



It's Time to Recharge Your Health

Red Light Therapy is a form of integrative physical therapy and like physical therapy, feeling better takes a commitment and consistency. The more consistent you are the faster you will see results.

Red Light Therapy works better with PEMF

Red light therapy affects our mitochondria to free up Cytochrome C oxidase to optimally produce ATP, the energy that powers & heals all living cells. Red light therapy has thousands of studies on Pubmed, and has been used to treat a wide variety of conditions from fatigue & cognitive and mental health issues, to Improved Appearance of Skin, weight loss & athletic performance.

PEMF, or pulsed electromagnetic field helps to stimulate, re-balance, and energize our cells. Our bodies naturally interact with the earth's magnetic fields and have historically evolved to be in balance with this natural phenomena where magnetic fields affect our body chemistry at a cellular level. It's used to treat a wide variety of conditions with any sort of inflammation, from insomnia to chronic fatigue & fibromyalgia.

One 30-minute session for \$30.00

Value package of 10....30-minute sessions for \$250.00

3) Our value packages do not expire, no refunds. (a great option for clients who need more flexibility with their sessions)

4) Monthly memberships coming soon.