The Haven
Luxe Spa

THE BEAUTY BENEFITS OF CRYOTHERAPY

Lift. Tighten. Glow.

YOUR GUIDE TO LOOKING REFRESHED NATURALLY

If you're looking for a natural way to refresh your appearance, cryotherapy offers a modern, non-invasive approach that helps support healthier-looking skin, improved elasticity, and a more radiant complexion.

No surgery, no scars, and virtually no downtime.

WHAT IF LOOKING YOUR BEST DIDN'T REQUIRE SURGERY?

What is Cryotherapy?

Cryotherapy is an advanced, non-invasive treatment that uses controlled cold therapy to stimulate your body's natural response, helping reveal healthier-looking, firmer, more radiant skin.

Naturally Refreshed. Beautifully Confident.

- ✔️ Firmer-looking skin.
- ✔️ A brighter, more radiant complexion.
- ✔️ Less puffiness.
- ✔️ A healthy, youthful glow.
- ✔️ Renewed confidence.

More people are making cryotherapy part of their beauty and wellness routine as a natural way to look refreshed and feel their best.

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WHY CLIENTS CHOOSE CRYOTHERAPY

For many people looking to rejuvenate their appearance, cryotherapy is a natural first step. A series of treatments can become part of a long-term beauty and wellness routine before ever exploring more invasive cosmetic procedures.

✔️ Non-invasive
✔️ No surgery
✔️ No scars
✔️ No anesthesia
✔️ No discomfort
✔️ Virtually no downtime
✔️ Quick, convenient treatments
✔️ Supports your body's natural collagen production
✔️ Gradual, natural-looking results

CRYOTHERAPY SUPPORTS NATURAL COLLAGEN PRODUCTION

Collagen is one of the building blocks of youthful-looking skin. Cryotherapy helps stimulate your body's natural collagen production, helping reveal smoother, firmer, more radiant-looking skin over time.

Beauty That Begins Within
Cryotherapy supports more than beautiful skin. It helps reveal a brighter complexion, firmer-looking skin, and a healthy glow while also supporting overall wellness, energy, recovery, and confidence.

Invest in Your Glow
You deserve to feel confident every time you look in the mirror. Whether your goal is brighter-looking skin, a firmer appearance, healthy aging, or simply feeling refreshed, cryotherapy is a luxurious addition to your beauty and wellness routine.

Ready to experience the beauty benefits of cryotherapy?
Schedule your personalized consultation with **The Haven Luxe Spa** today.

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CRYOTHERAPY TREATMENT GUIDE

Personalized Facial & Body Treatments

Every cryotherapy journey is unique. Explore our facial rejuvenation and body contouring treatments designed to help you achieve healthier-looking skin, natural-looking definition, and renewed confidence.

FACIAL TREATMENTS

FACE LIFT & REJUVENATION

30 Minutes | $160
8-day Treatment Series: $1152

Refresh your complexion naturally. This advanced cryotherapy facial helps lift and tighten the appearance of skin, boost collagen production, improve texture, and reveal a brighter, more youthful-looking glow—all in a comfortable, non-invasive treatment. Your treatment concludes with nourishing skincare selected to hydrate and restore your skin.
6-8 treatments recommended, once a week.

CLEAR COMPLEXION CRYO FOR ACNE-PRONE SKIN

30 Minutes | $160
8-day Treatment Series: $1152

This cryo treatment soothes inflamed acne lesions, tightens pores, and balances oil production to prevent future breakouts. It enhances skin repair, reduces post-acne marks, and delivers effective results without discomfort or downtime. Finish with an acne-fighting serum enriched with prebiotics, probiotics, and postbiotics to support the skin's microbiome, reduce acne lesions, and improve overall skin texture.
6-8 treatments recommended, once a week.

