



Device Information Guide



Our Mission

At Therabody, our mission is to inspire and enable everybody to live longer, better healthier lives. We recognize that self-care needs are ever-evolving, and we continue to innovate new solutions that support your daily journey.

Over the last decade, we have continued to combine scientific research, cutting-edge technology and real customer feedback to create effective, customizable, easy-to-use solutions that work to relieve your pain, stress, and tension while supporting your sleep, performance and skin health. With the new additions to Therabody's lineup, we are making it easier and more convenient for you to feel, perform and look your best.



THERAGUN

Designed by experts. Backed by science.

Our patented design and science-backed combination of depth, speed and no-stall force — that's what makes Theragun™ percussive therapy so effective.

Depth

Tailored intensity — from a milder, soothing massage to a deep, powerful treatment, find the right massage experience for you.

Speed

Instant relief — scientifically-calibrated speeds send signals to the brain to help relieve pain fast.

No-stall force

Unparalleled reliability — massage speed and depth stay consistent when you apply pressure to the device.

We offer 3 intensity levels of percussive therapy all designed to deliver therapeutic benefits: Comfortable, Moderate and Powerful.

Comfortable percussive therapy

At 10 mm, this treatment depth offers a circulation-boosting massage to effectively relieve daily aches and pains. Designed to provide an ultra-comfortable massage experience, it is perfect for those who prefer a slightly milder, soothing massage.

Moderate percussive therapy

At 12mm, this is the ideal treatment depth for alleviating more persistent pain, stress and tension in your body. It is the perfect middle-ground for those seeking effective relief that's not too intense.

Powerful percussive therapy

At 16mm, our signature treatment depth offers a powerful, invigorating experience targeting deep-seated muscle soreness for faster recovery and long-lasting pain relief. Perfect for those who prefer a more intense massage or want to maximize athletic performance.





THERAGUN

PRO Plus

The ultimate multi-therapy device engineered to unlock exceptional performance.

Theragun PRO Plus goes where no massage device has gone before, merging six science-backed therapies — percussive therapy, near infrared LED light therapy, vibration therapy, heat therapy, cold therapy (sold separately) and breathwork — for limitless treatment options. Tap into your ideal mindset with guided breathwork, laying the foundation for more integrated mind-body treatments. Use each therapy individually or combine them to more efficiently support mind and body, including both muscles and joints. Equipped with step-by-step routines and a built-in biometric sensor for personalized insights — Theragun PRO Plus makes your comprehensive treatment incredibly user-friendly. Trusted by professionals and using therapies scientifically proven to relieve pain, improve mobility and optimize recovery, this versatile device is a game-changer.



Features:

- 16mm percussive massage therapy
- Vibration therapy with 3 vibration speeds
- Heat therapy with 3 temperature levels
- Built-in near infrared LED light therapy
- Built-in biometric sensor for on-device heart rate readings
- Guided breathwork with haptic vibration cues
- 5 built-in step-by-step visually guided routines
- Patented triangle grip to reach more of your body than other devices
- 5 speeds LCD screen to manage massage speed and force
- Unparalleled reliability with up to 60 lbs. of no-stall force

- 40 min - 150 min battery life (varies by attachment)
- Bluetooth connected to the Therabody App for step-by-step guided routines and device customization
- Cold therapy with 3 temperature levels (sold separately \$89)

Key Benefits:

- Relieve pain
- Recover faster
- Treat joints
- Improve mobility
- Enhance performance

Includes:

- Theragun PRO Plus device
- Built-in LED light therapy
- Built-in Biometric sensor
- 5 massage attachments:
 - Standard ball
 - Dampener
 - Thumb
 - Wedge
 - Micro-point
- Heat therapy attachment
- Vibration therapy attachment
- QuietForce solution
- USB-C charging cable
- Travel pouch



THERAGUN SENSE

Relaxing, scientifically-proven massage therapy with a built-in guide for everyday pain and stress relief.

Your guide for everyday wellbeing, Theragun Sense features relaxing massage therapy scientifically proven to relieve aches and pains, ease soreness, reduce stress and help you sleep better. Take the guesswork out of your treatments with an LCD screen that acts as your personal guide, displaying easy to follow step-by-step massage and breathwork routines directly on the device. Choose from 5 preloaded routines, or personalize them to fit your needs by swapping and saving your favorite routines from the Therabody app. Plus, build daily stress-relieving habits with an immersive breathwork experience in the Therabody app featuring 3 visually-guided breathwork routines, relaxing TheraMind sound therapy and haptic vibration cues directly on the device. Whisper-quiet, lightweight and equipped with our patented triangle grip so you can easily reach anywhere on your body, Theragun Sense makes it easy to create an effective, personalized wellness routine.



Features:

- 12mm percussive massage therapy
- LCD screen with 5 built-in visually guided massage and breathwork routines
- Personalize the guided routines on your device by saving your favorites from the Therabody app
- Whisper-quiet for a distraction free treatment
- 4 scientifically designed attachments to target different areas of the body
- Patented triangle grip to reach more of your body than other devices
- 5 speeds with LCD screen to manage massage speed and force
- Immersive relaxation experience with guided breathwork, visuals and TheraMind sound therapy in the Therabody app
- 120 min battery life
- Bluetooth connected to the Therabody App for step-by-step guided routines and device customization

Key Benefits:

- Relieve aches & pains
- Ease soreness
- Reduce stress
- Sleep better

Includes:

- Theragun Sense device
- Built-in biometric sensor
- 4 massage attachments:
 - Standard ball
 - Dampener
 - Thumb
 - Micro-point
- USB-C charging cable
- Travel pouch



THERAGUN RELIEF

Comfortable, everyday massage for *everybody*.

Feel better throughout the day with Theragun Relief, your go-to percussive massage device for everyday comfort. Comfortable and light, Theragun Relief is our most easy-to-use device using scientifically proven percussive massage therapy to provide fast and effective relief from daily aches, pains, tension and stiffness. Designed with strict quality and safety standards, Theragun Relief is an FDA registered medical device. The patented triangle grip helps get to those hard-to-reach spots and 3 specialized attachments help treat everything from large muscles to tender, sensitive areas. Theragun Relief makes it easier than ever to feel better and stay active.



