

IMAGINE FLOAT

ATHLETIC RECOVERY



FASTER RECOVERY, BETTER PERFORMANCE

Whether you're a competitive athlete, fitness enthusiast, or weekend warrior, your recovery process is just as essential as your training regimen to reduce muscle soreness and maintain peak performance. It may or may not surprise you that MOST of our services are suitable for achieving muscle recovery.

Float Therapy
Cryotherapy
Infrared Sauna
BrainTap

BioCharger NG
EmSculpt Neo
Recovery Planning

Compression Therapy
Ballancer® Pro
Celluma® Pro
Heart Rate Variability Testing

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

Stephen Curry and Tom Brady swear by Floatation Therapy for rapid recovery—resting their bodies up to four times faster than usual. In our float cabins, 1,100 pounds of Epsom salt help you stay buoyant, relieving stress on overused muscles, joints, and bones, while enhancing blood circulation. This environment reduces cortisol and lactic acid levels and replenishes magnesium, crucial for muscle health and optimal performance. Athletes also use this time for mental training, visualizing their performances and making course corrections for their next competition.

CRYOTHERAPY

Increasingly, athletes are turning to Cryotherapy to enhance performance and prevent injuries. Those using it before exercise report increased pain tolerance, energy, endurance, and flexibility. Clients have also shared that post-exercise sessions have led to faster recovery and reduced delayed onset muscle soreness (DOMS), enabling quicker returns to training. Cryotherapy sessions are fast, effective, safe, and completely natural.



EMSCULPT NEO

EMSCULPT NEO enhances athletic performance by using “HIFEM” to induce powerful yet comfortable muscle contractions, building muscle more effectively than conventional workouts. Additionally, its “RF” technology aids in fat reduction, optimizing body composition. This dual approach not only boosts strength and performance but also helps prevent injuries by fortifying muscle tissue and accelerating recovery, reducing downtime post-injury.

BRAIN TAP

Unlock the full potential of your mind with a 20 minute BrainTap session. This innovative headset combines guided visualization, meditation, brainwave entrainment, and light therapy to sharpen your mental clarity, alleviate stress, and elevate your performance. Just like Olympic champions Simon Biles and Michael Phelps, you too can master the art of mental training. You'll learn how to visualize and achieve your personal flow state, keeping you at the peak of your game.



BALLANCER PRO

Athletes who use the Ballancer® Pro unanimously agree that it has helped them drastically reduce recovery time, shorten rehabilitation time and enhance peak performance. It specifically targets the hips, lower abdomen, and groin area to enhance mobility and facilitate circulation. A single session instantly flushes out toxins, lactic acid, and metabolic waste from exercise, prevents over-training by relaxing the nervous system, breaks down adhesions, and nourishes tissues with freshly oxygenated blood.

INFRARED SAUNA

A single 45-minute infrared sauna session penetrates joints, muscles, and tissues, reducing inflammation often caused by injury, stress, or overuse. Infrared light boosts circulation, allowing nutrient and oxygen-rich blood to flow more effectively. This enhanced circulation accelerates muscle recovery, speeds up injury healing, and reduces inflammation by delivering more oxygen to cellular networks.



BIOCHARGER NG

Athletes, meet your new performance ally: the BioCharger NG. This revolutionary device supercharges recovery, boosts endurance, and elevates energy levels using advanced light and frequency technology. By accelerating muscle repair and fighting fatigue, the BioCharger NG helps athletes push their limits and maintain peak performance.



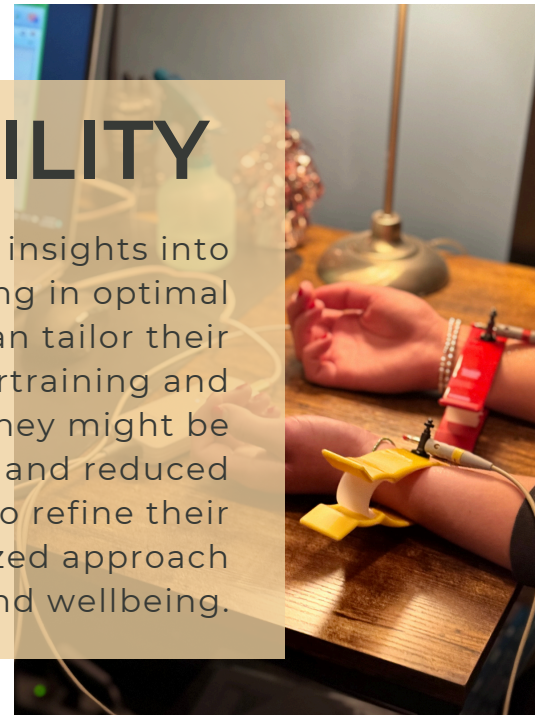
COMPRESSION

Pneumatic compression therapy (aka Normatec) enhances circulation, reduces muscle fatigue, and aids recovery by massaging both sides of your body simultaneously. With seven intensity levels, you can tailor the session to your needs. A 30-minute session at low to medium intensity before workouts primes muscles, enhances performance, and boosts blood flow. Post-workout, a high intensity session helps to remove lactic acid, muscle fatigue, and speeds recovery.



HEART RATE VARIABILITY

Monitoring Heart Rate Variability (HRV) offers crucial insights into an athlete's readiness and overall health, aiding in optimal training and recovery. By assessing HRV, athletes can tailor their training to their current recovery state, avoiding overtraining and enhancing performance. It also helps identify when they might be under excessive stress, potentially leading to fatigue and reduced performance. Regular HRV checks allow athletes to refine their recovery methods and integrate a more personalized approach into their routine, ultimately boosting performance and wellbeing.



RECOVERY PLANNING

Michele Beale, our owner and an endurance athlete herself, expertly designs your recovery plan with a deep understanding of the critical balance between training intensity and rest. Her approach ensures that you not only perform at your best but also stay healthy and reach your long-term fitness goals. By prioritizing adequate recovery, Michele's plans enhance gains through tissue repair and mental rejuvenation. Her strategy minimizes the risk of injuries and boosts mental wellness, essential for sustained training and peak performance.



CELLUMA PRO

The Celluma Pro uses targeted light wavelengths to deeply penetrate tissues, enhancing microcirculation and reducing inflammation. This accelerates the healing of muscle tissues and joints, significantly easing pain from strains, sprains, and post-exercise soreness. As a versatile, non-invasive, and comfortable solution, it helps prevent sports-related injuries, improves muscle endurance and strength.

