

Lindsay Lohan Strips Down for Cryotherapy Treatment



Instagram

Leave it to **Lindsay Lohan** to turn a medical treatment into a photo opp!

The 28-year-old star took to Instagram on Monday to share a number of pics from her recent cryotherapy therapy treatment, a procedure that requires spending time in a freezing cold chamber which is said to reduce inflammation and pain.

"CryoYourMind #ZimmerIceLab I'm at it again!!" the *Mean Girls* actress **captioned one pic** with her pal in which she's sporting a sexy one piece swimsuit, complete with giant gloves and a mask.

"Crying laughing omg #ZimmerIceLab @brittanymbyrd #virgin2cryotherapy hahahaha," **she wrote** of another shot.

PHOTO: Lindsay Lohan tries to break the Internet with revealing new selfie



Instagram

This isn't the first time Lohan has shared pics from one of her cryotherapy treatments. Back in April, she posted a shot after she and her pals enjoyed a treatment in -230°F chamber.

And she's not the only Hollywood star to boast about the benefits of cryotherapy. **Derek Hough, Minka Kelly** and **Mandy Moore** are also fans of the freezing cold therapy session.

"Using cold to fight inflammation is a well known treatment, whether it is an icepack for analgesia and to decrease swelling or an antipyretic cold wrap," **the Zimmer website states** of the whole body cryotherapy treatment. "Extensive clinical studies...have proven that cold therapy presents an essential gain as an important building block in a combined therapy for the treatment of rheumatic disorders. Whole body cryotherapy is also more and more apply in sport activities for its recovering and therapeutic positive effects."

Meanwhile, Lohan is currently off of probation for the first time in seven years after completing 125 hours of community service **barely before the deadline**. She's also been promoting her collaboration with British fashion label Lavish Alice, **which launched today**.

PHOTOS: Lindsay Lohan's court style



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