



Rise & Shine
Wellness Center

About

At Rise and Shine Wellness Center, we specialize in holistic wellness services designed to enhance your overall well-being. Our advanced NormaTec leg compression technology is a cornerstone of our offerings, aiming to reduce swelling and muscle soreness effectively. This state-of-the-art treatment also significantly helps in reducing inflammation, promoting faster recovery and optimal performance. Whether you are an athlete or just looking to improve your physical wellness, our expert team is here to guide you every step of the way. Visit us to experience unparalleled care and rejuvenate your mind and body

How it works?

- Open Sore
- Organ Failure
- Deep Vein Thrombosis
- Severe arterial disease
- Ischemic rest pain
- Cognitive impairment
- Peripheral arterial disease
- Skin sensitivity
- Bed or chair bound



Norma Tech Leg



Promotes in relief from:

- Reduction of Pain
- Reduced inflammation
- Improved circulation
 - Quicker healing
 - Reduced swelling
- increased flexibility

We care

3731 Rainbow Drive Rainbow Dr. 35906
256.390.4877



riseandshinewellness.care

Benefits of Norm Tech

- *Decreases muscle recovery time
- *Reduces soreness.
- *Decreases muscle tension and Inflammation.
- *Reduces swelling and water accumulation.
- *Increases flexibility and range of motion.
- *Increases blood flow and circulation.
- *Helps with lactic acid and lymphatic flushing.
- *Helps prevent and eliminate cellulite and varicose veins.



FDA Disclaimer: The statements made regarding this products have not been evaluated by the Food and Drug Administration. The efficacy of these products has not been confirmed by FDA-approved research. These products are not intended to diagnose, treat, cure or prevent any disease.

Sessions

Session	Price	Duration
Norma Tech	\$20	30 minutes

Life Changing sessions

Choose Us



of the time



What is our satisfaction rate?
let us know.

Why us?

Rise and Shine promotes whole body wellness. With our well knowledgeable staff and advance technology you will find your total wellbeing in the right direction. Come and meet the staff at Rise and Shine Wellness Center and our Technologies.