



Find Your True Path to Wellness at VeraVia

A Luxury Wellness Retreat in Valley Center, CA

At VeraVia, we offer the ultimate luxurious retreat in the serene surroundings of a private facility located in Valley Center, California. As the leading all-inclusive wellness experience, we go beyond addressing the four pillars of health to curate an unparalleled experience. Our retreat is now hosted at a prestigious facility renowned for its privacy, ensuring a truly bespoke stay.

Our approach is like no other wellness retreat. VeraVia programs are luxurious, yet goal focused, holistic and medically comprehensive, and completely individualized to the person. We've designed the very best environment to transform **your** path to wellness. We can't wait to begin.

RECOVERY and LONGEVITY ROOM

Introducing our new recovery and longevity room.

During your health and wellness retreat you'll get to experience our new dedicated recovery and longevity room equipped with state-of-the-art products and services designed to empower you to live a longer, healthier, more fulfilling life.

We bring you access to cutting-edge wellness technology that will revolutionize your experience at VeraVia.

TRIPP – Virtual Reality Guided Meditation

TRIPP is no mere meditation app – far from it. TRIPP is a fully conscious experience that will leave you feeling better when you reemerge on the other side. Of course, life is not just a destination... it's a TRIPP.

Features and Benefits:

- Explore mesmerizing worldsapes.
- Guided visualizations.
- Applied mindfulness techniques.
- Soothing binaural audio.
- Captivating breathing exercises.
- Pause the mind chatter, calm the mind, and fully immerse yourself in a state of deep relaxation. With 10, 20, and 30-minute offerings, you'll find stillness throughout your day.
- Personalize your journey to best serve you. With a wide variety of worldsapes, teachings, and audio to choose from, you can TRIPP in an active, engaging world that you create.
- Experience a variety of VR guided meditations and experiences:
 - **Daily Focus** - Make yourself more mindfully aware in the present moment with attention-stimulating gameplay mechanics.
 - **Daily Calm** - Train your nervous system to deeply relax into greater present moment awareness and unwind at the end of a busy day.
 - **Ascend** - Designed to help you explore a deeper connection to your own life experiences.
 - **Escape** - Take a vacation to a far-off land and experience the sights and sounds of nature.
 - **Enlighten** - Our collection of teachings from the most accomplished mindfulness and meditation practitioners.
 - **Create** - Be the composer of your very own experience! You choose the world, the teaching, the voice, and the length of the session.
 - **Drift** - Gentle shifts in color, sound and shapes promote a sleep focused mindset and a successful bedtime routine.



BrainTap – Revolutionary Brain Wave Technology for Overall Health

Revitalize your overall wellness through better brain fitness. Activate your brain's peak potential and tap into different neural pathways to think, sleep, and perform, better.



Features and Benefits:

- BrainTap's improved LED visor and headset use auricular therapy and varied frequencies to dose your eyes and ears with energy, promoting healing and overall well-being.
- **Think Better** - Don't let brain fog and stress hold you back. BrainTap's advanced technology uses the power of light and sound to train your brain and improve cognitive function, giving you the mental clarity and focus to make better decisions and reach your goals.
- **Sleep Better** - Experience the bliss of better sleep with BrainTap. Our cutting-edge technology uses sound and light to guide your brain and body into a deep, rejuvenating slumber. Wake up refreshed, energized, and ready to take on the day with a sharp, focused mind.
- **Perform Better** - Whether you're looking to excel in your career or personal life, BrainTap will be there to help you perform at your best. It doesn't matter if you're behind an easel or in the boardroom, on the field or in the classroom, working on a favorite hobby or teaching your kid to ride a bike, enhancing your brain's performance will help you triumph in life!
- **Meditate Effectively** - Unlock the transformative power of meditation with BrainTap's proprietary audio system. Live in the moment, reduce negativity, and cultivate patience and tolerance. Achieve inner peace, heightened intuition, and self-awareness for a life-changing experience.

Sunlighten mPulse Smart Sauna Discover

Wellness is within reach because infrared's healing light energy has been proven in many ways to help our bodies feel better. With gentler and more effective heat, Sunlighten's infrared sauna benefits allow you to stay longer and reap more overall health benefits. Sunlighten has perfected our infrared technology to bring you the safest, most efficient, and effective infrared available.

