RECOVERY
PrescriptiveTreatment™

Light Therapy
RECOVERY BENEFITS

Our Recovery PTx™ offers a range of benefits for individuals seeking to enhance their muscle health and athletic performance:

ENHANCED MUSCLE GROWTH
Studies have shown that our light therapy Recovery PTx™ significantly enhances muscle hypertrophy, providing individuals with greater strength and endurance.[1,8,9,,10,11,13,15]

FASTER RECOVERY
By reducing inflammation and promoting cellular repair, our therapy accelerates post-exercise recovery, minimizes downtime, and maximizes training potential.[2,3,5,6,7,17,18]

REDUCED SORENESS
Experience less post-workout soreness and discomfort with our therapy, allowing you to push your limits and achieve your fitness goals more effectively.[3,11,14]

INJURY PREVENTION
Our Recovery PTx™ helps prevent the formation of scar tissue and minimizes the risk of injury, enabling individuals to maintain peak performance levels.[4]

Ask your provider how to get started today.

BE ENLIGHTENED®

RECOVERY
PrescriptiveTreatment™

DAHLIA HEALTH

PrescriptiveTreatments™ (PTx) from Dahlia Health's innovative light therapy system allows our clinic to specifically transform muscle health and performance. The cutting edge Recovery PTx™ harnesses the power of light to revolutionize the way we approach muscle recovery, strength building and athletic enhancement.

Unlocking the Potential of Light Therapy

Light therapy, long recognized for its therapeutic benefits in various health domains, has now emerged as a game-changer in muscle health. By targeting the intricate cellular processes within muscle tissue, Dahlia's Recovery PTx™ aims to optimize energy production, reduce inflammation, and accelerate the healing process.

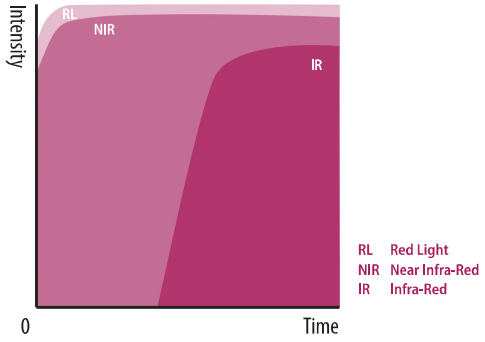
The Science Behind the Innovation

At the heart of our Recovery PTx™ lies a deep understanding of the intricate relationship between light and cellular function. By leveraging Dahlia's specific wavelengths of red light, near-infrared light, and infrared light, our therapy stimulates mitochondrial activity, enhancing ATP production and promoting cellular repair. This not only boosts muscle performance but also accelerates recovery from injury and strain.

Key Benefits of the Protocol

Our Recovery PTx™ offers a range of benefits for individuals seeking to enhance their muscle health and athletic performance:

- **Enhanced Muscle Growth:** Studies have shown that our light therapy Recovery PTx™ significantly enhances muscle hypertrophy, providing individuals with greater strength and endurance.[1,8,9,,10,11,13,15]
- **Faster Recovery:** By reducing inflammation and promoting cellular repair, our therapy accelerates post-exercise recovery, minimizes downtime, and maximizes training potential.[2,3,5,6,7,17,18]
- **Reduced Soreness:** Experience less post-workout soreness and discomfort with our therapy, allowing you to push your limits and achieve your fitness goals more effectively.[3,11,14]
- **Injury Prevention:** Our Recovery PTx™ helps prevent the formation of scar tissue and minimizes the risk of injury, enabling individuals to maintain peak performance levels.[4]



Dahlia's RL and NIR start the Recovery PTx™. Both are heavy lifters in peer reviewed literature on supporting recovery. Dahlia's IR is elevated later in the session to increase blood flow in order to amplify results.

Optimizing Treatment for Maximum Results

Dahlia's Recovery PTx™ incorporates the latest advancements in light therapy technology to ensure optimal treatment outcomes. By utilizing Dahlia's specific wavelengths and power densities, we ensure deep tissue penetration and effective stimulation of muscle cells. Additionally, our protocols offer flexibility, allowing individuals to customize their therapy to suit their lifestyle and training needs.

Join the Revolution

Experience Dahlia's Recovery PTx™, a cutting-edge approach for athlete's striving for peak performance or individual's looking to optimize muscle health. Dahlia's innovative technology personalizes treatment with unique sensors reacting to your body ensuring optimal results. As a leader in light therapy, Dahlia Health combines scientific excellence and cutting-edge technology to enhance body composition and overall well-being.

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