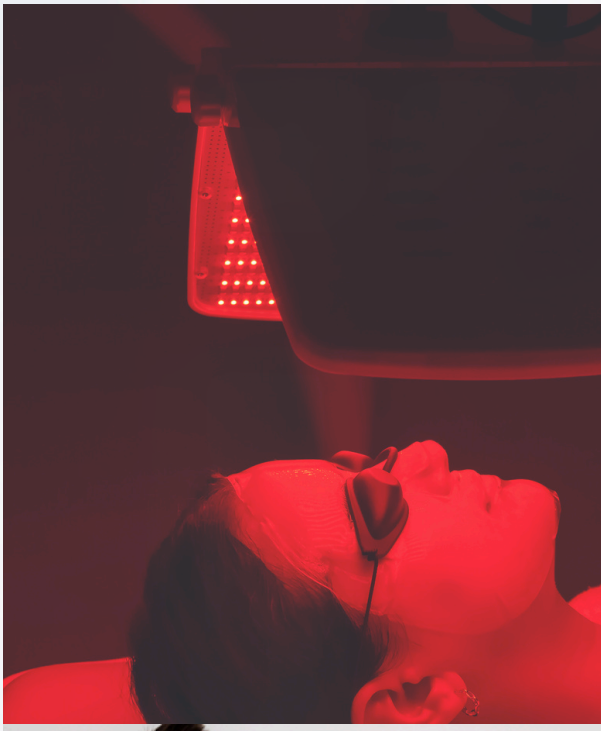
STAY IN STEP WELLNESS PACKAGES

RELAXATION PACKAGES

Red Light Therapy & Compression Boots

Red Light Therapy involves using LED devices that emit red/near-infrared light. These lights are recognized for helping the body. Regenerative cells will repair and replicate themselves to promote healing of the skin, bone, muscle, and connective tissue.

Compression Boots assists with pain reduction, improves circulation, reduce inflammation, and improve range of motion.



STAY A WHILE $240

- 6, 30 - min compression boot sessions
- 6, 20 - min red light therapy sessions

DECOMPRESS $160

- 4, 30 - min compression boot sessions
- 4, 20 - min red light therapy sessions

LESS STRESS $120

- 3, 30 - min compression boot sessions
- 3, 20 - min red light therapy sessions

INDIVIDUAL PRICE

- 30 - min compression boot session $20
- 20 - min red light therapy session $25

OTHER OPTIONS

- See an employee

StayInStep
BRAIN AND SPINAL CORD INJURY RECOVERY CENTER