

About Us

Cryo Subzero combines cutting edge, science backed therapies to boost recovery and performance. We help you feel stronger, healthier, and unstoppable.

Our Vision

At Cryo Subzero, we combine cutting edge, science backed therapies to elevate your recovery, performance, and overall wellbeing. Our goal is to help every person feel stronger, healthier, and rejuvenated.

We're more than a wellness centre we're a community dedicated to you and a better quality of life at every step.



More Information :



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**Cryo
SubZero**





Our Services



Cryotherapy:

2–3 minutes of subzero air to boost circulation, reduce inflammation, and accelerate muscle recovery perfect for athletes, chronic pain, or anyone needing fast rejuvenation.

Hyperbaric Oxygen Therapy:

Breathe pure oxygen in a pressurised chamber to speed healing, improve cellular energy, boost cognitive clarity, and enhance athletic recovery.

Red Light Therapy:

Red and near-infrared light boosts cellular energy, supports recovery, improves skin health, and helps strengthen immunity by reducing inflammation.

Infrared Sauna:

Detox and unwind with gentle infrared heat that penetrates deeper than traditional saunas to ease muscle tension and promote recovery.

Localized Cryotherapy:

Targeted cold therapy to reduce pain, swelling, and inflammation in specific areas ideal for injuries, tension, and skin rejuvenation.

Salt Therapy (Halotherapy):

Relax in a natural, salt rich environment that supports easier breathing, improved respiratory, skin, and circulatory health.

Lymphatic Drainage:

A gentle, rhythmic treatment designed to move excess fluid, reduce swelling, support detoxification, and improve circulation.

IV Infusions:

Restore balance and energy from within. Our specially tailored nutrient infusions hydrate, nourish, and revitalise your body for enhanced wellness.

