



Border
Cryotherapy

PRECISION COLD, TARGETED RESULTS

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follow us



Speed up recovery

No Downtime · Non-Surgical · Non-Invasive



Before



After

Regular targeted cryotherapy can

- Reduce pain immediately
- Increase mobility
- Reduce muscle fatigue
- Speed up recovery
- Reduce chances of injury
- Boost your energy



**Reduce
pain from
head to
toe**

Oswestry, Welshpool and Surrounding Areas