



RECOVERY STUDIO

BY **CTN**



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Tuesday to Friday, from 11 am to 7 pm. Saturdays, from 9 am to 2 pm.



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WHAT IS A RECOVERY STUDIO?

Recovery is key to our overall well-being.

Maintaining good health leads to increased energy, productivity and happiness. That's why investing in our health is also an investment in our success.

Our Recovery Studio is an innovative concept that integrates state-of-the-art CTN equipment with cutting-edge technology, creating a treatment space designed to offer complete, safe, and highly effective recovery experiences.

Athletes, whether professional or amateur, constantly demand maximum performance from their bodies. Achieving peak performance requires not only hard work, but also effective recovery solutions. CTN's cryotherapy technologies are transforming sports recovery by reducing inflammation, relieving muscle pain, and accelerating the healing process.

In this studio, you will find various services such as the **e°CABIN™** whole-body recovery cabin, the **X°CRYO™** localised cryotherapy device, the **X-TONE™** muscle stimulation device, the **OxyPro™** hyperbaric oxygen chamber, the **LedPro™** red light capsule with near-infrared (NIR) light, the **X°GUN™** massage gun with a unique hot/cold function, and pressotherapy trousers.

These devices offer effective treatments that are significantly shorter and pain-free compared to traditional methods.

ABOUT CTN

Headquartered in Finland, CTN is a leading technology company focused on developing advanced recovery devices.

Its collaboration with the Finnish Olympic Committee and involvement in various professional sports, such as fitness, golf, ice hockey and football, highlight its leadership in global wellness technology.

SERVICES

1.CTN e°CABIN

General cryotherapy

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2.CTN X°CRYO

Localised cryotherapy

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3.CTN X-TONE

Electromagnetic muscle stimulator

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Red light therapy combined with infrared

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Advanced hyperbaric oxygen therapy

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Cold and heat therapy massage gun

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Controlled air pressure

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CRYOTHERAPY

WITH RECOVERY TECHNOLOGY FROM FINLAND, IMPROVE YOUR QUALITY OF LIFE

Cryotherapy offers an easy and convenient method to stimulate the body's natural recovery mechanisms. This **cold therapy** induces thermal shock in the body's surface cells, creating a simulated state of emergency. The cells respond by activating the parasympathetic nervous system, which initiates a fight-or-flight reaction.

This leads to the **production of various enzymes and hormones** (such as adrenaline, cortisol, endorphins and testosterone), which contribute to an increased sense of well-being

Cryotherapy is available in our studio as a holistic option in a full-body cabin with the **e°CABIN**, or locally, targeting a specific area of the body with the **X°CRYO™** device.

GENERAL BENEFITS

- Promotes recovery after injury/surgery.
- Improves athletic performance.
- Promotes muscle recovery.
- Promotes better sleep quality.
- Helps combat stress and anxiety.
- Promotes general well-being.

For skin and beauty

- Promotes collagen production.
- Promotes skin rejuvenation.
- Helps with various skin problems (psoriasis, rosacea and acne).
- Promotes the function of superficial veins.
- Suitable during and after laser/IPL treatments.

CTN e°CABIN

Introducing **e°CABIN**, a revolutionary advance in **whole-body cryotherapy**. This state-of-the-art cabin is a sanctuary where technology and design converge to offer an unparalleled recovery experience.

It delivers a **100% electric and entirely safe treatment**, without the need for nitrogen, toxic gases or handling of cryogenic liquids, eliminating any associated risks. Moreover, it requires no direct physical contact, ensuring a hygienic and comfortable experience that is even suitable for individuals sensitive to the cold.

Thanks to its **intelligent customisation system**, the e°CABIN automatically adjusts temperature, time, and exposure level according to each user's profile, offering a highly effective experience tailored to their specific needs.



