

CATALYST

CRYOHELMET™

WWW.ICEYOURHEAD.COM ❄️ WWW.CRYOHELMET.COM



Kyle Turly,
Former Pro Football Player

"By cooling the head and neck before and during exercise you can reduce the strain that heat puts on your body and actually improve your performance. Studies have shown more than 13% improvement in exercise time to fatigue by using head cooling methods."

Human and Life Sciences, Whitelands College,
Roehampton University, London, United Kingdom

Studies have shown measurable improvements in power output from head and neck cooling by an athlete when competing in the heat vs. not cooling.

Exercise Physiology Laboratory, Applied
Health Science Department at Wheaton College,
Wheaton College, Wheaton IL, USA



CRYOHELMET: Stays cold for 90 mins*
and includes an insulating carrying case
Available in 3 sizes (SM, MD/LG, XL) and
in 2 Colors (Black, Silver)



LARGE COOLER BAG: Keeps
Cryohelmet frozen for hours on the sideline for
immediate use after practices and games. Large
enough to store multiple Cryo products & waters!

**Different than Cryohelmet cooler bag accessory*

WHY USE ICE?

HEAT MANAGEMENT: When you overheat, it can cause negative effects to physical performance as well as serious health conditions. From minor effects such as mental fatigue and lowered focus to serious conditions such as exertional heat stroke, heat is the enemy of athletes at all levels. Fortunately you can give yourself an advantage by icing your head and neck with the Cryohelmet. The Cryohelmet is completely portable and with its insulated carrying case, you can take it with you anywhere so you can cool down when you need to.

INJURIES: Accidents happen. Whether it's a slip on the ice, a fall on the playground, or an inadvertent bump over an open door, minor bumps and bruises to the head happen every day. The Cryohelmet is an incredibly convenient way to apply ice to your head to reduce swelling and soothe the pain away. The cold packs can even be repositioned to take pressure away from sensitive areas or place more in the areas you want to apply cooling.

**Cold times may vary under extreme heat*

***"I absolutely love the Cryohelmet.
It helps after hard training
sessions with cooling my body
temperature back down."***

