

Greentoes North Revolutionizes Wellness in Tucson with Cutting-Edge Contrast Therapy

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Greentoes North is bringing Contrast Therapy to Tucson, offering a fresh way to approach wellness. They're expanding their services with Cold Plunge Therapy, a Hot Stone Sauna, and Red Light Therapy. These new treatments are designed to help reduce stress, relax muscles, and improve overall recovery. Learn more about the benefits of their contrast therapy online.

Each therapy has its own benefits. Cold Plunge Therapy involves taking a dip in water cooled to between 37- and 55-degrees Fahrenheit. This helps reduce inflammation and ease muscle soreness. The Hot Stone Sauna uses tropical volcanic stones to produce a soothing heat that encourages detoxification and muscle relaxation. Red Light Therapy employs LED panels that emit red and near-infrared light. This supports cell regeneration and circulation.

"We're excited to bring Contrast Therapy to the community," says Victor Thompson, owner of Greentoes North. "Our guests can now access cutting-edge treatments that offer both relaxation and therapeutic

benefits. This aligns perfectly with our mission to promote wellness through eco-friendly and sustainable practices."

For guests looking for a full wellness experience, Greentoes North has a recommended routine. Start with ten minutes in the sauna, followed by a quick, three-minute cold plunge. This combination of hot and cold encourages blood flow and helps muscles recover. To finish, a session of Red Light Therapy offers an extra therapeutic boost. This routine is designed for athletes, runners, fitness lovers, and busy professionals who want to manage stress or recover from physical activity.

At Greentoes North, the Contrast Therapy Suite offers these services at different prices. A single session costs $65, while packs of ten sessions can be purchased for $419. Each session lasts an hour and aims to leave clients feeling relaxed and physically better.

Thompson further explains, "The addition of Contrast Therapy underscores our commitment to holistic wellness. We are seeing positive outcomes in clients who regularly engage with these therapies. The treatments not only enhance athletic recovery but also offer significant benefits for people managing stress-related conditions or seeking general well-being. Some guests have enjoyed their experience so much that they requested sessions longer than 60 minutes in the Contrast Therapy Suite. In response, we now offer 90-minute and 120-minute options. Additionally, a 20-minute Red Light Therapy-only session is also available."

Located conveniently for the residents of Catalina Foothills, Oro Valley, Flowing Wells, Midtown, and Casas Adobes, Greentoes North is known as an eco-friendly haven. Their services are carried out with care and integrity, using natural and organic products.

In addition to Contrast Therapy, Greentoes North continues to offer a variety of services that care for both body and spirit. From manicures and pedicures to massages, facials, and body scrubs, Greentoes North Day Spa helps guests find peace amid the stresses of everyday life. The spa also includes an online shop offering gift cards, gift certificates, and custom spa products for those wanting to indulge in self-care. Check out their online product offerings and gift card options for the perfect gift or personal treat.

This latest addition marks a significant step for Greentoes North as they strive to improve client wellness with innovative and environmentally friendly solutions. They aim to stay at the forefront of promoting health and relaxation in the Tucson area by combining advanced treatments with their dedication to sustainability.

For anyone eager to try these new therapies, appointments can be easily booked on their website or over the

phone. Greentoes North is prepared to guide clients toward better wellness through the unique advantages of Contrast Therapy.

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Greentoes North

Greentoes North is one of Tucson?s premier eco-chic day spas and organic mani-pedi studios. Known for its tranquil, inviting atmosphere, it offers guests more than just beauty treatments. It is a place where relaxation and renewal come naturally.

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