

MY TIME, MY BODY

TAKING A MOMENT EACH DAY



GIVE YOUR BODY WHAT IT NEEDS

Moi therapy

CATALOGUE | UNITED KINGDOM

MY TIME, MY BODY

Moi therapy

MESSAGE FROM THE CEO

Having a need to relieve tension, pain and discomfort from personal injury is a daily task for so many people.

We are not all fortunate to afford or receive professional therapy at a time we need it most.

After experiencing personal injuries from the neck all the way to the bottom of my feet, through sports, I wish I had a device I could use to relieve these issues whenever and whenever I needed it.

I committed myself to designing a tool that could be easily carried around and would address everyday problems before, during and after any activity.


Moi therapy was birthed.

MISSION

"Moi Therapy wants to be in every home, helping people have more comfortable lives."



WAYNE MCDONALD



MY TIME, MY BODY

Moi therapy

- ✓ **SCIENTIFICALLY PROVEN**
- ✓ **INCREASED BLOOD FLOW**
- ✓ **IMPROVED TRAINING RECOVERY**
- ✓ **PORTABLE AND LIGHTWEIGHT**
- ✓ **REDUCE NEXT DAY SORENESS**
- ✓ **REDUCE MUSCULAR PAIN**
- ✓ **SAVE MONEY ON PHYSIO VISITS**
- ✓ **FLUSH AWAY LACTIC ACID**

Moi therapy is ideal for **REHABILITATION**

Moi therapy is an excellent choice to aid muscle tissue repair and increase flexibility. Ideal for use in professional practice or in the comfort of your home in between sessions to achieve the best possible results.

Moi therapy will help you to **RELAX**

Throughout the week your body experiences challenges from day-to-day chores; Take a little time for yourself.. addressing aches, pains and fatigue on the body. A little massage with Moi therapy is the perfect way to finding some comfort and relaxation.

Moi therapy is great for **GENERAL FITNESS**

**Pre/Post workout sessions, at work, travelling... any environment;
My Time, My Body... Moi therapy!**

MY TIME, MY BODY

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**EASY TO USE AND ANGLE ON MY FOOT,
HELPED MANIPULATE MY PLANTAR
MUSCLE. I USED DIFFERENT ANGLES TO
OBTAIN A DEEPER MASSAGE.**

MISS MORRIS

**BRILLIANT BIT OF KIT FOR
BREAKING DOWN DEEP SCAR TISSUES
FROM A QUADRICEPS TENDON
RUPTURE OPERATION.**

MR BLAKE

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ABOUT

Moi therapy is the versatile, pocket-sized trigger point therapy device that can be used by anyone, on any part of the body, in any environment. It is perfectly designed for selfcare that works around your life – taking a moment each day to give your body exactly what it needs.

Muscular release; Back, Frozen Shoulder; IT band; Plantar Fasciitis; Carpal tunnel; Tennis/Golf Elbow; Achilles tendonitis; Neck, muscle strain;

Tension headache; Legs, Glutes, Calve, Saitic nerve syndrome, Rotator cuff strain.

MY TIME, MY BODY, Moi therapy.

- If you work long days on your feet, in a chair or a vehicle...
- **invest in a little Moi therapy.**
- If you love to exercise and “feel the burn”...
- **invest in a little Moi therapy.**
- If you suffer from tensions, aches and pains...
- **invest in a little Moi therapy.**

*Moi therapy is British Innovation within the therapy device market.
We Champion British Design, British Engineering and British Manufacture.*


MY TIME, MY BODY

Moi therapy

OUR PRODUCTS

British Design, British Engineering,
British Manufacturing





MY TIME, MY BODY

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I AM REALLY ENJOYING USING MY
MOI THERAPY TOOL FOR ABDOMINAL
MASSAGE AND C-SECTION REHAB.

LEILA

WHAT A BRILLIANT TOOL TO HAVE!
AS A FUTURE SPORTS THERAPIST I
HAVE USED IT WITH THE KNOWLEDGE I
HAVE GAINED ON MY COURSE. IT IS A
ONE OF A KIND PRODUCT AND DELIVERS
SAFE TRIGGER THERAPY AT HOME.

