skin however, when pinched, shows a mattress type configuration.

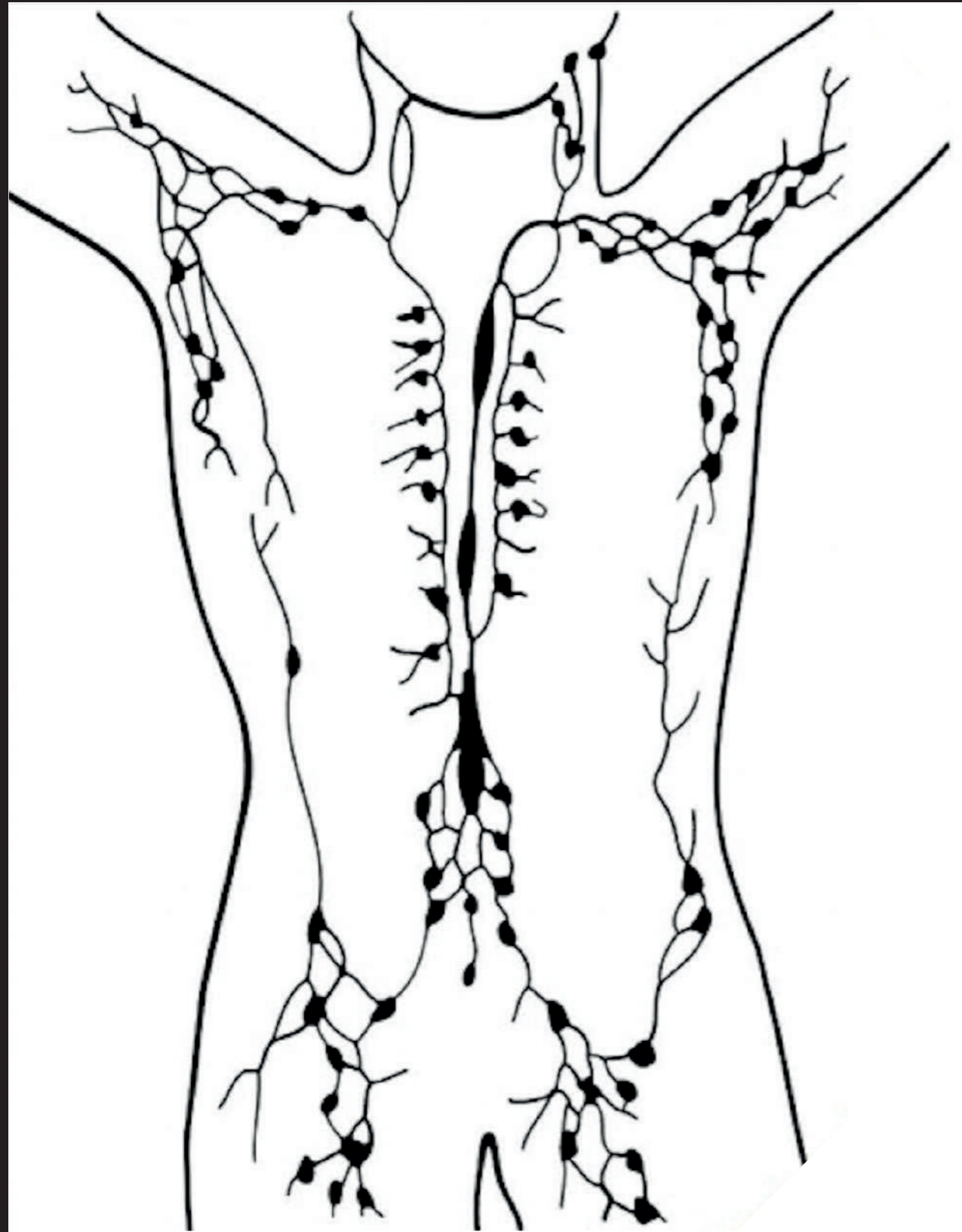
Grade 2

Grade 2 Cellulite is a dimpled appearance present upon standing but will disappear when the client is lying down.