BENEFITS

- **Stimulates muscle recovery:** Ideal for athletes, it reduces post-workout fatigue and soreness.
- **Reduces inflammation and oedema:** Effective for acute or chronic inflammatory conditions such as tendinitis, arthritis, or joint injuries.
- **Activates blood and lymphatic circulation:** Enhances oxygenation and nutrient transport to damaged tissues.
- **Stimulates natural collagen production:** Improves skin firmness and elasticity, slowing down the ageing process.
- **Reduces cellulite and improves skin tone:** By activating the lymphatic system and fat metabolism.
- **Promotes body fat loss:** Accelerates metabolism and continues to burn calories even after the session.
- **Increases energy and vitality:** Triggers the release of endorphins, dopamine, and adrenaline, which uplift mood.
- **Improves sleep quality:** Regulates the parasympathetic nervous system and combats insomnia naturally.
- **Strengthens the immune system:** Activates defence mechanisms and helps reduce the frequency of colds and minor infections.
- **Reduces stress and anxiety:** Thanks to its immediate effect on the central nervous system.
- **Helps with mild depression and chronic fatigue:** Enhances mood and reduces the perception of pain.
- **Improves joint function and mobility:** Ideal for those with arthritis, osteoarthritis, or rheumatic conditions.
- **Optimises recovery after surgery or injury:** Accelerates tissue regeneration and alleviates pain.
- **Improves athletic performance:** Facilitates quicker recovery between intense training sessions.

CTN X°CRYO

X°CRYO is a cutting-edge **localised cryotherapy device** designed to cool specific areas of skin, joints, and muscles, enhancing wellness and beauty treatments, sports recovery, and other health therapies.

Unlike traditional methods, **X°CRYO** does not require liquid nitrogen or CO₂, as it is **powered by an electric cooling unit**. This makes it more mobile and easier to use. Its high-volume, high-speed chilled air delivery system provides targeted areas with effective and safe thermal shock, delivering benefits ranging from muscle pain relief to skin rejuvenation.



Thanks to the **versatility of the various X°CRYO applicators**, any part of the body can be treated with precise and effective localised cryotherapy.

This is **a non-invasive and drug-free therapy** that allows targeted action without affecting surrounding areas. A typical treatment lasts only 1 to 3 minutes, making it a fast, convenient, and safe option.

Additionally, it perfectly complements other recovery techniques, enhancing their effectiveness and supporting improved overall recovery.

BENEFITS IN SPORTS RECOVERY

- Reduces **acute and chronic inflammation** in muscles and joints.
- Provides immediate **relief from muscle and joint pain**.
- Reduces swelling in recent injuries.
- Accelerates **muscle recovery** after intense training.
- Promotes **vasoconstriction** followed by vasodilation, improving circulation.
- Reduces muscle spasms and stiffness.
- **Reduces the risk of injury** from overtraining.
- Increases **joint mobility** after exercise.
- Stimulates the **elimination of muscle toxins**, such as lactic acid.
- Accelerates recovery after minor trauma.
- **Reduces muscle fatigue** in consecutive sessions.
- Improves muscle reaction time.
- Promotes **soft tissue repair** (tendons, ligaments).
- Stimulates the **nervous system**, improving reflexes and muscle tone.
- Reduces post-injury rehabilitation time.

BEAUTY BENEFITS

- Closes pores and improves **skin texture**.
- Reduces **inflammation and redness**.
- Reduces bags and **dark circles** under the eyes.
- **Firms the skin** by stimulating collagen fibre contraction.
- Improves blood **circulation** in the face.
- Stimulates **collagen and elastin** production.
- Tightens and **tones the skin** immediately.
- Reduces fine lines and **wrinkles**.
- Increases **facial radiance**.
- Has a **detoxifying effect**, helping to eliminate toxins.
- Reduces **acne breakouts** thanks to its anti-inflammatory and antibacterial properties.
- Improves **facial contour** and oval definition.
- Helps **decongest the skin** after aesthetic treatments.
- Provides an immediate **lifting effect**.
- **Soothes** sensitive or reactive skin.
- Activates **cell metabolism**.
- Reduces visible **signs of fatigue and stress** on the face.
- Enhances the effect of cosmetics and serums applied afterwards.
- Improves **skin oxygenation**.

CTN X-TONE

HIGH-ENERGY
STIMULATOR

FOCUSED

ELECTROMAGNETIC

MUSCLE

X-TONE represents a significant innovation in non-invasive technology. By harnessing **focused electromagnetic energy**, X-TONE is suitable for a variety of treatments, including muscle toning, fat reduction, and physiotherapy.

This state-of-the-art device stimulates muscle motor neurons through intense electromagnetic bursts, triggering **high-frequency muscle contractions**. These contractions not only tone and strengthen muscle fibres but also promote muscle hyperplasia and the production of new collagen, enhancing the appearance of the treated areas.