Features:

- Comfortable 10mm percussive massage therapy
- Lightweight and easy-to-use with one button control
- 3 scientifically designed attachments to target different areas of the body
- Patented triangle grip to reach more of your body than other devices
- 3 speeds with LED indicators to manage massage speed
- Whisper-quiet for a distraction free treatment
- 120 min battery life
- Access to step-by-step visually guided routines in the Therabody App

Key Benefits:

- Relieve aches
- Reduce tension
- Ease stiffness

Includes:

- Theragun Relief device
- 3 massage attachments:
 - Standard ball
 - Dampener
 - Thumb
- USB-C charging cable



THERAGUN PRO

(5th Generation)

Deep, powerful massage with professional-grade ergonomics and features. Smarter and quieter than ever.

Smarter and quieter than ever before, Theragun PRO is the ultimate tool for better recovery. Find relief from ailments, reduce soreness and improve recovery with a scientifically-proven deep muscle treatment that lasts longer than competitors. PRO has been fully redesigned with visually-guided, built-in routines and a second generation proprietary EQ-150 motor that's 20% quieter — you get all of the power with none of the sound.



Features:

- Powerful 16mm percussive massage therapy
- 20% quieter than previous generation
- OLED screen with 4 built-in step-by-step visually guided routines and 5 speeds
- Adjustable percussive arm
- 6 scientifically designed attachments to target different areas
- Patented triangle grip to reach more of your body than other devices
- Unparalleled reliability with up to 60 lbs. of no-stall force
- Wireless charging enabled

- 150 min battery life
- Bluetooth connected to the Therabody App for step-by-step guided routines and device customization

Key Benefits:

- Improve recovery
- Maximize warm-up
- Decrease muscle fatigue
- Improve performance
- Improve mobility

Includes:

- Theragun PRO device
- 6 massage attachments:
 - Standard ball
 - Dampener
 - Thumb
 - Wedge
 - Supersoft
 - Micro-point
- USB-C charging cable
- 1 rechargeable Lithium-ion battery
- Travel case
- Attachment pouch



THERAGUN PRO

(4th Generation)

Deep, powerful massage with professional-grade ergonomics and features.

PRO puts the power of professional-grade treatment in the hands of everybody. Find relief from ailments, reduce soreness and improve recovery with a scientifically-proven deep muscle treatment that lasts longer than competitors. From advanced ergonomics to interchangeable batteries, every feature is designed with the performance and convenience of professionals in mind.



Features:

- Powerful 16mm percussive massage therapy
- Adjustable percussive arm
- 2 interchangeable batteries
- 6 scientifically designed attachments to target different areas
- Patented triangle grip to reach more of your body than other devices
- 5 speeds with OLED screen to manage massage speed and force
- Unparalleled reliability with up to 60 lbs. of no-stall force
- Wireless charging enabled
- 300 min battery life (150 min per battery)
- Bluetooth connected to the Therabody App for step-by-step guided routines

Key Benefits:

- Improve recovery
- Maximize warm-up
- Decrease muscle fatigue
- Improve performance
- Improve mobility

Includes:

- Theragun PRO device
- 6 massage attachments:
 - Standard ball
 - Dampener
 - Thumb
 - Wedge
 - Supersoft
 - Cone
- Battery charger
- 2 rechargeable Lithium-ion batteries
- Travel case
- Attachment pouch



THERAGUN Elite

(5th Generation)

Deep, powerful massage with premium tech features and customizable control.

Fuel your active lifestyle with Theragun Elite, our scientifically-proven, powerful, deep muscle percussive massage therapy with all of the premium, customizable tech features you need to have complete control over your recovery. With an OLED screen that displays real-time feedback of your massage speed and pressure, and the ability to customize and save your favorite time and speed settings directly to your device, Theragun Elite will help you seamlessly enhance your fitness routine. If you are looking to maximize your warm-up, recover quickly, decrease muscle fatigue and improve performance, Theragun Elite is your dynamic recovery partner.



Features:

- Powerful 16mm percussive massage therapy
- Save 3 of your favorite speed and time settings from the Therabody App to your device
- 5 scientifically designed attachments to target different areas
- Patented triangle grip to reach more of your body than other devices
- OLED screen with 5 speeds that displays real-time speed and force
- Unparalleled reliability with up to 40 lbs. of no-stall force

- Premium, high-quality materials in a sleek, elegant design
- Wireless charging enabled
- 120 min battery life
- Bluetooth connected to the Therabody App for step-by-step guided routines and device customization
- FDA-registered
- FSA / HSA eligible

Key Benefits:

- Maximize warm-up
- Recover quickly
- Decrease muscle fatigue
- Improve performance

Includes:

- Theragun Elite device
- 5 massage attachments:
 - Standard ball
 - Dampener
 - Thumb
 - Wedge
 - Micro-Point
- USB-C charging cable
- Travel case



THERAGUN Prime

(5th Generation)

Deep, powerful massage in a simple, easy-to-use design.

Refresh and repair your body with Theragun Prime — our powerful, 16mm percussive massage therapy device made simple for hardworking lifestyles. Theragun Prime was engineered to prioritize only the essentials, featuring our scientifically-proven deep muscle massage in a simple, durable design to provide fast, effective relief from aches and pains, accelerate recovery, reduce tightness and improve circulation. Pair with the Therabody app to follow easy, step-by-step routines so you can show up every day ready to take on the task at hand.



Features:

- 16mm percussive massage therapy
- Simple, user friendly controls
- 4 scientifically designed attachments
- Patented triangle grip to reach more of your body than other devices
- 5 speeds with LED indicators to manage massage speed
- Durable, high-quality materials that withstand the rigors of daily use
- Up to 30 lbs. of no-stall force with proprietary brushless motor
- 120 min battery life
- Bluetooth connected to the Therabody App for step-by-step guided routines
- FDA-registered
- FSA / HSA eligible

Key Benefits:

- Relieve pain
- Reduce tightness
- Accelerate recovery
- Improve circulation

Includes:

- Theragun Prime device
- 4 massage attachments:
 - Standard ball
 - Dampener
 - Thumb
 - Micro-Point
- USB-C charging cable
- Travel bag



THERAGUN mini

Portable massage therapy for relief anytime, anywhere.

