

## Frosty reception for Ribery as France star cools off ahead of England Euro opener

By [SPORTSMAIL REPORTER](#)

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It would seem the thought of facing Roy Hodgson's England side in the European Championship Group D opener is giving Franck Ribery a real chill.

Les Bleus face the Three Lions on Monday in Donetsk and the Bayern Munich winger 'warmed up' for the match by cooling off in a cryotherapy chamber at the team's training base in Kircha.

The session was similar to those undertaken by the Wales national rugby squad in recent years.



**Chill out:** Ribery tries out the cryotherapy chamber at France's training base in Kircha

The chamber is cooled - typically with liquid nitrogen - usually to a temperature of  $-120$  degrees and the patient is protected from acute frostbite with socks and gloves.

The sessions increase blood flow around the body by six times and flush away lactic acid and by-products to speed up the body's recovery.

The frosty session looked to have taken its toll on Ribery who seemed happy when it finally came to an end on day which France had to train without two key players.