

# FRANCHISE OPENING PACK SOCIAL MEDIA

The logo for CRYO.com features a blue degree symbol (°) positioned above the letter 'C'. The word 'CRYO' is written in a bold, blue, sans-serif font. To the right of 'CRYO' is the domain extension '.com' in a smaller, blue, sans-serif font.

CRYO.com

# Master folder for all treatment images/videos and general content for education

[https://www.dropbox.com/sh/7x1ovrbv63ok86z/AACYnFyFC6td\\_CrQXwQr76cGa?dl=0](https://www.dropbox.com/sh/7x1ovrbv63ok86z/AACYnFyFC6td_CrQXwQr76cGa?dl=0)

# General Posts about education/ awareness/ medical studies

General Posts-

[https://www.dropbox.com/sh/4colwg1dpgqhsपो/AABRY\\_iDsub9cWqilLB27Y-la?dl=0](https://www.dropbox.com/sh/4colwg1dpgqhsपो/AABRY_iDsub9cWqilLB27Y-la?dl=0)

Medical Studies-

<https://docs.google.com/document/d/10cZiYDXCStsqTjzbxZFzlgGJg3r9gPqITilQQZvsRUA/edit?usp=sharing>

# IG Profile Image and Bio details

Profile Image- Use the following °CRYO.com logo with the °CRYO Blue background as the official social media profile image. For example on Instagram, TikTok, Snapchat, WhatsApp, Line, Facebook, Google My Business etc



Bio-

°CRYO <Branch>

❄️ Wellness, Recovery, Fitness, Beauty & Slimming!

📍 <Location>

°CRYO UAE

Health/beauty

❄️ Wellness, Recovery, Fitness, Beauty & Slimming!

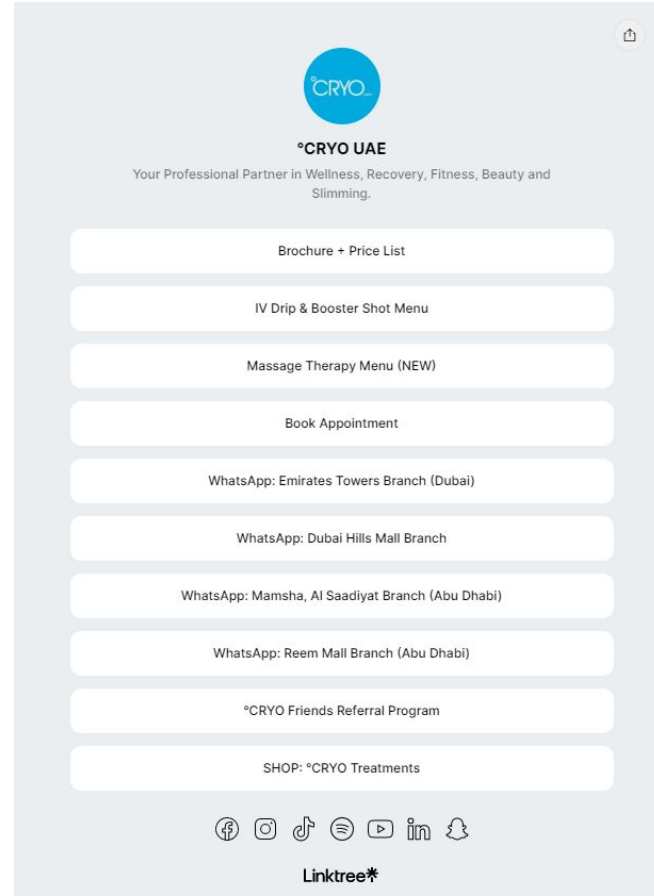
📍 @jumeirahemiratestowers @dubaihillsmall @aldarexperiences @reemmall  
[linktr.ee/cryostayyoung](https://linktr.ee/cryostayyoung)

# Linktree - easy access to all important information

You can create a linktree easily from the below link.

<https://linktr.ee/>

We have attached few examples on what can be added to the link tree on the right side.