When you need relief on-the-go, Theragun mini delivers scientifically-proven percussive massage therapy in a compact, lightweight, ultra-portable design that fits right into your purse, gym bag or luggage. From long runs, to plane rides or a day on the golf course, Theragun mini goes wherever you do to relieve aches and pains, reduce stress and tension. Plus, access easy-to-use routines in the Therabody App, so you can get the relief you need anytime, anywhere.



Features:

- 12mm percussive massage therapy
- Smallest, lightest, ultra-portable design
- 3 scientifically designed attachments
- Easy to hold ergonomic triangle grip
- 3 speeds with LED indicators to manage massage speed
- Up to 20 lbs. of no-stall force with proprietary brushless motor
- Bluetooth connected to the Therabody App for on-the-go guided routines
- 120 min battery life
- FDA-registered
- FSA / HSA eligible

Key Benefits:

- Quick pain relief
- Ease tension on-the-go
- Find calm & de-stress

Includes:

- Theragun mini device
- 3 massage attachments:
 - Standard ball
 - Dampener
 - Thumb
- USB-C charging cable
- Travel pouch

Which Theragun is for me?



Theragun Relief



Theragun Sense



Theragun Prime



Theragun Elite



Theragun PRO Plus



Theragun mini

Best For	Comfortable relief from everyday aches and pains	Relax the mind and body for daily stress relief	Powerful relief for hardworking lifestyles	Athletic recovery for active lifestyles	Multi-therapy recovery for athletes and professionals	Portable relief for when you're on the go
Massage Intensity	Comfortable 10mm	Moderate 12mm	Deep 16mm	Deep 16mm	Deep 16mm	Moderate 12mm
Design	Easy to use, one button control	LCD screen with built-in routines	Simple, user friendly controls	OLED screen to manage massage speed and force	LCD screen with built-in routines	Small, light and ultra-portable
Grip	Patented triangle grip to reach more of your body than other devices	Patented triangle grip to reach more of your body than other devices	Patented triangle grip to reach more of your body than other devices	Patented triangle grip to reach more of your body than other devices	Patented triangle grip to reach more of your body than other devices	Easy to hold grip
Therabody App	Access to visual routines	Bluetooth connected for guided routines and device customization	Bluetooth connected for guided routines	Bluetooth connected for guided routines and device customization	Bluetooth connected for guided routines and device customization	Bluetooth connected for guided routines
Heart Rate Sensor	—	✓	—	—	✓	—
Guided Breathwork	—	✓	—	—	✓	—
Built-in Routines	—	5	—	—	5	—
Attachments	3	4	4	5	5	3
Massage Speeds	3	5	5	5	5	3
FDA Registered	✓	✓	✓	✓	✓	✓
FSA / HSA Eligible	✓	✓	✓	✓	✓	✓
Additional Therapies	—	—	—	—	LED Therapy Vibration Therapy Heat Therapy Cold Therapy (sold seperately)	—



RecoveryAir JetBoots

Wireless compression boots for rapid recovery.

Recharge your legs anytime, anywhere with fully wireless JetBoots. Merging innovative pneumatic compression technology with a wireless, portable design, JetBoots make rapid leg recovery more convenient than ever. Scientifically-designed to boost circulation, reduce muscle soreness and accelerate your recovery, TruGrade Technology™ and FastFlush Technology™ work together to deliver safe, precise pressure sequentially up the leg through the overlapping chambers 2-3x faster than the leading competitor. Fully inflating and deflating in just 60 seconds, you get more compression cycles in less time, for faster more effective recovery. With built-in pumps, one-touch controls and a portable design, JetBoots fit seamlessly into your day — keeping you performing at your best.



Features:

- Fully wireless boots with integrated pumps
- FastFlush Technology™ for 2-3x faster recovery cycles
- TruGrade Technology™ delivers safe, precise compression
- 4 time intervals
- 4 pressure settings
- 4 internal overlapping chambers
- Built-in LCD screen with one-touch controls
- Easy-to-clean, hygienic design
- 240 min battery life
- Bluetooth connected to Therabody App for 2 preset programs, treatment customization and program sharing
- FDA-cleared
- FSA / HSA eligible

Key Benefits:

- Recover faster
- Reduce muscle soreness
- Increase circulation
- Improve mobility

Includes:

- 2 compression boots with integrated pumps
- 36w charger - jack port
- Splitter charging cord
- Travel bag



RecoveryAir Prime

Advanced compression simplified for everybody.

Our easy-to-use pneumatic compression system makes it accessible for anybody to experience fast, effective leg recovery. Simply set your time and pressure, then sit back, relax, and recharge your legs. FastFlush Technology™ enables rapid recovery 2-3x faster than competitors. Along with two recovery preset programs, you'll get guided recovery programs when you connect to the Therabody App via Bluetooth®.

Features:

- FastFlush Technology™ for 2-3x faster recovery cycles
- TruGrade Technology™ delivers safe, precise compression
- 4 time intervals
- 9 pressure settings
- Adjustable pressure hold and release time
- My Recovery Stats tracking
- Easy-to-clean, hygienic design with 4 internal overlapping chambers
- 240 min battery life
- Bluetooth connected to Therabody App for 2 preset programs, treatment customization and program sharing
- FDA-cleared
- FSA / HSA eligible

Key Benefits:

- Recover faster
- Reduce muscle soreness
- Increase circulation
- Improve mobility

Includes:

- RecoveryAir Prime pump
- 2 compression boots
- Blocker plug (for single garment use)
- DC power adapter
- Pump pouch





RecoveryAir PRO

Fully customizable pneumatic compression system.

