

Does Whole Body Cryotherapy Really Provide a Beneficial Effect on Skin?

SKIN: The Journal of Cutaneous Medicine(TM), Cutaneous Implications of Whole Body Cryotherapy

NEW YORK, NEW YORK, USA, July 5, 2017 /EINPresswire.com/ -- A new article published today in SKIN: The Journal of Cutaneous Medicine(TM) examines current literature regarding the claims of potential benefits and possible risks of whole body cryotherapy (WBC) related to the skin.

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Aaron S. Farberg, M.D.

Whole body cryotherapy has become increasingly popular with star athletes such as LeBron James and Kobe Bryant and major sports teams in order to enhance recovery after exercise and facilitate injury rehabilitation. It involves single or repeated exposure to extremely cold dry air in a specialized chamber for approximately 2-5 minutes per exposure. Celebrities such as Jessica Alba and Jennifer Aniston have also picked up on the trend and its use in the cosmetic industry for potential skin benefits.

However, Aaron Farberg, M.D., at the Dermatology Department of the Icahn School of Medicine at Mount Sinai and coauthors show that there is insufficient evidence to support the use of whole body cryotherapy for improving the appearance of skin. Possible theories for skin rejuvenation effects have very limited scientific support. Further investigation is needed to better identify whole body cryotherapy's effect on skin. Isolated complications such as blistering and frostbite have been anecdotally reported and attributed to oversight during treatment.

“The currently available evidence appears to be insufficient to support the use of WBC for improving medical or appearance related skin issues and there is some potential for risk” report Farberg and colleagues for those who are considering this technique.

SKIN: The Journal of Cutaneous Medicine(TM) is a peer-reviewed online medical journal that is the official journal of The National Society for Cutaneous Medicine. The mission of SKIN is to provide an enhanced and accelerated route to disseminate new dermatologic knowledge on all aspects of cutaneous disease.

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Editors Note: Please see the article for additional information, including other authors, author contributions and affiliations, financial disclosures, funding and support, etc.

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