

# WHAT IS THERMA1™?

Therma1™ is a revolutionary, easy-to-use, portable therapeutic device that contains all 4 scientifically proven therapies that accelerate recovery time and prevent injuries of muscles and joints.

## HOW IT WORKS

### 1. COLD

Reduces inflammation and pain. Speeds healing.

### 2. HOT

Increases blood flow. Reduces joint stiffness. Loosens muscles.

### 3. MASSAGE

Increases circulation. Improves flexibility and motion. Speeds recovery.

### 4. COMPRESSION

Reduces swelling. Increases muscle compliance.



Press and roll Therma1™ at a 90-degree angle.

## Roller

Concave roller hugs the body, providing hot and cold therapy for effective treatment of muscle and joint pain.

## Handle

Strong, ergonomic handle aids in targeted deep compression and massage.



**Thermal Power™**  
Fueled by advanced hot and cold technologies.

## ADVANTAGES



QUICK



PORTABLE



EASY TO USE



NOT MESSY



REUSABLE

Graphic by 5W Infographics