



Spotlight on... Near Infrared Therapy

What is Infrared?

Infrared therapy, or red light therapy, is a safe and effective way to reduce pain and treat a wide array of conditions. It is FDA-approved to be a safe, effective, and drug-free way for long-lasting pain relief.

It also helps to heal injured body parts. With the treatment of injuries come multiple benefits such as pain relief, reduction of inflammation, and the restoration of the function of the affected body part.

Other conditions that can be treated by infrared therapy include joint pain, joint inflammation, muscle pain, spine injuries, nerve pain, and sports injuries.

How long is each session?

10 minutes is all you need per session to experience the positive effects. Optimal usage is daily, which is why we created an affordable, daily subscription for members of the Thrive family. Realistically, many clients aim to stand in the red light room 1 - 2 times per week.

What does it feel like?

Like our Deep Tissue Laser, this therapy feels relaxing and warm. There is no pain involved and while the light is bright, it is not UVA or UVB rays, so there is no risk.



Phone: 302 - 834 - 8400

Social Media: @thrivemiddletown

Visit us today at www.thrivemiddletown.com

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Near Infrared Therapy Price

Monthly subscription: \$40

SAVINGS ALERTS

! If you purchase monthly subscriptions for at least 6 months, you will receive an additional **10% discount**.

! If you purchase monthly subscriptions for one year, you will receive an additional **20% discount**.