Features:

- Red light/near infrared LED light panels
- Mid and far SoloCarbon® infrared heaters, proven 99% effective
- 7 wellness programs at your fingertips
- Android-powered 10.1" tablet with smart features
- Sunlighten mobile app to support your sauna lifestyle and wellness goals
- Chromotherapy: healing with lights and colors
- Therabody® Vibrational Sound Therapy



Benefits:

- **Detoxification** - Sweat better. It's one of the body's safest and most natural ways to heal and maintain good health. Sunlighten's high-quality infrared promotes effortless, deep, productive sweat.
- **Heart Health** - Strengthen your heart. Infrared sauna therapy acts like a passive cardio workout, which helps your heart by improving circulation and even helping reduce blood pressure.
- **Muscle Recovery** - Recover faster. Infrared helps deliver more oxygen to muscle cells for faster repair and pain relief.
- **Anti-Aging** - Renew your skin. Harness a scientifically proven "fountain of youth" and revitalize your skin's appearance. Red light/near-infrared LED technology increases collagen and elastin. Far infrared waves increase circulation, helping regenerate cells.
- **Relaxation** - Truly relax and de-stress. Step into your peaceful wellness sanctuary and experience therapeutic heat that leaves you feeling physically restored and mentally refreshed.
- **Immunity** - Stay healthy. The natural preventive properties of Sunlighten's patented heating technology helps your cell health and overall immunity.
- **Sleep** - Improve your sleep. The time you spend in your sauna can help you get better rest by creating a routine that supports relaxation and a healthy circadian rhythm you want to enjoy.
- **Weight Loss** - Increase metabolism. Burn calories. Far infrared sauna wavelengths in all Sunlighten saunas create a passive workout, stimulating sluggish metabolism and improving fat burning.

Cold Plunge

Enhance your recovery with our Ice Bath.

Benefits:

- **ELEVATED ENERGY** - If you're looking for a quick start to your morning or an afternoon pick me up, cold plunging might just be the answer. Many people turn to cold plunging when looking for a new way to boost their daily energy!
- **RECOVERY / PERFORMANCE** - Cold plunge benefits extend beyond the mental and chemical aspects of your body too. Sports medicine has utilized cold water therapy for years, to help the active recovery of your muscles.
- **IMMUNE SUPPORT** - Being immersed in cold water stimulates leukocytes, the white blood cells that help fight off sicknesses. It also causes the lymphatic system to contract, forcing fluid through the lymph nodes. This process aids in detoxing the body and strengthening your immune system.
- **MOMENTUM** - Cold plunging has shown the ability increase your baseline dopamine. Dopamine is the molecule in our brain and body that is linked to motivation. According to Dr. Andrew Huberman dopamine can enhance our depth of focus and lower our threshold for taking action towards our specific goals.
- **BOOSTED MOOD** - Researchers have known for a while that it connects to our daily energy. In particular, there is lots of evidence that hormone imbalance can contribute to depression, meaning that a cold plunge might help to reduce depression and improve overall mood.
- **PAIN RELIEF** - The boost in norepinephrine you'll get from consistent ice baths has been shown to be up to 5x. This neurotransmitter can dramatically reduce inflammation and help with chronic pain.
- **STRESS RELIEF** - Cold water therapy has been shown to be an effective supplemental treatment for stress relief by decreasing the stress hormone cortisol. A [study](#) found that regular cold showers and ice baths helped reduce anxiety and improve the mood of participants.
- **BETTER SLEEP** - When you dip into the cold plunge, your body triggers the autonomic nervous system. This system is a network of vessels and nerves, split into two parts that control your response to stress. When you begin to control your response to stress, you'll likely find that you begin to control your relaxation and sleep.



NOVAA LIGHT PAD - The Deep Healing Therapy

Experience faster recovery and pain relief with Novaa Light Pad.

Novaa Deep Healing Pad delivers the exact wavelengths found by NASA studies to penetrate deep into the skin, sending healing energy to injured cells. With more energy, injured cells can function more efficiently, rejuvenate themselves, and repair damage. Novaa Light Pad is the only treatment that can activate the healing of your deeper cells.