In addition, intense muscle activity can contribute to the breakdown of fat cell membranes, potentially aiding fat reduction. It's **compatible with all fitness levels**, from professional athletes to active individuals, and ideal for deconditioning or recovery phases, helping to maintain tone and performance without physical exertion.

X-TONE™ stands out particularly for its ability to tone the abdomen, buttocks, and thighs.

The **Pelvic Trainer** is an additional accessory for X-TONE, designed to target and strengthen the pelvic floor muscles.



BENEFITS IN SPORTS RECOVERY

- **Increased muscle strength:** Stimulates deep muscle fibres not always activated through conventional exercise.
- **Increased endurance:** Improves the capacity to sustain muscular effort over time.
- **Better neuromuscular contraction:** Optimises the connection between the nervous system and muscles, accelerating motor response.
- **Core strengthening:** Crucial for improving balance, stability, and performance across all disciplines.
- **Post-injury recovery:** Maintains muscle mass without impact or joint strain.
- **Injury prevention:** Strengthens stabilising muscle groups and compensates for structural imbalances.
- **Increased explosive power:** Ideal for athletes engaged in sprinting, jumping, or contact sports.
- **Muscle activation without joint fatigue:** Enables effective training without joint wear and tear.
- **Improved body posture:** Strengthens postural muscles essential for athletic performance.
- **Accelerates recovery after intense training:** Reduces the rest time needed between sessions.
- **Deep and comprehensive stimulation:** Activates up to 90% of muscle fibres per session.
- **Optimises muscle symmetry:** Corrects imbalances between upper and lower body or among muscle groups.
- **Ideal for deconditioning or recovery phases:** Maintains performance and tone with minimal effort.
- **Complements traditional physical training:** Enhances results when combined with strength or functional routines.
- **Reduces time to hypertrophy:** Induces more frequent and intense muscle contractions.
- **Increases pelvic and lumbar stability:** Essential for sports involving rotation or directional changes.
- **Improves functional performance:** Suitable for daily movement, cross-training, or functional recovery.
- **Quick and effective sessions:** Maximises results in just 30 minutes
- **No risk of overtraining injury:** Enables high-intensity sessions without physical exhaustion.

BEAUTY BENEFITS

- **Visible toning of the abdomen:** Defines the midsection and sculpts the silhouette without intense exercise.
- **Lifts and firms the glutes:** A natural 'push-up' effect without surgery or fillers.
- **Reduces muscle flaccidity:** Tones softer areas like the arms, legs, abdomen, and glutes.
- **Slims the figure:** Improves proportions by targeting key areas such as waist, hips, and thighs.
- **Localised fat reduction:** Activates metabolism to reduce volume in specific areas.
- **Improves skin texture:** Skin appears smoother and firmer thanks to deep muscle stimulation.
- **Flat stomach effect:** Strengthens abdominal muscles and reduces visible bloating.
- **Firms thighs and legs:** Ideal for those seeking toned, compact lower limbs
- **More defined body contour:** Combines muscle contraction and fat reduction for sculpted results.
- **Shapes the waist:** Strengthens obliques and transverse abdominals, refining the silhouette.
- **Rejuvenates body appearance:** Enhances muscle tone and posture.
- **Ideal for postpartum:** Helps restore abdominal shape without physical effort.
- **Visible results in just a few sessions:** Aesthetic changes noticeable from the third or fourth session.
- **Non-invasive aesthetic alternative:** No surgery, needles, or anaesthesia required.
- **Ideal complement to slimming treatments:** Enhances results from cavitation, radio frequency, or pressotherapy.
- **Activates deep** muscles that are difficult to target with cosmetic methods, such as the lower abdomen and inner thighs.
- **Improves overall body harmony:** Achieves a more symmetrical and proportionate physique.
- **Does not generate unwanted bulk:** Tones muscles without excessive hypertrophy.
- **Firms without intense physical exercise:** Perfect for those with time constraints or physical limitations.

