

## **Danielle Brown –Cryofacial - Beauty Case Study**

For long time Dubai resident, Danielle Brown, Cryo Health was the first time that the Australian HR Director had tried cryotherapy as part of her health and beauty regime.

“Keeping active and fit is something that is important to me. I try to exercise at least three to four times a week. I eat healthy during the week but do indulge a little on weekends,” said Danielle. “I am also very consistent with my regular beauty regime with cleansing, toning, moisturizing, masks, eye creams and the occasional facial.”

Often mistaken as being younger than her 39 years, thanks in part to her regular health and beauty regimen, Danielle recently noticed changes in her skin. Among the changes were larger pores appearing in her T-zone and fine lines and wrinkles appearing on her face and neck. These changes, and an impending 40th birthday, led Danielle to try cryotherapy at Cryo Health for the first time.

“Although I care for my skin as best as I can, I felt it was time to try something that would boost my skin's appearance and assist me on my quest for a brighter, younger looking complexion. I had heard good things about the Cryofacial and it fit my criteria for a non-invasive treatment.”

Starting a series of 10 treatments during the hot summer months, Danielle reported feeling refreshed and invigorated after only the first session: “After the very first session, I felt amazing. I wasn't really sure what to expect as I had never tried anything like this but it was great; very quick and very refreshing especially considering how hot it was outside during that time.”

While results were immediately felt by Danielle, visible results became apparent to both Danielle and others by session five, with a colleague commenting that the fine lines that had appeared around her eyes were disappearing. After the ten sessions, Danielle noticed a dramatic difference in both her skin tone and overall appearance.

“I definitely thought that I looked more vibrant and had a more even skin tone. I also felt that my face looked fresh and clean.”

Along with improvements to her skin, Danielle, who has been a long time sufferer of migraines also reported that the treatment seemed to combat oncoming migraines on three separate occasions.

“I would definitely try cryotherapy and the Cryofacial again, particularly if I had a big event coming up. The sessions are quick, easy and they work!”