

Sarasota's First Health and Fitness Recovery Spa Blufit? Recovery & Nutrition Opens to the Public

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Cryotherapy, Infrared Therapy, Superfood Nutrition & More Now Available

Sarasota, FL: Beginning on December 7th, 2016, Blufit? Recovery & Nutrition, located at 3529 S Tuttle Avenue in Sarasota, FL will open its doors for Cryotherapy, Infrared Therapy, Compression Therapy, PEMF Therapy, Superfood Nutrition & much more. The long awaited opening for these cutting-edge, revolutionary therapies has finally arrived in Sarasota, Florida.

Celebrities have been raving about the Cryofacial?, a non-invasive beauty treatment that increases collagen, renews skin and aids with anti-aging, the company says. Local Cryotherapy applications are used to reduce pain, inflammation and swelling in targeted areas. Clients frequently combine this application with Whole Body Cryotherapy to treat problem areas both locally and as a whole. Cryoshaping is a safe and effective procedure to eliminate fat cells in areas of the body that are resilient to exercise and dieting. Patients notice a significant reduction of fat in the treated area and a tightening of the tissue.

Blufit? Recovery & Nutrition also offers Infrared Anti-Aging Pods. The Thermogenesis? Health Pod helps to detoxify, increase metabolism, reduce stress & strengthen the immune system. Clinical Studies regarding the benefits of Infrared Therapy can be found on their website. Blufit? also offers Celluma Light Therapy which has been FDA cleared to treat acne, inflammation, pain and wrinkles. Relax & reduce stress, promote fitness, improve flexibility, experience pain relief, weight loss and beautify your skin with Blufit? Recovery & Nutrition.

Along with the many services offered at their Sarasota, FL location, Blufit? Recovery & Nutrition also carries a full line of Superfood Powders & Nutritional Supplements. Brands carried include Sunwarrior, Douglas Laboratories, Sunfood Superfoods, Gaia Herbs as well as some of the rarest herbal health products from around the world.

?At Blufit?, we are combining the most technologically advanced treatments with a holistic nutritional

approach," says Tina Trieu, Managing Partner. "We aim at reducing inflammation, reversing the signs of aging, promoting peak health performance and increasing the overall wellness and fitness level."

Beginning on December 7, 2016, the facility will be open to the public. Blufit? Recovery & Nutrition will be having a Grand Opening celebration on January 3, 2017 for local residents to attend. The company says to stay tuned for more details.

About Blufit? Recovery & Nutrition: Blufit? Recovery & Nutrition is a Sarasota, FL based health & wellness company focusing on Cryotherapy, Infrared Therapy, Compression Therapy, PEMF Therapy, Superfood Nutrition and more. The services offered cater to Athletic Performance, Beauty & Wellness, Pain Management and Health/Nutrition.

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For more information about Blufit? Recovery & Nutrition, contact the company here: Blufit? Recovery & Nutrition Tina Trieu (941) 677-CRYO(2796) info@blufitrecovery.com

Blufit? Recovery & Nutrition

Website: <http://www.blufitrecovery.com/>

Email: info@blufitrecovery.com

Phone: (941) 677-CRYO(2796)

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