RecoveryAir PRO gives you total control to create the most customizable pneumatic compression experience in recovery. Adjust an array of pressure and time settings of four preset programs, or start with four unique inflation cycles and go freestyle with PRO mode. Our FastFlush Technology™ delivers pressure massage 2-3x faster than competitors.

Features:

- FastFlush Technology™ for 2-3x faster recovery cycles
- TruGrade Technology™ delivers safe, precise compression
- Freestyle PRO mode
- 4 preset programs
- 4 inflation cycles
- Customizable time intervals
- Customizable pressure settings
- Customizable pressure hold and release time
- Zone control of individual pressure chambers
- My Recovery Stats tracking
- Easy-to-clean, hygienic design with 4 internal overlapping chambers
- 240 min battery life
- Bluetooth connected to Therabody App for more treatment customization and program sharing
- Compatible with:
 - RecoveryAir PRO Compression Pants
 - RecoveryAir PRO Compression Vest
 - RecoveryAir PRO Compression Sleeve
- FDA-cleared
- FSA / HSA eligible

Key Benefits:

- Recover faster
- Reduce muscle soreness
- Increase circulation
- Improve mobility

Includes:

- RecoveryAir PRO pump
- 2 compression boots
- Blocker plug (for single garment use)
- DC power adapter
- Pump pouch
- Boots pouch



RecoveryAir Compression System | Product Comparison



RecoveryAir Prime
\$599



RecoveryAir JetBoots
\$799



RecoveryAir PRO
\$1,299

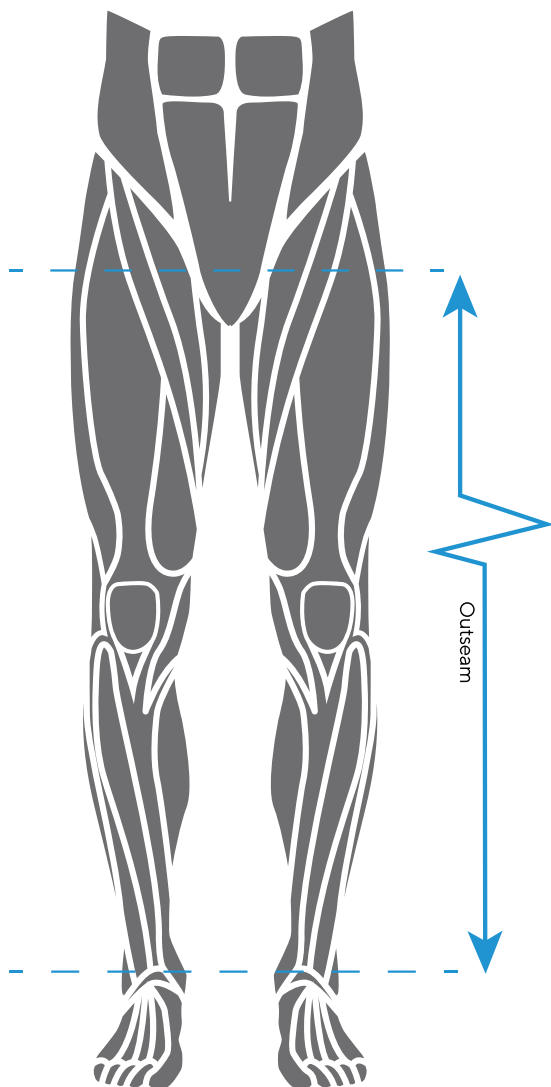


Competitor
\$899



Competitor Pro
\$1,199

Precise Pressure Control	Yes TruGrade Technology™	Yes TruGrade Technology™	Yes TruGrade Technology™	No	No
True Negative Gradient Pressure	Yes	Yes	Yes	No	No
Pressure Range	20-100 mmGH	25-100mmHg	20-100mmHg	30-110 mmHg	30-110 mmHg
Cycle Frequency	1 flush per minute	1 flush per minute	1 flush per minute	1 flush per 2-3 minutes	1 flush per 2-3 minutes
Boot Chambers	4 overlapping	4 overlapping	4 overlapping	5 overlapping	5 overlapping
Internal/External Boot Chambers	Internal Seamless, hygienic design	Internal Seamless, hygienic design	Internal Seamless, hygienic design	External Folds and flaps exposed to user	External Folds and flaps exposed to user
Internal/External Pump	External	Internal	External	External	External
Preset Treatment Modes	2 preset programs	2 customizable programs	4 preset programs & PRO mode	3 preset modes	3 preset modes
Time Settings	4 time intervals 20, 40, 60 min., and continuous	4 time intervals 20, 40, 60 min., and continuous	4 time intervals 10 - 90 min. in steps of 5 min. or continuous	10 and 175 min. in steps of 5 min. increments	10 and 175 min. in steps of 5 min. increments
Bluetooth	Yes	Yes	Yes	Yes	Yes
Program Sharing Capabilities	Basic sharing	Basic sharing	Basic & PRO sharing	N/A	N/A
Display Type	Backlit	Backlit	Digital LED	Backlit	Touchscreen display
Battery Life	180-minute	240-minute	240-minute	120-minute	120-minute
FDA Type II Medical Device	Yes	Yes	Yes	Yes	Yes
Weight	3.22 lbs.	S - 4.12 lbs. (single boot) M - 4.4 lbs. (single boot) L - 4.48 lbs. (single boot) XL - 4.9 lbs. (single boot)	4.72 lbs.	3.4 lbs.	3.4 lbs.



RecoveryAir JetBoots

Sizing Guide

For a proper fit of your RecoveryAir compression boots, measure the outseam of your leg from your ankle to hip flexor. Use this outseam length to select your size from the chart below. If you are in-between sizes, we recommend sizing down to ensure the best fit.

How To Measure

Outseam

Measure from your ankle to your hip flexor, as shown here.

Width

Measure the circumference of the thickest part of your thigh.