# Now Freezing < Insert new location/ city/country >

Use FREEZING <Insert Location Name> SOON

Must create a frozen world around your actual store location.



# Instagram Highlights

Strictly use only the below icons. If you need any other icons please get approval from the HQ prior using it.

Link- [https://www.dropbox.com/sh/g1ie9e864ngf730/AAAw6cpop\\_2rxGfVEmA8wVOha?dl=0](https://www.dropbox.com/sh/g1ie9e864ngf730/AAAw6cpop_2rxGfVEmA8wVOha?dl=0)



SLIMMING



CELEBRITIES



FREE CONSULTATION



SCIENCE



RECOVERY



FITNESS



OFFERS



REAL RESULTS



AWARDS



LOCATIONS



BEAUTY



WELLNESS

# Compression Therapy

Stimulate your body's natural muscle pump with Compression Therapy compression massage. This fitness favorite eliminates toxins and metabolites that can prolong muscle soreness and delay recovery. The heaviness caused by intense workouts is relieved through a compression and decompression technique that combines both intense muscle recovery and healing.

Link to the Compression Therapy master folder containing all images and videos.

[https://www.dropbox.com/sh/5r9ph66wk4kb031/AAAoLjv\\_0vO5LDqyZ9ZvC9Sja?dl=0](https://www.dropbox.com/sh/5r9ph66wk4kb031/AAAoLjv_0vO5LDqyZ9ZvC9Sja?dl=0)



# °CRYO Muscle Toning

Improve skin appearance with this treatment as the cold temperatures boost collagen production, which tightens loose skin, reduces the unwanted stubborn fat, and improves the skin's overall texture and appearance



Link to the °CRYO Muscle Toning master folder containing all images and videos.

<https://www.dropbox.com/sh/ebomfgszl05h2fk/AACcMiNU4JdV-PvAJCjVbJXla?dl=0>

# Localized Cryotherapy

Achieve focused results with the localized application of cryotherapy. Reaching  $-160^{\circ}\text{C}$ , cryogenically cooled air penetrates into the deeper layers of muscle tissue and the joints and stimulates blood circulation to alleviate pain, inflammation, and speed up recovery from injuries.

Link to the Localized Cryotherapy Master folder containing all images and videos.

<https://www.dropbox.com/sh/4ooaz11bjglag80/AA-BzcQUaveCRu1dUvD0D2OiKa?dl=0>



# Red Light Therapy

Unlock the potential of your body with this innovative light therapy. The non-invasive full-chamber treatment exposes the body to red and near-infrared light to relieve pain, regenerate muscles, elevate physical performance, and promote overall health.

Link to the Red Light Therapy Master folder containing all images and videos.

[https://www.dropbox.com/sh/6qhpsgtfe60kqjp/AABoFo5v64dp\\_ezMmudP5s2sWa?dl=0](https://www.dropbox.com/sh/6qhpsgtfe60kqjp/AABoFo5v64dp_ezMmudP5s2sWa?dl=0)



# Assisted Stretching

Body stretching assisted by a licensed Physiotherapist to improve your body mobility and flexibility, reduce muscle soreness and help prevent injury. Prior to stretching for optimal results we use RecovaPro percussion device for warm up massage and stimulate circulation

Link to the Assisted Stretching master folder containing all images and videos.

<https://www.dropbox.com/sh/b4gtxa3r2cam63z/AACEpe4tLXcWlzvaGxJV8VKwa?dl=0>

**STRETCH,  
PERFORM,  
RECOVER**

WWW.CRYO.COM

BOOK AN APPOINTMENT WITH US TODAY!

# °CRYO Physiotherapy

Maximize the quality of your life with this combination of physiotherapy and cryotherapy. °CRYO Physiotherapy Expedite recovery from physical difficulties, movement loss, and to restore regular body functions. This personalized treatment will use evidence based methods such as Kinesiology, Electrotherapy, Joint Mobilization, Theragun, and Kinesiology Taping based on patient evaluation.

Link to the °CRYO Physiotherapy Master folder containing all images and videos.