Features:

- The LED lights in our light therapy mask are made by our medical manufacturer. They deliver the exact light frequencies that are clinically proven to give amazing results from your home.
- **Red Light (660NM):** Activates cell regeneration, reduces inflammation and pain, increases collagen production
- **Infrared Light (850NM):** Penetrates deep, reaching tissue and joints to activate the auto-repair of cells
- The strength of the lights is:
 - 141 mW / cm, 1 inch away from the skin
 - 200 mW / cm when in contact with the skin
- The combination of these 2 lights will activate the auto-healing of cells, and you will finally get rid of this long-lasting pain.

Benefits:

- Wear for 20 mins to start reducing your pain
- Heal back, joints, nerves & muscles, up to 2" deep
- **Post-surgery** - After surgery your body needs time to recover. However, you can speed this up by using the Novaa Light Pad to accelerate your body's healing process at a cellular level.
- **Muscle and joint pain and injuries** - pain is often the result of inflammation, tissue, and muscle damage. However, research shows that the energizing effect of Red Light Therapy is enough to help regenerate cells, restore proper cell function, and improve circulation.
- **Nerve pain and neuropathy** - When damaged (often due to poor circulation or high blood sugar), nerves will release signals for pain, leading to Nerve Pain & Neuropathy. However, Novaa's Light Pad can release healing energy into your body that works at a cellular level.
- **Nerve damage** - This means it can help regenerate damaged nerves, reducing the pain signals, and improving circulation to the extremities to prevent any future nerve damage or pain.
- **Inflammation and swelling** - Inflammation and swelling is the body's natural response to tissue damage. Fortunately, the Novaa Light Pad can release healing light deep enough into the body. When these damaged tissues are provided with more energy by Novaa's Light, they will begin to heal on a cellular level – removing the root cause of your inflammation and swelling.
- **Skin issues** - by using the Novaa Light Pad to release healing energy into your skin, you can energize your cells into a full recovery, and begin reducing any negative skin conditions. That means healthier, smoother, and clearer skin, without irritation, flakiness, or inflammation.

Hyperice Normatec 3 - Recovery System

Normatec 3 Lower Body is the next evolution of the iconic Normatec series, using dynamic air compression to advance your wellness, recover faster, improve your training, and maximize your performance. Normatec 3 Lower Body comes with attachments for the legs and hips for full lower body recovery.

Features:

- The Normatec 3 uses dynamic air compression to create a restorative massage that helps you feel refreshed faster.
- 7 levels of compression and our patented Pulse technology deliver precise treatment to 5 overlapping zones with ZoneBoost by using biomimicry to replicate the natural muscle pumps and one-way valves of the legs.
- Intuitive Design - Normatec 3's refreshed system design features an intuitive interface, reduced weight, and the ability to unlock next-level features and customization through the Bluetooth connected Hyperice App. Simply zip in and power up the most advanced dynamic air compression system on the planet.



Benefits:

- Normatec's patented precision pulse technology helps to increase circulation, revive muscles, and reduce swelling and has long been the choice of elite athletes and consumers throughout the globe.
- Warm-up and recover like never before. The Normatec 3 uses dynamic air compression to create a restorative massage that helps you feel refreshed faster.
- Designed by an MD, PhD, Normatec is the original, most tested, and most scientifically backed dynamic air compression system on the market. Designed to provide improved mobility and profound restorative healing results, Normatec has long been the most trusted system by the world's top athletes and consumers everywhere looking to advance their wellness.

Hypervolt 2 - Handheld Percussion Massage Gun

Handheld Percussion Massage Gun | 3 Speeds, 5 Interchangeable Heads | Helps Relieve Sore Muscles and Stiffness, FSA-HSA Approved.

Features:

- Better than ever. The Hypervolt 2 has an improved ergonomic and lightweight design that helps you feel better faster so you can get back to doing the things you love.
- Whisper quiet. Don't pause your music or your favorite show. Our patented QuietGlide technology will have you saying "ahhh", not "shhh".
- Recovery, on demand. Integrated with HyperSmart, it's easy to find the warm-up and recovery plans that will help you feel and move better with step-by-step expert guidance through the Bluetooth connected Hyperice App.
- 3 speeds, Brushless high-torque 60w motor, Patented QuietGlide technology, Patented pressure sensor (3 levels)
- Lightweight design (1.8 lbs), Cordless – 3 hour battery life, Travel-friendly (TSA approved carry-on)



Benefits:

- Get rid of muscle knots and loosen up. It's amazing what you can do with your full range of motion.
- Think of Hypervolt like a massage therapist to massage away all your stress and tension. Portable and always on-call.
- Get ready to rock. And recover right. The Hypervolt accelerates your warmup and recovery time.
- Targets both large and small muscle groups, to provide intensive deep tissue massage – breaking up scar tissue and increasing blood flow to release stress, increase range of motion and improve recovery time.