Boot Sizes	Height	Outseam	Max Width
Small	5' – 5' 55" 152 – 169 cm	27" – 33.5" 70 – 85 cm	Up to 27.6" Up to 70 cm
Medium	5' 6" – 6'1 70 – 183 cm	31.5" – 37.5" 80 – 95 cm	Up to 31.5" Up to 80 cm
Large	6' – 6' 6" 183 – 198 cm	35.5" – 41" 90 – 105 cm	Up to 31.9" Up to 81 cm
X-Large	6' – 6' 6" 183 – 198 cm	35.5" – 41" 90 – 105 cm	Up to 38.5" Up to 98 cm



TheraFace PRO

The all-in-one, clinically-proven skincare device for healthier, glowing skin.

The TheraFace PRO is an all-in-one, clinically-proven skincare device that reveals healthy, glowing skin in as little as 12 weeks. This customizable device offers 8 powerful treatments in one compact device that lifts and firms skin, reduces the appearance of fine lines and wrinkles, and keeps skin looking radiant and youthful from the inside out.



Treatments & Benefits:

- **Microcurrent** -Firms and sculpts with gentle muscle stimulation and improves muscle tone on face and neck.
- **Red LED Light** -Helps reduce wrinkles around the eyes. Can be paired with percussive attachments.
- **Red + Infrared LED Light** -Helps reduce wrinkles around the eyes.
- **Blue LED Light** -Helps reduce mild to moderate acne.
- **Percussive Flat** -Helps relieve general muscle tension in the face, neck, jawline and head.
- **Percussive Cone** -Precisely targets areas around the eyes, smile lines and key pressure points.
- **Percussive Micro-Point** - Maximizes circulation anywhere, especially on larger areas such as forehead, cheeks and chest.
- **Cleansing** -Effectively removes pore-blocking dirt, oil and debris with percussive cleansing.

- **Hot Ring** (sold separately)- Helps your skin absorb skincare products and improve radiance.
- **Cold Ring** (sold separately)- Reduces puffiness and soothes tension.

Features:

- All-in-one device with 8 treatment options
- Percussive therapy optimized for the face
- Microcurrent
- Red LED light therapy
- Red + Infrared LED light therapy
- Blue LED light therapy
- Percussive cleansing
- Hot & Cold therapy (sold separately)
- Create custom routines based on your personal needs
- Compact, portable design
- 120 min battery life

Includes:

- TheraFace PRO device
- 3 Percussive Facial Attachments (Cone, Micro-Point, Flat)
- Microcurrent Ring
- LED Ring (Red, Blue, & Red + Infrared Light)
- Cleansing Ring
- TheraFace Conductive Gel (1.7 oz)
- Soft Carrying Bag
- Stand
- USB-A to USB-C charging cable
- Hot & cold rings (sold separately - \$99)



TheraFace Mask

The breakthrough LED light therapy mask with massaging vibration.

TheraFace Mask is a breakthrough FDA cleared LED skincare mask that delivers effective, full-face Red, Red + Infrared and Blue light with added tension-relieving vibration therapy. Clinical studies showed firmer, smoother, healthier-looking skin with a visible reduction in fine lines and dark spots in as little as 8 weeks.* Plus, TheraFace Mask's easy-to-use hands-free design comes with removable protective eye shields so you can multitask during your treatment.



Features:

- Science-backed 9-minute full-face treatment using 3 types of LED light therapies
- Red Light - intended to treat full-face wrinkles
- Red + Infrared light - intended to treat full-face wrinkles
- Blue Light - intended to treat mild to moderate inflammatory acne
- 17 QX-Micro Motors deliver massaging vibration therapy to key pressure points on the face and scalp
- Cordless, hands-free design and protective eye shields offer the ability to safely multitask during treatments

- Cordless, hands-free design
- Removable eye shields for protected multi-tasking
- Comfortable fit with adjustable straps
- Easy to use with one button start
- 120 min battery life for LED and 60 min battery life for vibration

Key Benefits:

- Reduce wrinkles
- Firm & contour
- Even skin tone
- Improve radiance

Includes:

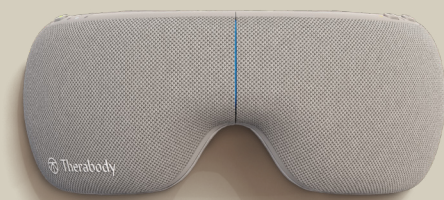
- TheraFace Mask device
- Removable Protective Eye Shields
- Display Stand
- Adapter - UBS-A+C to USB-C



SmartGoggles™

Heated eye and temple massage for better relaxation.

Through a soothing combination of eye and temple massage, heat and vibration, SmartGoggles are designed to relieve stress, eye strain and headaches throughout the day, and help you relax and prepare for sleep at night. Using an exclusive biometric sensor, SmartRelax mode delivers personalized treatments designed to promote relaxation and lower your heart rate. Choose from 3 customizable science-backed treatments, plus enhance relaxation with free TheraMind sound therapy curated to optimize your SmartGoggles treatments. Scientifically proven to improve sleep quality, increase amount of deep sleep, enhance relaxation and reduce stress when worn as part of your bedtime routine, SmartGoggles are your trusted partner for better relaxation.



Features:

- Gentle eye and temple massage with heat and to help you relax and prepare for sleep
- Built-in biometric sensor for personalized treatments designed to lower your heart
- 3 science-backed treatments: SmartRelax, Focus & Sleep
- Comfortable fit on every face with weighted materials and adjustable straps
- Portable, foldable design
- 120 min battery life
- Access to TheraMind sound therapy content in the Therabody App
- Bluetooth connected to the Therabody App for treatment tracking and customization

Key Benefits:

- Enhance relaxation
- Reduce stress
- Soothe headaches
- Relieve eye strain
- Improve sleep

Includes:

- SmartGoggles device
- Soft case
- USB-A to USB-C charging cable



TheraCup

Easy-to-use cupping with heat and vibration for targeted pain relief.

Bring the cupping therapy you love home with TheraCup — an easy-to-use, science-backed combination of cupping, heat and vibration to deliver targeted pain relief, relieve muscle aches and accelerate recovery better than cupping alone. With 3 interchangeable cup sizes, built-in safety sensors and simple, on-device controls, TheraCup makes it easy to give yourself safe, professional-level cupping treatments from the comfort of home.