Grade 3

Grade 3 cellulite can be seen in clients who show visible signs of dimpling when both standing up and lying down.





The Lymphatic system

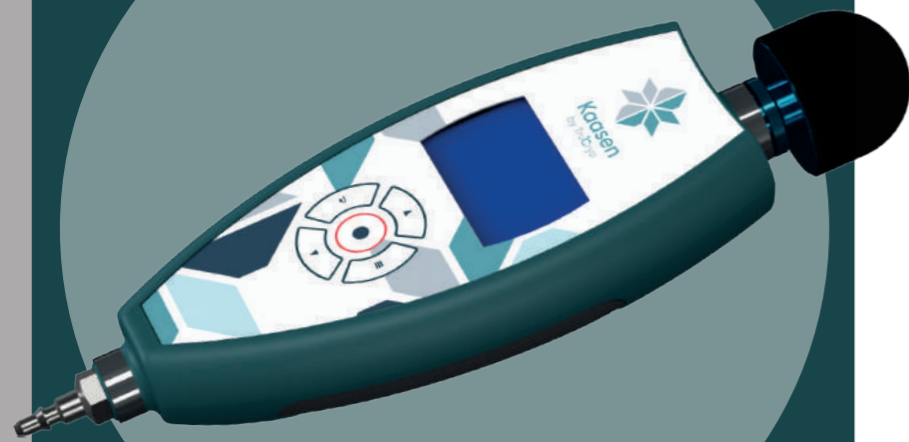
The lymphatic system is a system of thin tubes and lymph nodes that are found throughout the body and works alongside the circulatory system.

In terms of cryo-lipolysis the lymphatic system acts as a 'waste disposal' system helping rid the body of the dead fat cells by filtering them from the blood and sending them to the spleen to be destroyed



Localised Cryotherapy - the Kaasen family devices

 **Kaasen**
by TruCryo



01

Optimised for Physical therapy, Rheumatology & a broad range of recovery and wellbeing treatments

 **KaasenLife**
by TruCryo



02

Designed for aesthetics, aesthetic medicine and beauty and wellbeing treatments

 **KaasenPro**
by TruCryo



03

Elevated levels of versatility for the professional working with athletes and performance across sectors



