



CoreRecovery Session

Total Cost: \$80

Service Duration: 30 minutes

Recommended Frequency: 1–2x per week

Includes: Percussion Massage Therapy — Using advanced massage tools to stimulate blood flow, reduce soreness, and relieve tension deep within the muscle tissue.

Myofascial Muscle Release — Targeted manual techniques to break up adhesions, improve elasticity, and restore healthy muscle function.

Assisted Stretching — Guided, movement-based stretches to expand your range of motion, improve flexibility, and promote proper joint alignment.

1. Overview At VitalitySync, recovery isn't an afterthought — it's a critical pillar of our longevity system. Our CoreRecovery sessions are designed to help your body repair, reset, and perform at its best.

Each 30-minute session combines percussion massage therapy, myofascial muscle release, and assisted stretching to improve circulation, release tightness, enhance mobility, and accelerate muscular recovery.

Whether you're training hard, managing stress, or simply investing in your body's longevity, CoreRecovery ensures that your muscles, fascia, and joints receive the attention they need to stay balanced and pain-free.

2. Why It Matters for Longevity Your body can only adapt and grow if it properly recovers. Regular CoreRecovery sessions:

- Reduce stiffness and muscular fatigue
- Improve posture and joint mobility
- Enhance performance and training longevity
- Support lymphatic flow and nervous system balance
- Prevent overuse injuries and chronic pain

When combined with your CoreMotion training and CoreMetric testing, CoreRecovery completes the VitalitySync triad — helping you perform stronger, live pain-free, and extend your physical healthspan.

3. The Experience You'll begin your 30-minute session with a brief assessment of movement patterns and tension areas. From there, your VitalitySync Recovery Specialist will tailor your session using a combination of percussion therapy, fascia release, and assisted stretching to address your specific needs.

The result: a lighter, looser, and more mobile body — ready to move freely and perform at its peak.

4. Ideal For

- Active individuals experiencing soreness or tightness
- Clients focused on improving flexibility and mobility
- Anyone seeking to relieve stress and enhance body recovery
- Individuals pursuing long-term vitality and joint health

Train for the next decade, not just the next session.