Features:

- Science-backed combination of cupping, vibration and heat therapies
- Built-in safety sensors with auto shut-off for safe at-home use
- Customizable treatments with 3 levels of heat, vibration and suction
- 3 interchangeable cup sizes to target different areas of the body
- Easy to use on-device controls with LED indicators
- Compact and portable for easy storage and on-the-go convenience
- 120 min battery life

Key Benefits:

- Targeted pain relief
- Relieve muscle aches
- Accelerate recovery

Includes:

- TheraCup device
- 3 interchangeable transparent cups
 - 35mm, 45mm, and 55mm diameters
- USB-C charging cable
- Travel pouch



RecoveryTherm[™] Cube

Instant hot, cold and contrast therapy for targeted pain relief.

Say goodbye to messy, melting ice bags and scalding heating pads. Introducing RecoveryTherm Cube — one compact, reusable device that delivers instant cold, hot and contrast therapies scientifically-proven to more effectively treat injuries, relieve pain, reduce inflammation and maximize muscle and joint recovery. Powered by our proprietary Cryothermal Technology[™], Cube's easy to use preset treatments use scientifically optimal temperatures and durations for effective relief and recovery anywhere on the body. Plus, it's wearable, portable and convenient for relief anytime you need it.



Features:

- Precise, science-backed temperature levels with Cryothermal Technology[™]
- Say goodbye to ice bags and heat packs for good with instant relief at the touch of a button
- 3 easy to use preset treatments – Heat, Cold & Contrast
- Compact, portable design for on-the-go convenience
- Treat anywhere on the body hands-free with wearable, adjustable straps
- 120 min battery life for Heat and Cold and 60 min battery life for Contrast

Key Benefits:

- Treat injuries
- Relieve pain
- Reduce inflammation
- Accelerate recovery

Includes:

- RecoveryTherm Cube device
- Cube strap frame
- One 23.6 inch strap
- One 39.4 inch strap
- USB-C charging cable



RecoveryTherm Back

Wearable heat and vibration therapy for advanced lower back pain relief.

Experience advanced lower back pain relief with RecoveryTherm Back. This wearable device redefines back therapy by delivering heat therapy and targeted vibration therapy directly to your lower back to effectively relieve back pain, reduce discomfort and stiffness, and improve mobility. Our cutting-edge fabric evenly distributes heat and improves circulation, enhancing your body's natural healing process. Whether you're managing chronic lower back pain or suffering from minor muscle tweaks, RecoveryTherm Back is a simple, convenient way to find relief that fits into your daily routine.



Features:

- Precise heat therapy with targeted vibration therapy for effective pain relief
- Customizable treatments with 3 heat levels and 3 vibration settings
- Combined therapy functionality with vibration usable independently or combined with heat for enhanced treatment
- Wearable, hands-free design for convenient relief anytime, anywhere
- One-size-fits-all design
- Easy to use controls
- Carbon fiber mesh evenly distributes precise heat around your body
- Germanium fabric to improve circulation
- 3 hour battery life

Key Benefits:

- Relieve lower back pain
- Improve mobility
- Reduce stiffness
- Accelerate recovery

Includes:

- RecoveryTherm Back device
- Removable battery
- Soft case
- USB-C charging cable



RecoveryTherm Knee

Four advanced therapies for comprehensive knee recovery.

Step into the future of wearable knee therapy with RecoveryTherm Knee. This innovative device combines four therapies — cold, heat, contrast and vibration — for a comprehensive recovery experience. RecoveryTherm Knee is designed with Cryothermal Technology™ for precise, science-backed temperatures and germanium fabric to increase circulation and boost your body's natural healing process. This powerful combination reduces pain, improves range of motion and decreases inflammation. Whether you're recovering from a minor knee injury, managing chronic knee pain or preparing for physical activity, RecoveryTherm Knee gives you the advanced, effective relief and recovery you need.



Features:

- Four-in-one recovery integrating heat, cold, contrast, and vibration therapies
- Precise, science-backed temperature levels with Cryothermal Technology™
- 3 easy to use preset treatments – Heat, Cold & Contrast
- 3 vibration settings for individual use or combined with other treatments
- Germanium fabric to improve circulation
- Wearable, hands-free design for convenient relief anytime, anywhere
- One-size-fits-all
- 60 min battery life

Key Benefits:

- Treat injuries
- Relieve pain
- Improve mobility
- Reduce inflammation
- Accelerate recovery

Includes:

- RecoveryTherm Knee device
- Removable battery
- Soft case
- USB-C charging cable and power adapter



RecoveryPulse Arm

Wearable vibration and compression therapy for on-the-go recovery and relief.

RecoveryPulse Arm combines compression and vibration in a wearable device to maximize convenience and efficacy of your recovery. You can now accelerate your recovery and relieve minor aches and pains such as tennis elbow and golfer's elbow without slowing down or stopping. Our FlowKnit Fabric™ is infused with Germanium to provide far infrared benefits, and our patent-pending design, VibraPulse Technology™, integrates our proprietary QX-Micro Motors woven uniquely into the fabric of the sleeve to deliver targeted vibration to the biceps, triceps and forearm muscles.



Features:

- Compression with targeted vibration for enhanced relief
- VibraPulse Technology™ integrates our proprietary QX-Micro Motors into the fabric of the sleeve to deliver targeted vibration to the arm muscles
- Made with Germanium fabric to increase circulation
- Wearable design for on-the-go convenience
- 3 vibration settings for a variety of treatments - low, high & wave
- Use a single sleeve or two sleeves at once
- 45 min battery life
- Machine washable (with battery removed)
- Sweat resistant

Key Benefits:

- Accelerate recovery
- Reduce pain & soreness
- Maximize warm-up
- Improve circulation

Includes: (two of each for pair)

- RecoveryPulse Arm Sleeve
- USB-C to USB-A charging cable
- Travel pouch



RecoveryPulse Calf

Wearable vibration and compression therapy for on-the-go recovery and relief.