<https://www.dropbox.com/sh/anktp3ip3lhjdr6/AACzeXNOjpIE1xNQqh8kK1pKa?dl=0>



# HydraFacial®

Most effective deep cleansing hydra dermabrasion facial with instantly noticeable results and no downtime or irritation. °CRYO HydraFacial includes non-invasive pores extraction and intense hydration, plumping your skin with super serums of antioxidants, peptides and hyaluronic acid, followed by -160°C cooled air to refresh and bring out your skin's healthy glow

Link to the HydraFacial® folder containing all images and videos.

<https://www.dropbox.com/sh/762fwqkq9wr7p40/AADO0myJJBcxf0cvvmlXvMJJa?dl=0>



# °CRYO Facial

Confidence starts at the top!

If you're conscious of your glow, make sure it shows with a °CRYO Facial treatment that boosts collagen levels in your skin, reduces wrinkles, and keeps your skin looking healthy and radiant.

Link to the °CRYO Facial folder containing all images and videos.

<https://www.dropbox.com/sh/xwyeg2jb3fkig4b/AABLEj3ERWSPKtaTTFtXn8Twa?dl=0>



# °CRYO Slim Facial

Your perfect solution to tighten skin and boost collagen. Experience our 45-minute °CRYO Slim Facial and achieve instant natural face-lift with results in just the first session!

Link to the °CRYO Slim Facial master folder containing all images and videos.

<https://www.dropbox.com/sh/anc513a3atr7v90/AAClghaMWTIceXFFeEfD7jyea?dl=0>



# °CRYO Slim Body

This is a non-invasive slimming treatment using endermologie technology which stimulates fat cells in the body to help you lose stubborn fat faster (lipo-massage), improve metabolism, boost lymphatic drainage and blood circulation, firm, and smooth skin, reduce cellulite.

Link to the °CRYO Slim Body master folder containing all images and videos.

[https://www.dropbox.com/sh/im7zra9ykun3xhx/AADt\\_M3XGagqJ739FG0ULB6Ka?dl=0](https://www.dropbox.com/sh/im7zra9ykun3xhx/AADt_M3XGagqJ739FG0ULB6Ka?dl=0)



# °CRYO Slim Cellulite

As we get older, cellulite is something we start to become more conscious of.

With the non-invasive techniques of controlled cooling, °CRYO Slim Cellulite tackles stubborn cellulite at source, aiming directly at problem areas and working to reduce its appearance in a way that compliments your skin

Link to the °CRYO Slim Cellulite master folder containing all images and videos.

[https://www.dropbox.com/sh/1seto4gtgkc7x2n/AAArJwIL-sv0tHdOwFKwe49\\_a?dl=0](https://www.dropbox.com/sh/1seto4gtgkc7x2n/AAArJwIL-sv0tHdOwFKwe49_a?dl=0)



# Whole Body Cryotherapy

This signature treatment is the safest and coldest fully immersive cryotherapy experience available today. In just a few minutes, the full body is exposed to temperatures ranging from  $-110^{\circ}\text{C}$  to  $-140^{\circ}\text{C}$  in our industry leading chamber to achieve excellent health and wellness results across a multitude of benefits.

Link to the Whole Body Cryotherapy master folder containing all images and videos.

<https://www.dropbox.com/sh/lmwkcy0hywifpzk/AADq0m8KK7ywRKMFzsLv1QUga?dl=0>



# IV Drip Therapy

This signature treatment is the safest and coldest fully immersive cryotherapy experience available today. In just a few minutes, the full body is exposed to temperatures ranging from  $-110^{\circ}\text{C}$  to  $-140^{\circ}\text{C}$  in our industry leading chamber to achieve excellent health and wellness results across a multitude of benefits.

Link to the IV Drip Therapy master folder containing all images.

<https://www.dropbox.com/sh/ar83vujre7euq6q/AABjIDIS0ybl74sd7eBfCVrOa?dl=0>



# More Captions

[Social Media Captions excel sheet.](#)

## Rollup banner

All rollup banners which represents the brand needs to be approved by the Head of Franchise.