Hyperice Hypersphere Go

Vibrating Massage Ball for Muscle Recovery, Myofascial Release and Soreness Relief - Portable Fitness Massager.



Features and Benefits:

- Packed with power. Perfect for travel, the TSA carry-on approved Hypersphere Go targets your tightest areas with precision to help you move better wherever you roam.
- Take it everywhere. The Hypersphere Go is a massage ball that fits into the palm of your hand. With three speeds of vibration—low, medium, and high—you can roll it over your muscles, wherever they need some loosening up.
- Compact and powerful. The compact, textured, vibrating Hypersphere Go is an affordable, travel-friendly massage ball that fitness enthusiasts swear by. Ideal for rolling out after a workout, but also great for those long workdays spending too much time sitting down.
- Mobility roll. Increase mobility by loosening muscles, tendons, and joints pre-workout & post-workout.
- Use the Hypersphere Go to unlock tight knots on back and relieve soreness so that you can move more freely throughout your day.
- 3 Speeds of vibration, 2 hour battery life, 1 lb.
- Accelerates warmup and recovery.
- Improves range of motion and flexibility.
- Reduces muscle soreness and stiffness.
- Enhances muscle performance.

Hyperice Vyper Go

Portable Vibrating Fitness Roller.

Features and Benefits:

- Prime time: The Vyper Go gets you ready to move. Warm up fast, recover right, and unlock your tightest muscles, anywhere and anytime.
- Ready to roll: Perfectly placed contours and three speeds of vibration for a roll that's right for you.
- The perfect pair: Hit all the right spots and master your warmup and recovery with guided sessions and advice from top athletes, trainers, and performance advisors in the Hyperice App.
- 3 speeds, High-torque 26w motor, Contour-designed EPP roller.
- Lightweight (2 lbs), Cordless – 2 hour battery life, Travel-friendly (TSA approved carry-on).



Hyperice Vyper 3

High-Intensity Vibrating Foam Roller - FSA-HSA Approved

Features and Benefits:

- Turn it up: The Vyper 3 energizes your muscles and gets you prepped for action. Massage away tension, loosen up, and feel better with 3 speeds of high-intensity vibration.
- Accelerated design: Built with your body in mind. The Vyper 3's contoured design helps avoid pressure on your spine and other sensitive areas for a more comfortable roll.
- Meet your new routine: Look forward to the best warm up of your life. Pair the Vyper 3 to the Hyperice App for pro advice, guided sessions, and to monitor your progress from your phone.
- 3 speeds, High-torque 34w motor, Contour-designed EPP roller
- Lightweight (3 lbs), Cordless – 2 hour battery life, Travel-friendly (TSA approved carry-on)



ROLL Recovery R4 - Body Roller

The R4 was designed to relax the spine and neck while rolling the back muscles. The center groove can also single out the IT-Band and achilles tendon.

Features and Benefits:

- Spine and neck alignment center groove.
- Unique diamond pattern for better grip
- Designed to alleviate IT-Band tightness by targeting surrounding muscles.
- Center support in the core to maintain strength and stiffness where needed.
- Proprietary High-density EVA Foam
- Targeted muscle groups include: inner back muscles, outer back muscles, neck, quadriceps, hip-flexors and shins, gluteus, hamstrings and calves, IT-Band and Peroneal.



ROLL Recovery R8 Plus - Deep Tissue Massage Roller

Dial in the perfect amount of deep tissue massage force with the adjustment dial. With a Patented integrated mechanism hidden in the frame the R8 Plus is easy to use, reliable, and built with the highest quality of materials. Use the adjustment dial to reduce or increase the force as needed for the perfect feel.



Features and Benefits:

- The R8 Plus targets the IT-bands, quads, hamstrings, calves, shins, gluteus, arms and more.
- It takes the work out of rolling and is compact enough to take anywhere.
- Adjustable deep tissue massage force.
- Improves circulation and reduces inflammation.
- Breaks up muscle adhesions for myofascial release.