RecoveryPulse Calf combines compression and vibration in a wearable device to maximize convenience and efficacy of your recovery. You can now accelerate your recovery and relieve minor aches and pains without slowing down or stopping. Our FlowKnit Fabric is infused with Germanium to provide far infrared benefits, and our patent-pending design, VibraPulse Technology™, integrates our proprietary QX-Micro Motors woven uniquely into the fabric of the sleeve to deliver targeted vibration to the calf muscles.



Features:

- Compression with targeted vibration for enhanced relief
- VibraPulse Technology™ integrates our proprietary QX-Micro Motors into the fabric of the sleeve to deliver targeted vibration to the calf muscles
- Made with Germanium fabric to increase circulation
- Wearable design for on-the-go convenience
- 3 vibration settings for a variety of treatments - low, high & wave
- Use a single sleeve or two sleeves at once
- 45 min battery life
- Machine washable (with battery removed)
- Sweat resistant

Key Benefits:

- Accelerate recovery
- Reduce pain & soreness
- Maximize warm-up
- Improve circulation

Includes: (two of each for pair)

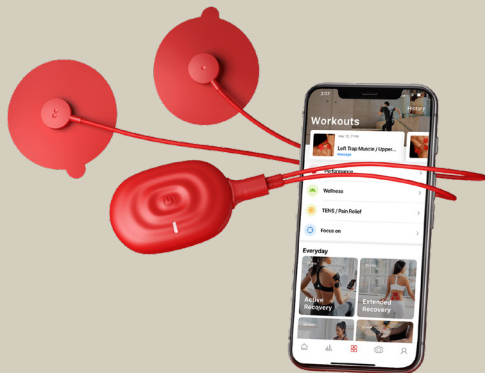
- RecoveryPulse Calf Sleeve
- USB-C to USB-A charging cable
- Travel pouch



PowerDot Uno

Smart muscle stimulation for targeted recovery.

Experience targeted recovery with PowerDot Uno, a personalized solution for advanced muscle stimulation and targeted pain relief. Traditionally requiring two separate devices, PowerDot Uno combines science-backed TENS and NMES technologies into a portable, lightweight pod to relieve pain, accelerate recovery and enhance performance. TENS relieves pain by sending tiny electrical signals to your nerves, reducing pain signals to the brain. NMES accelerates recovery by sending electrical signals to your muscles, causing them to contract and relax. The two technologies together make for a more effective, efficient experience. The PowerDot app removes guesswork with expert recommendations on intensity, pad placement, and tailored routines specific to your needs. Whether you're pushing your athletic boundaries or seeking relief from period pain, PowerDot Uno simplifies muscle stimulation and delivers safe, effective muscle recovery anytime, anywhere.



Features:

- NMES and TENS technology for effective recovery and pain relief
- Compact, lightweight pod design
- Smart PowerDot app offers guidance on intensity, pad placement, and session duration
- Comprehensive library of personalized treatments tailored to your performance, wellness, and pain needs
- Smart connectivity integrates with popular fitness apps to curate routines based on your recent activities
- Reusable electrode pads that last for 20-25 treatments 20 hour battery life

Key Benefits:

- Relieve pain
- Accelerate recovery
- Improve performance
- Period pain relief

Includes:

- 1 PowerDot pod
- 1 set of electrode pads (2 rectangular electrode pads, 4 round electrode pads)
- 1 set of lead cables
- 1 micro USB charging cable
- Protective carrying case



PowerDot Duo

Smart muscle stimulation for targeted recovery of two treatment areas.

Experience targeted recovery in two treatment areas with PowerDot Duo, a personalized solution for advanced muscle stimulation and targeted pain relief. Traditionally requiring two separate devices, PowerDot Duo combines science-backed TENS and NMES technologies into a portable, lightweight pod to relieve pain, accelerate recovery and enhance performance. TENS relieves pain by sending tiny electrical signals to your nerves, reducing pain signals to the brain. NMES accelerates recovery by sending electrical signals to your muscles, causing them to contract and relax. The two technologies together make for a more effective, efficient experience. The PowerDot app removes guesswork with expert recommendations on intensity, pad placement, and tailored routines specific to your needs. Whether you're pushing your athletic boundaries or seeking relief from period pain, PowerDot Duo simplifies muscle stimulation and delivers safe, effective muscle recovery anytime, anywhere.



Features:

- NMES and TENS technology for effective recovery and pain relief
- Two pods for double the recovery in half the time
- Compact, lightweight pod design
- Smart PowerDot app offers guidance on intensity, pad placement, and session duration
- Comprehensive library of personalized treatments tailored to your performance, wellness, and pain needs
- Smart connectivity integrates with popular fitness apps to curate routines based on your recent activities
- Reusable electrode pads that last for 20-25 treatments
- 20 hour battery life

Key Benefits:

- Relieve pain
- Accelerate recovery
- Improve performance
- Period pain relief

Includes:

- 2 PowerDot pods
- 1 set of electrode pads (2 rectangular electrode pads, 4 round electrode pads)
- 2 sets of lead cables (10 cm and 30 cm)
- 2 micro-USB charging cables
- Protective carrying case



Wave Roller

Vibrating foam roller for large muscle group recovery.

Experience effective muscle recovery with Wave Roller, our modern take on traditional foam rolling. Wave Roller's high-density foam delivers optimal pressure deep into the muscles, while powerful vibration therapy makes your rolling experience more effective, and dampens the pain typically experienced with rolling. Choose from 5 vibration intensity levels and select one that suits your personal comfort level help relieve soreness, reduce tension, improve mobility and accelerate recovery. Our innovative wave texture provides maximum traction for stability and control during your rolling sessions, while our 12-inch design maximizes contact with the body, making it extremely efficient to roll out large muscle groups like the hamstrings, quads, and back.



