


**Help your sports team  
recover together,**



**at Mindful Recovery in  
Holliston!**

A hand holding a basketball is shown on the left side of the image. To the right, a blue athletic jersey with a yellow number '2' is visible. The background is a light, textured surface.

**If your student athletes are looking for  
a way to relieve sore muscles  
after a big game, reduce inflammation,  
or just need a spot to hang with the  
team and bond...**

**Then a private  
recovery party at  
Mindful, is just  
what your team  
needs!**



## Normatec Compression

Whether you're an athlete, live an active lifestyle or lead a sedentary life, you can really benefit from the use of pneumatic compression therapy. Instead of using static compression (squeezing) to transport fluid out of the limbs, Sequential Pulse Technology uses dynamic compression (pulsing) and holds pressure to keep fluids from being forced in the wrong direction. The massage pattern starts in the foot, hand, or upper quad and moves upwards zone-by-zone massaging the limb and mobilizing fluid out of the extremities.

## Compression Benefits

- Increases blood flow & encourages proper circulation
- Helps to move metabolic waste towards drainage pathways for release
- Reduces muscle fatigue and soreness
- Lowers lactic build up
- Reduces swelling from mild injuries or muscle overuse
- Improves mobility



A white cryotherapy chamber with a digital display showing -220 degrees Celsius. The chamber is cylindrical and has a door on the left side. The interior is illuminated with blue light. The digital display is located on the top left of the chamber's exterior.

## **Whole Body Cryotherapy**

As the thermoreceptors on the your skin sense the temperature dropping, your sympathetic nervous system is activated, and the body enters 'survival mode' for a quick 3 minutes.

During your cryo session, blood flow is redirected from the limbs towards the core, (to protect your vital organs), resulting in fresh re-oxygenated blood that is circulated back throughout the body to encourage healing to muscles and tissue.

Your body will produce noradrenaline, leaving you feeling empowered and game ready!

## **Cryotherapy Benefits**

- Reduces the inflammation response
- Accelerates tissue and muscle healing
- Reduces delayed onset muscle fatigue
- Promotes a deeper sleep
- Increases energy & boosts mood
- Improves blood circulation

# Details

**Team Recovery Packages include a scheduled Compression and Cryotherapy session for your athletes (around 30 min total), and plenty of down time to socialize with teammates!**

**The cost is \$40 per person for 8-24 athletes.**

**Ask about our options for larger groups.**

**We accept either cash or credit card and kindly that if paying by card, the final payment is charged to one card. Please organize payment collection with your team prior to your party.**

**The space is all yours for the entire 3 hour party plus an additional 30 min prior for the host to set up and decorate if you choose.**

**We have 2 smart TV's where you can watch the replay from your last game, or bluetooth speakers to stream music.**

**Your team is welcome to bring any food, beverages, disposable plates/cups and decorations they would like to.**

**There are lots of great local places to grab pizzas to enjoy.**

**We have a 6 foot table that can be set up, as well as trash and recycling if needed.**

**Please wear comfortable clothes for compression and all clothes and undergarments must be dry for cryo.**

**(If coming directly from a game or practice)**

**Private events can be scheduled to begin anytime after 5pm during the week, or after 1pm on Saturday and Sunday.**

**If you have a different time in mind, we are happy to accommodate if we can!**

# Sounds too good to be true?...

See what the experts have to say about the benefits of Cryo and Compression for athletic performance!



Lebron Cryo vid

Cryotherapy: Potential to enhance athletic performance

Pneumatic Compression: Recovery rebound



KC compression vid

Get in touch...

26 Exchange St, Holliston MA 01746

774.233.2942

Jessica@MindfulRecoveryHolliston.com

Reach out to us with any questions about  
private events or services we offer.

