

# MEMBERS ON THE (BLOG)SPOT



## PRODUCTS/SERVICES OFFERED

Catalyst Cryotherapy offers whole-body cryotherapy services. Simply put, cryotherapy is cold exposure therapy.

## CONTACT INFO

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 [Catalyst Cryotherapy](https://www.facebook.com/CatalystCryotherapy)

• Struggling to find a non-invasive therapy solution that works?  
• Look no further than Catalyst Cryotherapy! They are  
• passionate about providing therapy that will deliver positive  
• physical and mental well-being in the fastest, most convenient  
• ways possible. Cryotherapy offers an overwhelming amount of  
• naturally activated benefits, such as promoting faster muscle  
• repair, increasing endurance, decreasing tissue inflammation,  
• reducing signs of aging, and improving sleep quality, just to  
• name a few. An easy, 3-minute session with Catalyst  
• Cryotherapy could have you feeling your best in no time!

• Owners Thomas and Kat Whitson have always been interested  
• in health and wellness. They're incredibly active and make  
• taking care of themselves a top priority. The duo has been  
• passionate about alternative health therapies for many years,  
• which was ultimately driven by watching their parents age and  
• struggle with a variety of illnesses and health conditions. In late  
• 2016, Thomas stepped away from his job of almost 20 years to  
• focus on bringing Catalyst Cryotherapy to life, and ever since  
• then, they've been providing their customers with access to  
• this incredibly beneficial and healing technology.

• Catalyst Cryotherapy became Chamber members in April of  
• 2018, shortly after they opened their doors in Clive. "We're big  
• believers in building and supporting our community," Kat  
• expressed, "We were also really impressed with the great  
• networking and education events the Chamber offers. They  
• go above and beyond to both support and connect the local  
• business community!"

• Thomas and Kat love nothing more than seeing the positive  
• transformation their customers experience when they've  
• finished a cryotherapy session. They invite everyone to stop in  
• to experience it for themselves, chat about health and  
• wellness, or just chat in general! To find out more about their  
• business or to book an appointment, you can visit their website  
• [catalystcryotherapy.com](http://catalystcryotherapy.com).

• Members on the (blog)Spot is a monthly feature of member businesses of the Clive Chamber  
• of Commerce. If you are interested in having your business featured, contact  
• [kschmidt@clivechamber.org](mailto:kschmidt@clivechamber.org).