



by Soccerly

Ronaldo's Secret Revealed: Cryotherapy

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This Monday's edition of Spanish daily 'El Mundo' unveils one of the secrets behind Cristiano Ronaldo's great physical form: cryotherapy. The player has had a cryosauna installed in his house that exposes his body to temperatures as low as -200 degrees, which makes a significant contribution to his spectacular physical condition.

CR7's cryosauna set him back a cool €45,000 (\$61,500) with the player has having it installed in his 'La Finca' mansion. He uses it to treat himself with two dry cold sessions of between two and three minutes per week, with temperatures of around -200 degrees centigrade. This exposure to cold triggers a process of events that is analgesic, anti-depressant, anti-inflammatory and regenerative, as well as helping the activation of the immune system.

The cryosauna, which generates this dry cold with nitrogen, allows the body to recover better from exertions and prepare itself for the next challenge to be thrown at it. The installation of Ronaldo's new gadget is reminiscent of when Raúl González had a hypobaric chamber installed in his home to improve his performance. These are tricks used by the world's best, and as we can see, the results are clearly guaranteed.