

WELLNESS

ThermNeck & Upper Back

Relieve Pain
Release Tension
Reduce Stiffness
De-Stress & De-Compress

ThermNeck & Upper Back is a cordless, wearable device combining kneading massage, far-infrared, heat and near-infrared LED light therapy with two built-in Theraguns — designed to target the muscles behind neck pain and tension headaches. Backed by science to ease stiffness, relieve tech neck and speed up recovery, ThermNeck & Upper Back delivers relief exactly where you need it.

Science-backed benefits[1]

- **Kneading massage**
  Releases tension in your muscles and helps relieve tech neck, targeting the neck and base of the skull where tension headache symptoms often start.
- **Heat + far-infrared therapy**
  Soothing heat helps you de-compress, while far-infrared therapy — generated by the carbon-fiber material within the device — delivers deep-penetrating heat to warm tissues and reduce stiffness.
- **Near-infrared LED light therapy**
  Helps to ease pain, decrease inflammation and speed your body's natural healing process.
- **Percussive therapy**
  Delivers deep muscle treatment to your trapezius muscles, powered by two precision-placed, built-in Theraguns.



Key features

- 5 advanced therapies: kneading massage, far-infrared, heat, near-infrared LED light and percussive therapy with two built-in Theraguns
- 3 percussive speed settings, 3 kneading massage patterns and 3 heat levels
- Wearable design, with hand loops and straps to help dial in fit and adjust pressure
- 180-minute battery life
- Built-in device memory and travel lock
- Constructed with premium materials, including cutting-edge carbon fiber

Kneading Therapy | Heat Therapy | Far Infrared Therapy | Near Infrared LED Light Therapy | Percussive Therapy

FDA-Registered

[1]Learn more at Therabody.com/science

$379.99 USD | $449.99 CAD