

IMAGINE FLOAT

BACK PAIN



RELIEVE DISCOMFORT, RESTORE MOBILITY

Back pain has a way of slowing life down, but relief should be simple. With services that focus on easing tight muscles, soothing inflammation, and supporting natural healing, each session is designed to help you reclaim ease and move freely through your day.

Float Therapy
Cryotherapy

Ballancer® Pro
EmSculpt Neo
Recovery Planning

Infrared Sauna
Celluma® Pro
BioCharger NG

Our services and advice are not intended to be a substitute for professional medical advice, diagnosis, or treatment. A number of our services are not evaluated and/or approved by the FDA. We are not, nor do we claim to be, medical professionals and our therapies can not guarantee results. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Our EMSCULPT NEO service is specifically managed and performed by our Medical Director, Dr. Kirsten Kerrigan, or RN following Dr. Kerrigan's guidance.



FLOAT THERAPY

Step into the comfort of float therapy and experience what true relief feels like. As you float weightlessly in a pool of warm, magnesium-rich water, your body is freed from the constant pull of gravity. This gentle suspension allows your spine to decompress, easing pressure on sore, angry muscles and stiff joints. With each minute, tension and pain melts away, helping you find a level of relaxation that's hard to reach in everyday life. Imagine this time as a gift to your body—where deep relief meets quiet healing, all while giving your back the rest it deserves.

CRYOTHERAPY

Our clients have experienced that cryotherapy is more than just a chill—it's a powerful way to address back pain. By lowering body temperature in a controlled session, cryotherapy activates an anti-inflammatory response and may help reduce swelling and pain in your back. As your body returns to normal warmth, circulation kicks in to bring fresh oxygen and nutrients to sore muscles. Discover how a cool experience may help you feel more relaxed, recovered, and ready for what's next.





EMSCULPT NEO

This advanced treatment combines muscle-building technology with fat reduction, helping to create a stronger core that can support and relieve pressure on your back. By addressing muscle imbalances and enhancing core stability, EMSCULPT NEO works to alleviate back discomfort at its root. Experience how this non-invasive treatment not only reshapes but also restores, helping you move with ease and confidence.

BALLANCER PRO

The Ballancer® Pro delivers a relaxing, massage-like compression therapy that helps improve circulation and reduce muscle tension. By promoting lymphatic drainage and flushing out toxins, it supports recovery and eases back pain. Feel the soothing effects as your body unwinds, leaving you refreshed and free of discomfort.



RECOVERY PLANNING

Our Recovery Planning service bridges the gap between injury and peak performance, helping you regain strength and confidence after a back injury. With a personalized strategy that blends active and passive recovery techniques, we guide you in promoting healing and rebuilding your fitness routine. Recover smarter and return to your best self with confidence and ease.



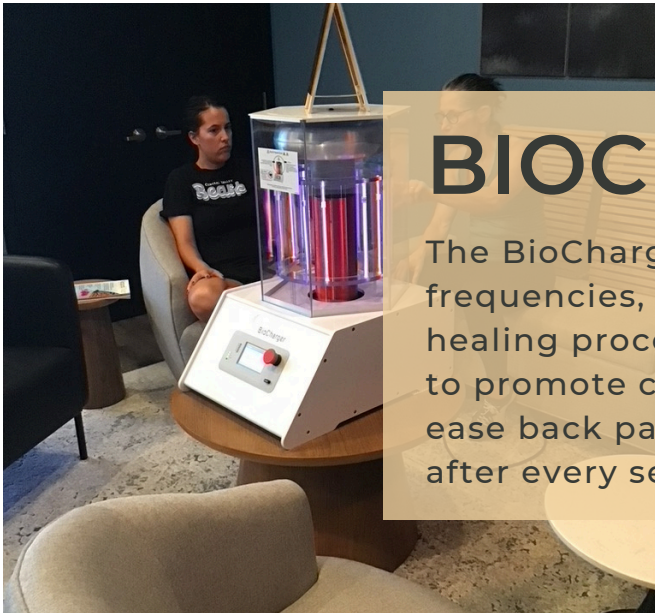
INFRARED SAUNA

Infrared sauna therapy offers deep, soothing relief for back pain by using gentle heat to penetrate sore muscles and reduce inflammation. This warmth increases circulation, easing tightness and supporting your body's natural healing. Step into the infrared sauna to relax, recover, and let the gentle heat melt away back discomfort..



BIOCHARGER NG

The BioCharger NG harnesses the power of light, voltage, frequencies, and PEMFs to support your body's natural healing processes. This cutting-edge therapy has been shown to promote cellular repair, reduce inflammation, and help ease back pain. Feel recharged and ready to move with ease after every session.



CELLUMA PRO

Celluma Pro uses targeted light therapy to penetrate muscles and tissues, reducing inflammation, relieving pain, and promoting natural healing. By enhancing circulation and easing muscle tension, it supports your body's ability to recover from back pain. Experience gentle, therapeutic light that restores comfort, helping you move freely and confidently.