Email: samer.r@vitalhydrographic.co.uk

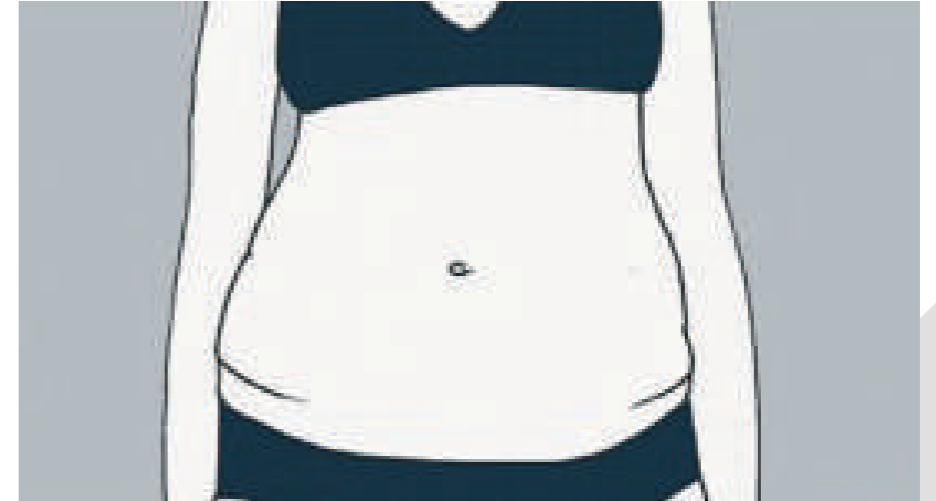
charles@sdg-lb.com

Web: www.trucryo.com

How Cryo-lipolysis Works

1

Some stubborn pockets of fat are immune to diet and exercise



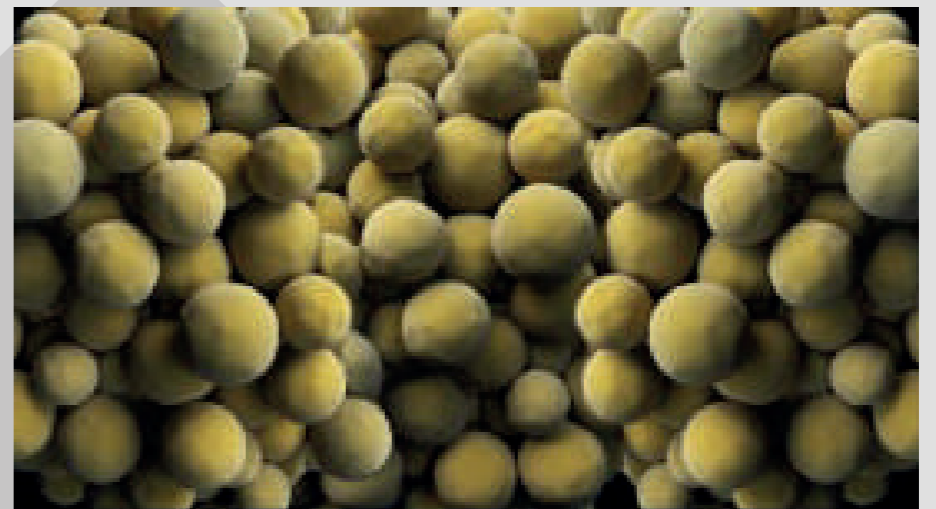
2

Cryo-lipolysis works by targeting and cooling fat cells to a temperature that will trigger cell apoptosis (a natural and controlled cell death)



3

No damage is caused to the nerves or other tissues because other cells are more resistant to the cold than fat cells



Kaasen Results



Before



After



Before



After



Before



After



The Kaasen Range

The Kaasen devices are lightweight, handheld and extremely portable. The complete kit and carry on case weighs just six kilograms (thirteen pounds)

The kit contains everything needed to perform a complete range of treatments from head to toe , making it the most versatile handheld cryotherapy device in the world, all you need to add is CO₂ .

The rechargeable battery operated Kaasen can be used in almost any location, whether within a clinic or on a sports field. It can even be carried as cabin luggage on international flights. Its flexibility is unrivalled.

Each Kaasen device and accompanying nozzle selection in the range has been designed to complement and enhance the skills of practitioners across a multitude of professional sectors.





Kaasen Equine

by TruCryo

**IMPROVE & OPTIMISE PERFORMANCE.
SPEED UP RECOVERY,
PREVENT & TARGET INJURY**

The world's most innovative and versatile cryotherapy device



Kaasen Benefits

- Rapid cooling down pre and post competition
- Faster recovery times
- Relieves pain immediately
- Stops inflammatory crisis
- Drains Haematomas and oedemas due to its vasomotor impact
- Triggers immediate muscle relaxation
- Increases physical mobility
- Rapid relief after long journeys in horsebox



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Cryotherapy for Elite Athletes



US Pro Golfer Natalie Sheary Uses Kaasen for Post-Surgery Rehab

US Pro Golfer, Natalie Sheary, has been receiving post-surgery treatment using TruCryo's world-renowned Kaasen cryo-therapy devices. Natalie, who will see 2021 as her 10th year playing professionally, has been receiving rehabilitation treatment from Six Degrees of Wellness, based in Orlando, Florida.



Reduces Swelling



Kinetic Therapy



Quick Recovery



Reduces Tissue Damage



Reasons why Athletes use Cryotherapy

If you're an athlete or even if you just like to keep healthy you may have heard about Cryotherapy. If you listen to podcasts like Joe Rogan, you'll hear him speaking about the many benefits of using cryo and how it helps him post workouts. You might have even seen the record-breaking crazy man Wim Hof who is on social media demonstrating the many benefits of ice-cold temperatures and how it affects the human body. At the moment there is a lot of discussion about cryotherapy, some positive and some negative and I hope in this article to demystify and clear up some of the confusion with the cryotherapy industry.