FACE IMMUNE BOOST

30 Minutes | $160
10-day Treatment Series: $1440

This non-invasive facial boosts skin immunity, reduces inflammation and redness, and soothes the skin. It promotes collagen production for firmer, more elastic skin while providing deep hydration and nourishment. Finish with BABOR 10D hyaluronic acid, polyglutamic acid, and tripeptide ampoule serum for an instant moisture boost, long-lasting hydration, plumped skin, minimized wrinkles, and a radiant, refreshed glow.
8-10 *treatments recommended, once a week.*

LUMIEYES- CRYO EYE REJUVENATION

30 Minutes | $100
8-day Treatment Series: $720

This cryo treatment minimizes under-eye swelling and puffiness, deeply hydrates, and reduces fine lines and dark circles. It boosts blood flow to improve skin tone, providing immediate relief with no discomfort or downtime. Finish with the Advanced Instant Lift fX eye treatment, featuring a cooling rollerball applicator that de-puffs, smooths wrinkles, and visibly lifts the skin with hibiscus and ice wine actives.
6-8 treatments recommended, once a week.

ROSACEA RELIEF CRYOTHERAPY

30 Minutes | $160
8-day Treatment Series: $1152

This cryo treatment soothes irritated skin, reducing redness and inflammation associated with rosacea. It promotes healing, strengthens capillaries, and improves circulation for a calmer complexion. Enjoy immediate cooling relief with no discomfort or downtime. Finish with a soothing blend of fermented kombucha rich in postbiotics, postbiotics, white tea, ginger, and jasmine serum for a visibly renewed look.
6-8 treatments recommended, once a week.

JAWLINE CONTOUR & CHIN DEFINE

30 Minutes | $100
8-day Treatment Series: $720

Sculpt and define your jawline with this targeted cryotherapy treatment, designed to reduce the appearance of a double chin while tightening and firming the skin. Reduces sagging and improves facial contours for a more defined and youthful appearance. Cold therapy enhances circulation, boosts collagen production, and helps break down fat deposits for a more contoured, lifted look and leaves your complexion smooth, toned, and rejuvenated all without discomfort or downtime.
6-8 treatments recommended, once a week.

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BODY CONTOURING TREATMENTS

SILHOUETTE PROTOCOL

30-40 Minutes | $300

6-day Treatment Series: $1620
12-day Treatment Series: $3060

(Inner Thighs, Outer Thighs, Back Thighs, Abdomen, Front Thighs, Glutes, Hips) Sculpt and slim your body with Cryo Freeze, a non-invasive treatment that uses cold temperatures to reduce stubborn fat in targeted areas like the abdomen, thighs, glutes, hips, and waistline. This process crystallizes and destroys fat cells, which are naturally eliminated through the lymphatic system, while also improving skin elasticity.

6-12 treatments recommended

NECK LIFT

30 Minutes | $120

10-day Treatment Series: $864

This cold therapy treatment tightens and rejuvenates the delicate skin on the neck, reducing sagging and improving texture for a more youthful appearance. It boosts collagen production, enhances firmness, and deeply hydrates for smoother, more radiant skin all with no discomfort or downtime.

6-10 treatments recommended

ARM SCULPT

30 Minutes | $150

10-day Treatment Series: $1350

This non-invasive cryotherapy treatment freezes fat to reduce arm fat, tone, and sculpt. It breaks down fat cells for a slimmer appearance, boosts collagen for improved skin elasticity, and stimulates blood flow for skin regeneration, all without surgery.

6-10 treatments recommended

HAND REJUVENATION

30 Minutes | $100

8-day Treatment Series: $720

Revitalize and restore your hands with this refreshing cryotherapy treatment. Designed to reduce signs of aging, improve skin texture, and enhance hydration, it leaves your hands smoother, softer, and more youthful-looking.

6-8 treatments recommended

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WHY CHOOSE THE HAVEN LUXE SPA FOR CRYOTHERAPY?

Luxury Wellness. Personalized Care. Beautiful Results.

At **The Haven Luxe Spa**, every visit is thoughtfully designed to help you feel refreshed, confident, and cared for, from the moment you arrive until long after your treatment.

Whether you're investing in healthier-looking skin, supporting recovery, or simply prioritizing yourself, our team is here to make your wellness journey both effective and enjoyable.

THE HAVEN LUXE SPA DIFFERENCE

Luxury You Can Feel
Step into a beautifully designed spa where luxury, relaxation, and wellness come together. Every detail has been thoughtfully curated to create an experience that feels elevated, calming, and restorative.