Kanjo Premium Acupressure Mat and Pillow Set

Acupressure Mat and Pillow Set for Back Pain Relief & Neck Pain Relief, with Memory Foam Pillow.

Features and Benefits:

- **Pain Relief Benefits:** Acupressure massage mats offer a simple yet effective at-home solution for back pain, neck pain, shoulder pain, headaches & migraine relief, improving blood circulation throughout the body, skin rejuvenation & helping to relieve tension. The included acupressure pillow provides additional relief and acupressure stimulation to the neck and upper back.
- **High Density Memory Foam Core:** Kanjo Acupressure Mat & Pillow Sets are constructed with premium 3.5lb high density memory foam, molding to the body for a custom experience for each user, ensuring a comfortable option for at-home pain relief.
- **100% Cotton Linen Cover:** A premium blend of 100% cotton and linen provides a soft plush surface to destress on. Don't let lower quality fabrics detract from what should be a comfortable experience.
- **BPA-Free Plastic Stimulators:** Kanjo's unique plastic stimulators are custom designed to ensure maximum coverage on the back and neck, resulting in the activation of several acupressure trigger points at once. Warning: plastic stimulators are sharp and take some getting used to. Expose to bare skin only once you have acclimated to the sharpness.



Recovery Intervention - Creams and Lotions

ACTIVE AGAIN Hope Science EFAC Pain Relieving Cream

ACTIVE AGAIN Hope Science EFAC Pain Relieving Cream Clinically Tested More Effective Topical Analgesic, Fast Acting CLINICALLY Proven Pain Relieving Cream.



- **CLINICALLY PROVEN PAIN RELIEF IN MINUTES:** The only cream clinically Proven for pain relief and have shown outstanding results in double-blind, peer reviewed university conducted clinical trials to improve and restore joint health and for Arthritis, Muscle, Back, Knee, Shoulder Pain.
- **THE ONLY CREAM THAT DEFEATS PAIN AT SOURCE:** Active Again Cream is the only on market that lubricate the cell membranes throughout the body, it restores fluids that cushion bones to promote flexibility; mobility and Powerful long-term Pain relief & recovery.
- The fatty acid complex, Esterified, also known as EFAC, received a U.S. patent in late 2009. These new "super oils" have outstanding peer-reviewed research supporting their use for joint health. As an added bonus, these oils are very unique in that they are well absorbed through the skin and, as such, have truly raised the bar for topicals.

CBD Cream for Muscle & Joint: Cooling Formula 1000-3000mg

Our CBD Muscle and Joint Cream is designed to soothe everyday aches and pains in your deep tissue and joints. In addition to organic broad spectrum CBD, this powerful cream contains several effective ingredients, including cooling menthol and natural pain relievers, white willow bark and caffeine. Whether you're an athlete or simply dealing with everyday aches and pains, our CBD pain cream is a must for every training table or medicine cabinet.



- Broad spectrum CBD
- White willow bark & caffeine for natural relief
- Menthol for cooling relief
- Vegan and cruelty-free

Relief Full Spectrum CBD Cooling Cream

Our Physician formulated CBD & THC Full Spectrum Relief Cooling Cream helps alleviate soreness while quickly restoring you to peak performance.

- 1000mg CBD/33mg THC per jar
- Certified USDA organic CBD
- 100% natural food-grade ingredients
- Purified Water-based for easy application and swift absorption
- Free of plasticizers, artificial preservatives, and synthetic ingredients



Amp Human PR Lotion, Performance & Recovery Bicarb Sports Lotion

Powered by InnerEdgeT technology, PR Lotion is designed to maximize your training and recovery by unlocking bicarb, a natural electrolyte that improves muscle function and helps you combat fatigue during hard workouts, so you can push harder, feel better and go for longer.

The performance benefits of bicarb have been known for 40+ years. We figured out how to unlock it and help athletes reach their limitless potential.



- Combines bicarb with our patented absorption technology to send bicarb to your muscles
- Helps you do more of what you love and come back strong the next day by neutralizing acid in your muscles
- Allows for faster muscle recovery
- Apply 30 to 60 minutes before exercise to the muscles you will use the most