Features:

- 12 inch surface area to maximize contact with the body
- Vibration therapy enhances the effects of rolling and dampens the pain
- 5 vibration settings
- Hypoallergenic high-density foam
- Innovative wave texture for maximum traction
- Compact, portable design
- 3 hour battery life
- Bluetooth connected to the Therabody App for guided recovery routines

Key Benefits:

- Accelerate recovery
- Relieve soreness
- Reduce tension
- Improve mobility

Includes:

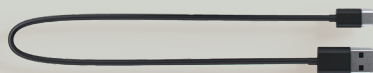
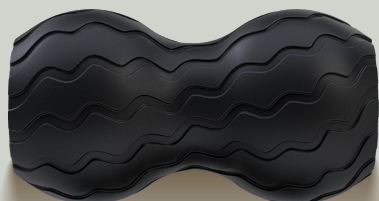
- Wave Roller
- Travel bag
- Power adapter



Wave Duo

Vibrating roller contoured to the back, spine, and neck for targeted relief.

Experience targeted neck and back relief with Wave Duo, our modern take on traditional rolling. Wave Duo's ergonomic design delivers targeted pressure deep into the muscles, while powerful vibration therapy makes your rolling experience more effective, and dampens the pain typically experienced with rolling. Choose from five vibration intensity levels and select one that suits your personal comfort level to help relieve soreness, reduce tension, improve mobility and accelerate recovery. Our innovative wave texture provides maximum traction for stability and control during your rolling sessions, while our contoured shape comfortably applies pressure to the back and neck muscles on either side of the spine for safe, effective relief.



Features:

- Ergonomic design contoured to the back, spine, and neck
- Vibration therapy enhances the effects of rolling and dampens the pain
- 5 vibration settings
- Innovative wave texture for maximum traction
- Compact, portable design for easy packing and storage
- QuietRoll Technology™ for silent, discreet treatments
- 200 minute battery life
- Bluetooth connected to the Therabody App for guided recovery routines

Key Benefits:

- Targeted muscle relief
- Relieve soreness
- Reduce tension
- Improve mobility

Includes:

- Wave Duo
- Travel pouch
- USB-A to USB-C cable



Wave Solo

Vibrating ball roller for pinpointed recovery.

Experience pinpointed muscle relief with Wave Solo, our modern take on traditional ball rolling. Wave solo's ball-shaped design delivers targeted pressure deep into the muscle, while powerful vibration therapy makes your rolling experience more effective, and dampens the pain typically experienced with rolling. Choose from three vibration intensity levels and select one that suits your personal comfort level to help relieve soreness, reduce tension, and improve mobility. Our innovative wave texture provides maximum traction for stability and control during your rolling sessions, while our ultra-portable design makes it easy to get on-the-spot treatment whenever, and wherever you need it.



Features:

- Ball-shaped design delivers pinpointed pressure
- Vibration therapy enhances the effects of rolling and dampens the pain
- 3 vibration settings
- Innovative wave texture for maximum traction
- Compact, ultra-portable design
- QuietRoll Technology™ for silent, discreet treatments
- 120 minute battery life
- Bluetooth connected to the Therabody App for guided recovery routines

Key Benefits:

- Pinpointed muscle relief
- Relieve soreness
- Reduce tension
- Improve mobility

Includes:

- Wave Solo
- Travel pouch
- USB-A to USB-C cable

WaveSeries

by Therabody

Wave Roller

Vibrating foam roller for large muscle group recovery.



- Vibration therapy dampens the pain typically experienced with rolling
- 5 vibration frequencies
- Hypoallergenic high-density foam
- 12 inch surface area to maximize contact with the body
- Innovative wave texture for maximum traction
- Compact, portable design
- 3 hour battery life
- Bluetooth connected to the Therabody App for guided recovery routines

Wave Duo

Vibrating roller contoured to the back, spine, and neck for targeted recovery.



- Ergonomically contoured design for the back, spine, and neck
- Vibration therapy dampens the pain typically experienced with rolling
- 5 vibration frequencies
- Innovative wave texture for maximum traction
- Compact, portable design for easy packing and storage
- QuietRoll Technology™ provides silent operation
- 200 minute battery life
- Bluetooth connected to the Therabody App for guided recovery routines

Wave Solo

Vibrating ball roller for pinpointed recovery.



- Ball-shaped design delivers pinpointed pressure
- Vibration therapy dampens the pain typically experienced with rolling
- 3 vibration frequencies
- Innovative wave texture for maximum traction
- Compact, ultra-portable design
- QuietRoll Technology™ provides silent operation
- 120 minute battery life
- Bluetooth connected to the Therabody App for guided recovery routines



Therabody Lounger

Sound and vibration for full body relaxation.

From the creators of Theragun® comes Therabody Lounger, a full body and mind experience that delivers a multi-sensory sound vibration therapy. Therabody Lounger goes beyond traditional Vibroacoustic therapy by passing a high range of sound through the body that can be heard and felt. Sound Heart™ hardware is strategically positioned within Therabody Lounger to deliver a simultaneous full-body experience. Therabody Lounger easily adjusts to your desired position, including a zero-gravity position, which reduces gravitational pressure on your lower back, characteristic of a typical sleeping position, improving your sleep experience.



Features:

- Zero gravity lounger with fully adjustable seating positions for ultimate relaxation
- Sound Heart™ hardware strategically positioned throughout lounger for simultaneous full-body treatment
- Integration with TheraSound Audio content to induce relaxation and sleep, while reducing stress, decreasing muscle tension and pain, and improving mobility
- Sound agnostic capabilities to easily integrate with music and video streaming services, as well as gaming platforms

Includes:

- Lounger
- Headrest pillow and sleeve
- Audio cable
- Attached AMP
- Power adapter
- TheraSound Technology (assembled)

Therabody App

Your wellness coach in your pocket.

The Therabody app is here to help you personalize the way you care for your body and mind, based on your unique needs. With education designed by experts in science and physiology, learn the best way to use your Therabody products for maximum benefits. With our in-depth onboarding videos and routine suggestions, you will see exactly which areas of the body to treat, which attachment to use, and how to position your device.

Explore our expansive library of step-by-step guided routines that are personalized to your unique goals, pain points, and activities. Plus, listen to science-backed TheraMind sound therapy, designed to help you relax, sleep and recover with your Therabody device. Whether you're an active athlete or looking for a much-needed break from the workday, the Therabody app supports your goals and needs in real-time and is with you every step of your wellness journey.

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