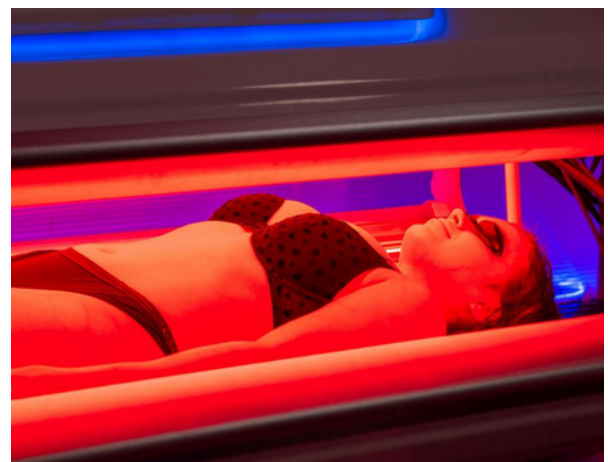
CTN LedPro

A POWERFUL RED LIGHT THERAPY COMBINED WITH NEAR INFRARED

LedPro is revolutionary in the field of **red-light therapy**. This advanced device harnesses the power of photobiomodulation, using an array of 11,611 LED lights to emit a powerful spectrum of red and near-infrared light.

What sets **LedPro** apart is its ability to emit these specific wavelengths with optimal intensity and distribution, **ensuring maximum absorption** by the body's tissues. Moreover, it is completely painless, non-invasive, and compatible with other therapies, further enhancing its effectiveness. It is also ideal for sensitive skin or rosacea, thanks to its soothing effect.

Complete body rejuvenation in just 15 minutes.



BENEFITS IN SPORTS RECOVERY

- Accelerates **muscle recovery** after intense exercise.
- **Reduces inflammation** and oedema in muscle and joint tissues.
- Reduces delayed onset muscle soreness (**DOMS**).
- Improves local **blood circulation**, optimising oxygen transport.
- Stimulates **ATP production**, increasing cellular energy.
- Promotes **regeneration of tissues damaged** by overuse or injury.
- Reduces **muscle fatigue**, improving overall performance.
- Reduces post-workout **joint stiffness**.
- Prevents injuries caused by overexertion, improving **muscle function**.
- Accelerates **recovery from microtears** in muscle fibres.
- **Reduces recovery time** between training sessions.
- Improves **cellular oxygenation**, essential for athletic performance.
- Increases **muscle elasticity** and improves range of motion.
- Reduces muscle spasms and contractures.
- Modulates the inflammatory response, balancing recovery.
- Stimulates **collagen production**, beneficial in soft tissue injuries.
- Promotes **rapid healing** of sprains and minor tears.
- Improves post-injury **neuromuscular coordination**.
- Enhances rehabilitation after surgery or injury.

BEAUTY BENEFITS

- **Reduces fine wrinkles** and expression lines.
- Improves skin **texture and tone**.
- Stimulates **collagen and elastin production**.
- Promotes firmer, more **rejuvenated skin**.
- **Reduces inflammation** and redness.
- Lightens **sunspots** and age spots.
- Improves **skin hydration** at the cellular level.
- Accelerates **skin repair** after aggressive treatments (laser, peels).
- Reduces the appearance of enlarged pores.
- **Evens out skin tone**, giving it a radiant glow.
- Helps **treat active acne** (anti-inflammatory and antibacterial action).
- Reduces acne scars.
- Firms the facial contour with regular sessions.
- Improves **skin microcirculation**.
- Increases **skin oxygenation**.
- Reduces bags and **dark circles** under the eyes.
- Promotes daily **cell regeneration**.

CTN OxyPro

ADVANCED HYPERBARIC OXYGEN THERAPY FOR THE WHOLE BODY

OxyPro is a revolutionary **hyperbaric oxygen therapy** chamber that redefines the approach to wellness and recovery.

This state-of-the-art device operates at a pressure of 1.35 to 1.4 ATA (35 to 40 kPa), offering a unique and highly effective method to experience the benefits of **elevated oxygen levels**. It also complements and enhances the effects of other recovery therapies.

Full-body support available in 60-, 90-, or 120-minute sessions.



