



Unlock the Power of Light: NovoTHOR Red Light Therapy for Faster Recovery, Pain Relief, and Peak Performance!

What is NovoTHOR red light therapy? NovoTHOR is a whole-body light therapy system that uses red and near-infrared light to promote healing and regeneration at the cellular level. This non-invasive treatment penetrates deep into the skin and tissues, stimulating the body's natural repair processes, reducing inflammation, and enhancing energy production in cells. How does NovoTHOR work? NovoTHOR utilizes specific wavelengths of red and near-infrared light. These wavelengths are absorbed by mitochondria, the energy-producing components of cells. By enhancing mitochondrial function, NovoTHOR boosts ATP (energy) production, leading to faster cellular repair, reduced inflammation, and improved overall cell health.

What are the benefits of NovoTHOR?

1. Improved muscle performance
2. Restoration of motion to joints
3. Relaxation of muscles and relief from muscle spasms
4. Relief of minor muscle and joint aches, pain and stiffness
5. Increase blood circulation
6. Reduction of fine lines, wrinkles, scarring, and acne
7. Improvement of sleep patterns

NOVOTHOR

NovoTHOR is a non-toxic way of dealing with the root cause of pain with the added benefit of no side effects. This therapy supports healing of your muscles instead of just masking the pain.



Located inside Universal Athletic Club
717-569-4754

[Click here to schedule your complimentary red light therapy demo session](#)

NovoTHOR FAQ's

Is NovoTHOR safe?

Yes, NovoTHOR is a safe, non-invasive, and painless treatment. The red and near infrared light used in NovoTHOR is not UV light, so it does not cause skin damage.

How long does a NovoTHOR session last?

Each session typically is 12 minutes. The service is designed for whole-body exposure, allowing maximum benefits in a short time.

How many sessions do I need to see results?

For optimal results, it's recommended to undergo a series of treatments, typically 2-3 times per week over several weeks. The number of sessions required depends on individual goals, such as pain relief, recovery, or wellness maintenance. Consistency is key!

What should I wear during a NovoTHOR session?

It's recommended to wear light, loose-fitting clothing or minimal clothing, as the light needs to penetrate the skin to reach deep tissues. However, personal preferences are respected, and the therapy is effective with partial exposure.

Is NovoTHOR FDA-approved?

Yes! NovoTHOR is FDA-cleared and a Class 2 medical device for reducing pain and inflammation.