

# hydration



**MCRC**  
Medical Cryo Race Club®

**Long day. Long journey.  
And finally, a moment for yourself to restore.**



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**[www.hydration-h2.com](http://www.hydration-h2.com)**

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**MCRC**  
Medical Cryo Race Club

**A simple ritual for the moments when the day has taken a little too much.** Long journeys, changing time zones, packed schedules, dry cabin air, long hours sitting, constant stimulation – modern life can leave you feeling depleted before the day is even over.

Hydration is designed as a quiet, easy-to-integrate wellness ritual that fits naturally into moments of pause, helping create a sense of reset, calm, and renewed ease.

## **A natural fit for:**

- post-flight unwinding
- executive recovery rituals
- evening relaxation in suites or residences
- premium wellness and hospitality environments
- guests and clients seeking calm, comfort, and ease

## **Designed for modern living**

- discreet and easy to integrate
- non-invasive and effortless to use
- aligned with high-end wellness experiences
- ideal for people with fast-paced, travel-heavy lifestyles



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