BENEFITS IN SPORTS RECOVERY

- Increases **cellular oxygenation**, even in damaged or inflamed tissues.
- Reduces **muscle and joint inflammation**.
- Accelerates **muscle fibre repair** after intense workouts. Reduces delayed onset muscle soreness (DOMS).
- Improves **lactic acid elimination**, decreasing fatigue.
- Promotes **healing of micro-injuries** and fibrillar tears.
- Accelerates **recovery from sprains**, strains, and bruises.
- Stimulates **angiogenesis** (formation of new blood vessels).
- Optimises **mitochondrial function**, essential for performance.
- Reduces **recovery time** between workouts or competitions.
- Improves immune response, supporting **infection prevention**.
- Reduces post-training or post-injury **swelling**.
- **Accelerates rehabilitation** after sports surgery.
- Reduces **oxidative stress** induced by physical exertion.
- **Improves mobility** and joint range of motion after exercise.
- Stimulates **collagen synthesis**, benefiting tendons and ligaments.
- Increases energy and overall endurance.
- **Improves concentration** and mental focus (post-exercise mental clarity).
- Promotes oxygenation of cartilage and joint tissues.

BEAUTY BENEFITS

- Rejuvenates the skin by increasing **cellular oxygenation**.
- Stimulates cell renewal and the production of **collagen and elastin**.
- **Reduces wrinkles** and expression lines.
- **Lightens skin spots** and improves skin tone.
- Reduces bags and dark circles under the eyes by enhancing microcirculation.
- **Accelerates healing** after aggressive aesthetic treatments (laser, surgery, peels) and promotes the regeneration of damaged tissue.
- Reduces **scars and acne marks**.
- Improves **skin hydration** and texture.
- Reduces facial and body inflammation.
- Assists in **cellulite treatments** by improving oxygenation and lymphatic drainage.
- Promotes the **elimination of toxins**, cleansing the subcutaneous tissue.
- Reduces **recovery time** after cosmetic procedures.
- Promotes healing after surgical procedures.
- Improves **skin firmness** on the face, neck and body.
- Helps with alopecia by increasing **follicular oxygenation**.
- Reduces stress and **improves sleep quality**, positively impacting the skin.

CTN X°GUN

COLD AND HEAT THERAPY MASSAGE GUN

CTN X°GUN is the most advanced handheld device on the market for **muscle maintenance**. Its exclusive adjustable heat and cold function is designed to enhance muscle care.

The **heat function** promotes increased blood circulation, which can help alleviate muscle stiffness and soreness. It is particularly beneficial after exercise or other physical activity.

As with other CTN cold therapy devices, the **cold function** is often used by those seeking relief from pain and inflammation.



PRESSOTHERAPY

Pressotherapy is a non-invasive treatment that uses **controlled air pressure** via a pneumatic compression system to enhance blood and lymphatic circulation. It is a highly effective technique for muscle recovery after physical exertion, helping to reduce fluid retention, flush out toxins, and relieve the sensation of heavy legs.

In our sports recovery room, this treatment is administered through **specialised boots** that fit comfortably around the athlete's legs. The sequential massage they generate promotes tissue oxygenation and accelerates the elimination of lactic acid, contributing to a faster and more effective recovery following intense training or competitions.

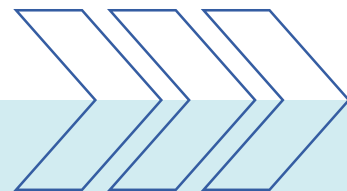
BENEFITS IN SPORTS RECOVERY

- Promotes **lymphatic drainage**, eliminating fluids and toxins accumulated during exercise.
- Reduces **muscle and joint swelling**, particularly after intense training.
- Relieves the feeling of **heavy legs and muscle overload**.
- Improves venous return, accelerating **tissue oxygenation**.
- Reduces **post-exercise inflammation**.
- Reduces accumulated **muscle fatigue**.
- **Accelerates recovery** after high-intensity sessions.
- Reduces delayed onset muscle soreness (**DOMS**).
- Stimulates **blood circulation**, improving oxygen and nutrient delivery.
- Facilitates the **elimination of lactic acid** and metabolic waste.
- Prevents the formation of **muscle contractures**.
- Relaxes and **decompresses the limbs**, generating an immediate sensation of relief.
- Perfectly complements **sports massage** and other physical therapies.
- Provides a natural **analgesic and anti-inflammatory effect**.
- Improves **joint flexibility and mobility**.
- Reduces **recovery time** between workouts or competitions.
- Helps **prevent injuries** caused by overexertion.
- **Boosts recovery** after long journeys or physical exertion at high altitudes.
- Optimises **athletic performance** through improved regeneration.
- Provides **passive, comfortable and safe recovery**, ideal when combined with rest.



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