



BEAUTY

Can cryotherapy give skin the ultimate glow?

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Photo: Getty

There's a good reason cryotherapy is currently flooding your Instagram feed. Its skin-smoothing, cheekbone-sculpting results are so compelling it's being dubbed 'frotox'. Here's everything you need to know...



Taking a blood-circulating dip in icy water after a sauna occupies a special part of the Scandinavian psyche. As it turns out, your skincare regime can benefit from these same sub-zero temperatures. Cryotherapy – via a facial or freeze-retaining massage tools – can shrink wrap and tighten the skin's surface, as well as ensure you experience an uptick in radiance that normally only comes from a week-long detox. Beyond the surface benefits, it can cajole lazy skin cells to produce more collagen and trigger the release of the feel-good hormone serotonin.

What is cryotherapy?

For anyone not familiar with cryotherapy, the practice originated in Japan as a remedy for arthritis before being adopted by athletes, who stand in icy temperatures for up to three minutes. Now whole-body cryo chambers such as those at [Cryo Lab Copenhagen](#) are popping up everywhere in Nordi countries, the air or liquid nitrogen vapor inside them cooled to as low as -140°C, in order to reduce inflammation, encourage wound healing and muscle regeneration.