

OPTP LO ROX Aligned Life Set and Kit - Exercise Massage and self-Care Products from Lauren...



ALIGNED DOMES – This pair of 6"DIA pods can be used under the feet or hands while performing balance movements. Can also be used for self-massage. One side features a pebbled surface to stimulate blood flow and circulation while the other side is smooth for greater stability. **BODY SPHERE** – A 22cm DIA ball with easy-grip texture, ideal for performing exercises to build core strength and improve posture. Or, use for self-massage to reduce inflammation and release structural tension. **MINI INFINITY ROLL** – At 5"x3" this small, portable roller has a unique shape and softer, more cushion-like foam so that you can gently roll deeper into tissues and muscles to relieve pain, improve posture and decompress your joints.

Rating: Not Rated Yet

Price

269,91 €

Discount -80,97 €

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Description BUILD CORE STRENGTH: Designed to use for exercises to help build strength and core resilience. **SELF-MASSAGE:** Perform self-massage to help calm the nervous system, promote blood flow and flush the lymphatic system.

Reviews

There are yet no reviews for this product.