

## BODY SOLUTIONS

### BANISH FAT & REPAIR SKIN

#### Cryoskin

A non-invasive treatment that slims, tones, and reduces cellulite painlessly. Cryoskin utilizes the science behind cryolipolysis-the application of cold, and sometimes warmth, for incredible results. Schedule your Cryoskin consultation to learn more how CryoSkin Slimming and Toning fit with your needs!

**CryoSkin Slimming:** A 28-minute treatment consists of a 3-phase thermal shock that naturally destroys fat cells.

**CryoSkin Toning:** If you're looking to remove cellulite or slow down the aging process, this 20-minute cold-therapy treatment improves micro-circulation and speeds metabolism, resulting in higher collagen and stronger elastin fibers.

### PAIN RELIEF & BODY REPAIR

#### Pulse PEMF

Your body is fundamentally bioelectric. PEMF uses pulsed electromagnetic fields to bathe low energy cells in pure, raw energy. Your cells each need a measurable electrical charge to function optimally and do their "jobs". Give them a boost, and your wellness-level increases. PEMF Exercise supports the body's natural abilities to optimize balanced body functions - the definition of wellness. Great for pain, inflammation, sports recovery, and longevity.

#### NanoVi

Improves cellular function by this innovative approach to repair of oxidative stress damage. Cellular repair is the key to speeding recovery and regeneration, optimizing energy production, and Strengthening the immune system. NanoVi also helps promote healthy aging and can help fight many chronic diseases.

#### RedLight Therapy

Prism Light Pod is the most innovative, powerful and LED dense photobiomodulation light pod in the industry. Only a 15-minute light pod session through 6 different frequencies and intensities covers a range of user needs, including Performance Recovery, Chronic Pain, Injury & Wound Healing, Arthritis & Joint Pain, Anti-Aging & Skin Toning, and Weight-Loss.

#### Cryotherapy with CryoArctic

The Cryo Arctic Whole Body Cryotherapy Chamber uses state of the art technology that makes this complicated multi-lateral process of thermoregulation efficient and straightforward. All the well-researched benefits of cryotherapy you've come to expect!

#### Whole Body Vibration with Hypervibe

Whole Body Vibration machines have been researched by space agencies for their ability to help astronauts reverse negative health effects caused by zero gravity. This incredible tech stimulates and activates muscles, joints, and reflexology zones in ways that other forms of exercise can't without impact or stress.

### FITNESS, OPTIMIZED

#### ARXfit

ARX provides equal and opposite resistance in direct response to the user's force output. This adaptive resistance perfectly loads the target muscles at all times, providing optimal amounts of mechanical tension, and never underloading the user. Because of this optimization in training, you can accomplish a large amount of workout volume in a short amount of time.

#### Vasper

The Vasper system combines compression, liquid cooling, and interval training to drive the body's production of growth and recovery hormones, delivering the most significant benefits of high-intensity exercise in an efficient and low-impact 21-minute workout. This minimal time investment gets all the fitness benefits of a 2 hour cardiovascular workout!

## HIGHER MIND

### INCREASE ENERGY & FOCUS

#### Vielight

The Neuro Alpha and Neuro Gamma are next-generation transcranial-intranasal brain photobiomodulation headsets, with varying pulse frequencies. Each 20 session is auto-timed for minutes, resulting in specific total irradiation with near-infrared photons of sufficient power density per cycle. Two options are available. Alpha: The 10 Hz pulse rate correlates with alpha brainwave oscillations and overall enhanced cellular light absorption for overall neuronal photobiomodulation. Gamma: The 40 Hz pulse rate correlates with gamma brainwave oscillations and specifically, enhanced memory function and cognition.

### STABILIZE MOODS & ELEVATE PERFORMANCE

#### NeuroOptimal® Neurofeedback

NeuroOptimal® neurofeedback is an effective brain-training method. When training your brain with the NeuroOptimal system, sensors are placed on your scalp and ear which read electrical signals coming from your brain. A session lasts 33 minutes and after clients report feeling calmer, relaxed, grounded, less stressed, and more focused.

#### Halo Sport

Learn like a kid again! Your brain can learn much more like it used to thanks to the Halo Sport's non-invasive application. This modality provides electro-stimulation to the area of your brain most helpful in learning whatever it is you want to learn. That weight-lifting routine? That guitar solo? This technology pairs perfectly with your workout to get where you want to be.

**Ready to optimize your life?  
Contact us today to schedule an appointment.**