Cryotherapy can come in many forms from ice baths to ice packs, from cryo chambers to targeted cryo technology they all have different ways to cool you down which means there are a lot of studies carried out using different methods. Another important thing to note when reading up on cryotherapy is when and how often to cryo is applied as again the time and frequency can greatly change the outcome.

In 2014 a study by the open sourced journal of sports medicine found that there was no significant improvement in functional recovery of athletes, however there was an improvement in perceived fatigue, perceived recovery and perceived soreness.

Now, a lot of studies are showing that the effects of cryotherapy, at least on an athlete, could be between that sympathetic and parasympathetic nervous system by the rapid cold temperatures, that can cause a release of endorphins that can help you feel better. Well, if those endorphins are what you need to feel better, then there is a serious benefit there.

When it comes to athletes, there was a study that found that there is a pretty significant increase in strength directly after cryotherapy treatments. Studies state it looks like it could be something neurological, something Nervous System related. It is kind of like if you were to hop in a cold shower you might be amped up and ready to roll.

Okay, now let's look at it from a chronic illness standpoint and this is important, even if you're an athlete.. , so if you have a chronic illness, which is exactly what cryotherapy was originally formulated for, private therapy may be a very good thing for you to look into. You see, in a recent study in 2016, it was found that those that suffer from multiple sclerosis and chronic fatigue syndrome, basically both autoimmune conditions, had significant improvements, using whole body cryotherapy, but also had a pretty serious reduction in inflammation, see what this tells us is that the long term use of cryotherapy is really where the benefits come in, and another study in 2014, was looked at those that had what is called an adhesive capsulitis to the shoulder. Now in simple terms it is basically where you lose that shoulder mobility, so happens to lifters a lot happens to swimmers a lot.

Well they found that after four weeks of treatment with cryotherapy, there was a significant improvement in that adhesive capsulitis over the control group that only did physiotherapy with no whole body cryotherapy. So that is pretty remarkable right then in there. So what this tells us is we have to be patient. See if we're looking for the ultimate benefits of cryotherapy, it may not be something that happens immediately. Just like training. It all takes time and recovery takes time. So if you're interested in living for a long time you're interested in being on the field for a long time you're interested in being in the gym for a long time, and maintaining that stamina overall. Then cryotherapy is clearly showing to be something that is going to be extremely important for overall long term health. And if you're someone that's dealing with an autoimmune condition, it's looking like cryotherapy might be something that is well worth spending the money on. So at the end of the day. Remember the perception is always reality. And if you feel good using cryotherapy, it's worth the money, even if you're an athlete you're only looking for that immediate game. But if you're really not wanting to spend the money you can get a lot of benefit by surrounding yourself with ice packs. But if you're wanting to live for a long time, it's looking like cryotherapy might be showing some very promising signs



What's included?

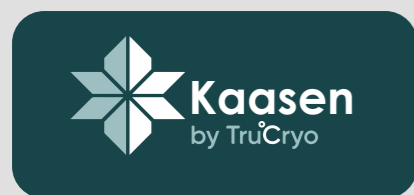
Kaasen devices are sold in a complete kit including:

- Stylish and durable attache case
- Kaasen device
- Nozzles - complete range specific to the model
- Compression/massage heads
- CO₂ Hose
- Pistol-style handle
- Charger
- 2-year warranty
- USB cable for software updates



Devices

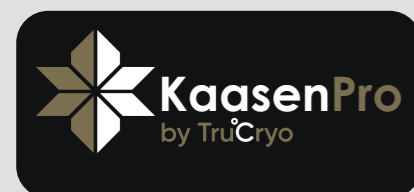
Each Kaasen kit comes complete with a comprehensive range of nozzles and compression/massage heads:



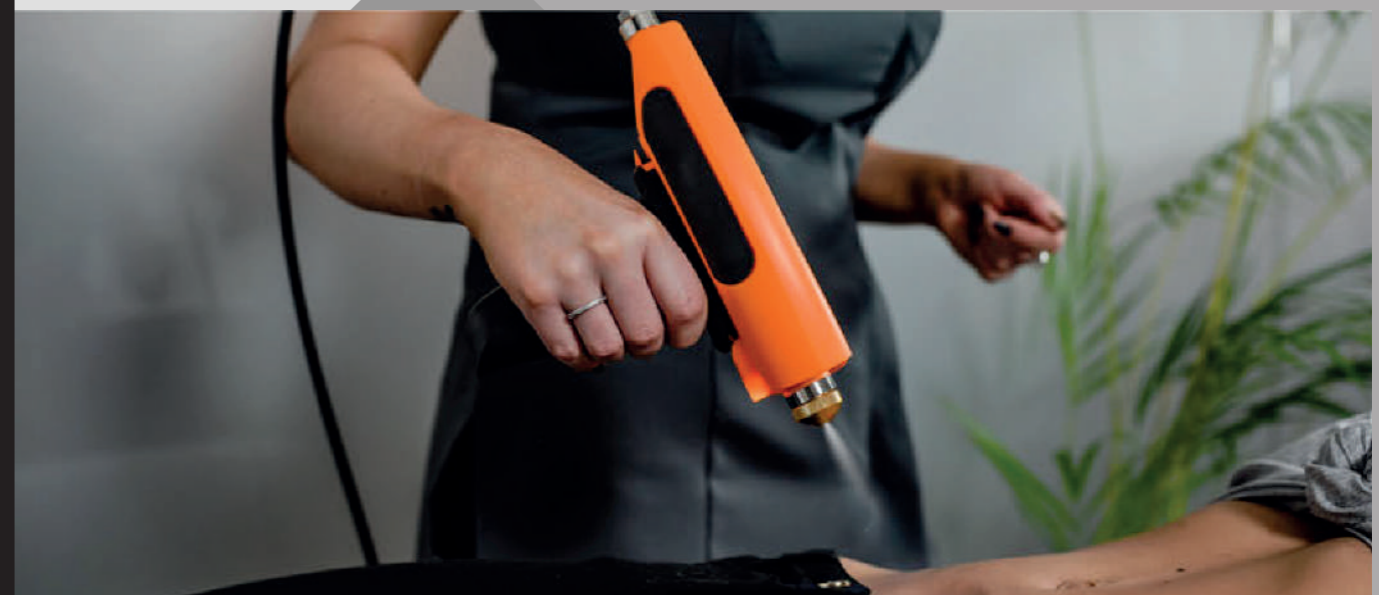
Cone | Flat | Dome | Red | Gold | Black

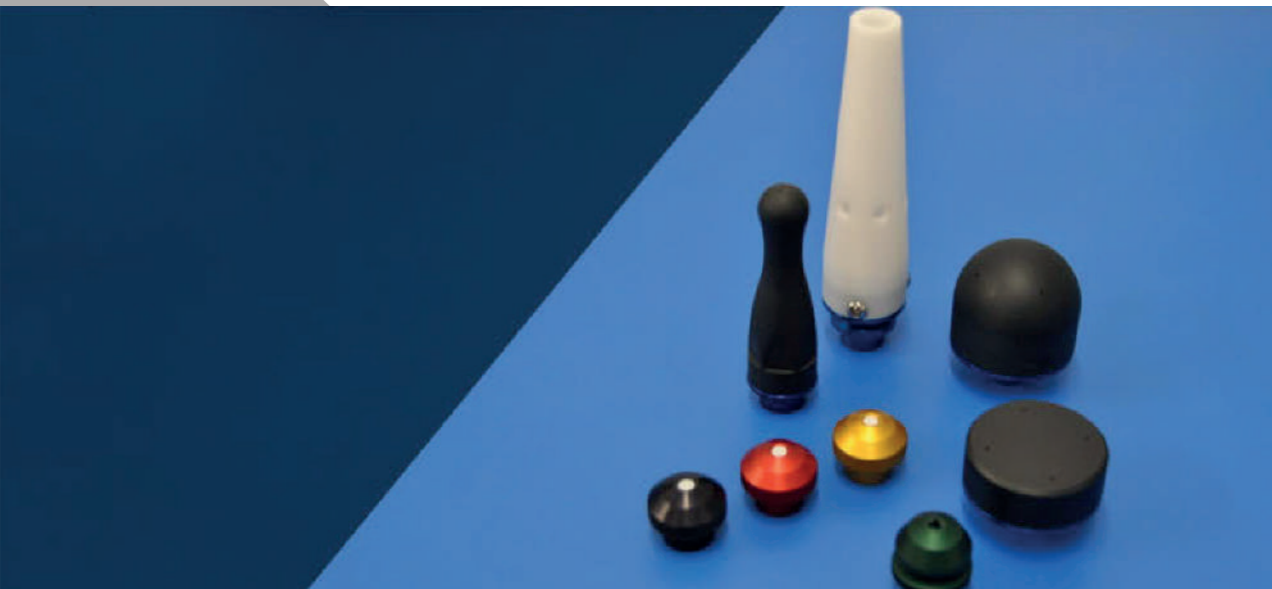


Sleek | Cone | Flat | Dome | Red | Gold | Black



Cone | Flat | Dome | Red | Gold | Black | Extreme





Nozzles

The flow of CO₂ vapour is adjusted by a selection of nozzles. The range of compression/massage heads provide complete body treatments. The vapour nozzles provide a progressively faster and more powerful flow of vapour.

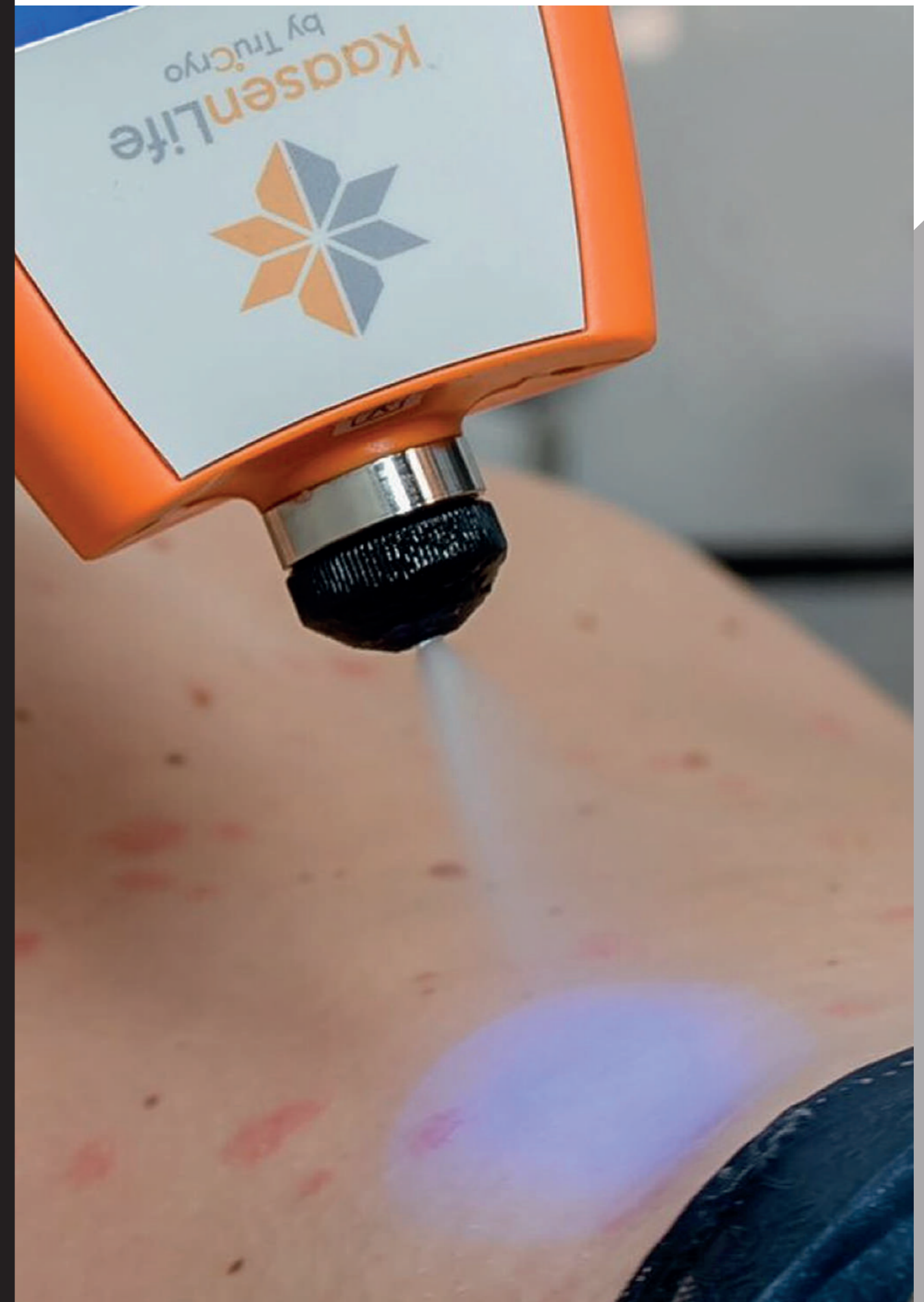
1. Sleek - for facial treatments
2. Flat - for body and limb massage therapies and treatments
3. Dome - for body, joint and jawline treatments
4. Cone - ultra low-pressure jet diffuser head, facial and relaxation therapies
5. Red - Low pressure jet diffuser for facial and neck treatments and small areas such as verrucas
6. Gold - medium pressure jet diffuser for injury recovery, arms, neck and abdominal sculpture
7. Black - high pressure jet diffuser for muscle recovery, body sculpting and cellulite smoothing
8. Extreme - extreme high pressure for athletic muscle recovery and physical therapy treatments