MS CHATER

THERMO

PRODUCT: Tight and sore muscle relief massager. Alleviate shoulders, arms, back, abdomen, legs, calves, foot or muscle tension.

PRICE: £32.99 other colours available.

INCLUDED: Moi Therapy Thermo, Deep Tissue Spherical Attachment, Travel Case.

DIMENSIONS: 125mm x 67.5mm x 36mm

THERMO weight: 0.07kg
Ball weight: 0.045kg



"Use during pre-workout and post-workout recovery for trigger point therapy and to improve flexibility."



COMPACT

PRODUCT: Tight and sore muscle relief massager. Alleviate shoulders, arms, back, abdomen, legs, calves, foot or muscle tension.

PRICE: £22.99 other colours available.

INCLUDED: Moi Therapy Compact, Deep Tissue Spherical Attachment, Travel Case.

DIMENSIONS: 134mm x 88mm x 34mm

COMPACT weight: 0.02kg
Ball weight: 0.045kg

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DESIGN

Versatile massage ball of multidirectional movements, it can be used for pre-workout and post-workout recovery, promoting relaxation, self-myofascial release, alleviating muscle stress, release tight muscle knots, trigger point therapy and to improve flexibility.

Ergonomic and easy-grip designed tools, allowing one or two handed control for increased pressure and intensity. Moi Therapy tools aim to give the user complete control of direction and pressure while protecting their own joints and physical wellbeing.



Portable while compact sized tools, means you can have a continuous full body massage even on the go, just simply position and press on the affected muscle then roll or push back and forth. All the pressure is controlled by the user, you can press harder for a deeper massage or just lightly, depending on how you like to have your treatment.

No electricity or batteries are required.



WAYS TO USE

Localized massage muscle:

Neck, lower back, shoulders, arms, legs, thighs, calves, feet. Limit the cold / ice massage therapy to about 5-6 minutes at a time. You can use this device and ball as a regular massager as well.



Heat / Ice Therapy Massage:

Add water to the device and place it in the freezer until frozen. Then use it to gently massage on the area affected, make sure to keep massaging in a slow, circular motion to avoid staying in one place too long. Heat massage can also be introduced by adding heated elements for significant relief, to many areas and types of muscle tension. This reduces tightness caused by muscle strains and accelerates recovery.



Control your own pressure:

You can press harder for a deeper massage or just lightly, depending on how you like to have your massage. This product can be used for personal or professional massage use.

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OUR ENVIRONMENTAL PROMISE

WE ENSURE LOW ENVIRONMENTAL IMPACT.

As climate change is a problem that is not going away. There has never been a more important time to collectively become more aware of how we – as individuals, brand corporations and businesses are affecting the planet.

Moi therapy is an environmentally conscious brand that wishes to positively contribute to the planet's upkeep, we commit to reduce, reuse and recycle where we can and this starts with the carefully selected materials we use in our products through to the minimising of scrap wastage.

Eco-friendly plastic options such as Acrylonitrile Butadiene Styrene (ABS) plastic, which is a plastic compound that is itself entirely recyclable. ABS is also widely considered to be a more durable, longer lasting, and easier to recycle plastic than PVC.

Moi therapy's vision is to create products that can last the test of time while remaining as efficient through its therapeutic journey from the day it arrives.

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I COMPETED IN TWO RUNS, SIX DAYS APART, SO MASSAGED MY HIP FLEXORS, GLUTES, QUADS AND CALVES TO BE RACE READY. THIS PRODUCT HAS BEEN FANTASTIC.

MR HALE

EXCELLENT COMPACT PRODUCT THAT HAS HELPED GREATLY WITH MY TIGHT CALVES AND GLUTES. IT LIVES IN MY SPORTS BAG AND IS USED REGULARLY AFTER TRAINING IN THE GYM OR WHEN I HAVE PLAYED TENNIS. I ALSO USE IT FOR MY LOWER BACK AND SHOULDER RELIEF... I LOVE IT!

ANGELA

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ARLI ALTERNATIVE RAW
MATERIALS WITH
LOW IMPACT

AMTECAA
Create Activate Automate

AMCASH   



**DEMAND
Hub**



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