Personalized for You
Your goals are unique, and your treatment plan should be too. We take the time to understand what you're hoping to achieve and recommend treatments that support your individual beauty and wellness journey.

Advanced Wellness Technology
We utilize the advanced Zemits CoolRestore Elegance cryotherapy system, combining innovative technology with personalized care. Every treatment is performed by certified cryotherapy specialists who are also licensed estheticians, ensuring a safe, comfortable, and professional experience from consultation through treatment.

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Where Beauty Meets Wellness
Healthy, radiant skin begins with your body's natural ability to renew itself. Cryotherapy works with your body's natural processes to help improve skin tone and texture, reduce puffiness, support collagen production, and reveal firmer, more refreshed-looking skin - without surgery or downtime.

An Experience Worth Returning For
From your first consultation to every visit that follows, we're committed to making every experience effortless, welcoming, and memorable.

WHY CRYOTHERAPY AT THE HAVEN LUXE SPA

✔️ Luxury Spa Atmosphere
✔️ Personalized Consultations & Treatments
✔️ Certified Cryotherapy Specialists
✔️ Licensed Estheticians
✔️ Beauty Meets Wellness
✔️ Professional-Grade Zemits CoolRestore Elegance Technology

BEGIN YOUR PERSONAL CRYOTHERAPY JOURNEY

Consultation > Personalized Treatment Plan > Treatment Series > Visible Results

Every cryotherapy experience at The Haven Luxe Spa is thoughtfully designed to help you look refreshed, feel more confident, and enjoy a moment of luxury that's entirely yours. Personalized care, advanced wellness technology, and a beautiful spa environment come together to support healthier-looking skin, lasting confidence, and overall wellness.

We look forward to welcoming you to The Haven Luxe Spa.

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YOUR CRYOTHERAPY JOURNEY AT THE HAVEN LUXE SPA

Personalized Treatments

BEAUTIFUL RESULTS BEGIN WITH A PERSONALIZED TREATMENT PLAN

Your cryotherapy journey begins with a personalized consultation to understand your goals and recommend the treatments that are right for you. While many clients notice refreshed skin and a healthy glow after a single session, a customized series of 6–12 treatments is often recommended to help maximize and maintain your results.

What is Cryotherapy?

Cryotherapy is an advanced, non-invasive treatment that uses controlled cold therapy to stimulate your body's natural response, helping reveal healthier-looking, firmer, more radiant skin.

What You Can Expect

✔️ Personalized consultation & treatment recommendations
✔️ Comfortable, efficient treatments
✔️ Relaxing, non-invasive experience
✔️ No downtime - return to your day immediately

EXPLORE CRYOTHERAPY TREATMENTS

Beautiful results begin with the right treatment. Our personalized cryotherapy experiences are designed to address your unique beauty and wellness goals—from facial rejuvenation to body contouring—all in a luxurious spa environment.

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Cryo Facial Rejuvenation Treatments

Each treatment is customized to target your unique concerns while helping reveal healthier-looking, firmer, more radiant skin.

- Face Lift & Rejuvenation
- Face Immune Boost
- Rosacea Relief
- Clear Complexion (Acne-Prone Skin)
- LumiEyes Eye Rejuvenation
- Jawline Contour & Chin Definition

Cryo Body Contouring Treatments

Targeted treatments designed to sculpt, tighten, and define the areas that matter most to you, all tailored to your unique goals.

- Arm Sculpt
- Neck Lift
- Silhouette Protocol (Abdomen • Waist • Hips • Glutes • Inner & Outer Thighs • Back Thighs)
- Hand Rejuvenation

ONE TREATMENT INTRODUCES THE BENEFITS.
A PERSONALIZED TREATMENT SERIES HELPS MAXIMIZE THEM.

Why Choose a Treatment Series?

Regular treatments help support firmer-looking skin, improved texture and facial definition, reduced puffiness, enhanced body contouring, increased collagen stimulation, and longer-lasting, cumulative results. Your specialist will recommend the treatment plan that's right for your goals.

Ready to begin your cryotherapy journey?
Schedule your personalized consultation with **The Haven Luxe Spa** today.