Safety

The Kaasen products have our TruCryoAssist range of built-in safety features to ensure safety:

- Treatment timers with auto-stop when time is reached
- Spray zone indicator light - a white LED highlighting area
- Thermal shock (optimal temperature) indicator light - a blue LED illuminates the area when the optimal temperature is reached
- Dual temperature sensors constantly monitor skin temperature
- Clear digital temperature display - the temperature is continuously displayed on the digital screen
- Laser proximity sensor - clear visual and audible indicators ensure the optimum spraying distance is maintained
- Automatic shut-off function - if the proximity warnings are ignored, the gas simply shuts off



Treatment Requirements

In order to safely and efficiently use the Kaasen range of equipment, it is important to follow safe, but simple working practices:

- Ensure you have received the Kaasen training appropriate to your device and sector
- Carry out a pre-treatment consultation to ensure there are no contraindications for the treatment
- Make sure your working space is well ventilated
- Make your client/patient comfortable and explain the treatment before starting
- The skin of the treatment area must be clean, dry and free from creams, lotions and makeup
- Treatments can be performed sitting, standing or lying down - whichever is most comfortable
- Treatments can be performed indoors or outdoors
- The ideal temperature of the space is between 20°C (68°F) and 25°C (77°F)



Contraindications

Localised cryotherapy treatments are very safe for the vast majority of people. However, there are some contraindications, which means treatment should not be provided, including:

- mucus membranes – including the eyes, anus, vagina and mouth – for external use only
- Renauds disease
- Blood disorders related to coagulation
- vasculitis
- hyper sensitivity to cold
- peripheral artery disease
- chronic venous insufficiency and post thrombotic conditions
- microvascular dysfunction during diabetes/diabetic foot
- Anastasia, Paresthesia, polyneuropathy
- Deficient liver or kidney function
- open wounds or broken skin
- Botox or fillers two weeks prior
- anaemia
- any other condition where the application of cold vapour may cause harm

This is not an exhaustive list – please ensure medical advice is sought if there is any doubt about existing medical conditions.





Lebanon Office

3rd Floor Adaymi, Sarba Highway - Towards Beirut.

P.O BOX : 503 Zouk - Lebanon

T - + 9 613 756 789

E - charles@sdg-lb.com



Uk Office

Vital Hydrographic

Unit 28 Emerald Way

Stone Business Park

Stone, ST15 0SR

T - +44 1785 818804

E - samer.r@vitalhydrographic.co.uk