



3 WAYS TO RECOVER WITH VAIL IV WELLNESS & RECOVERY

Save your vacation with in-home (or hotel) iV therapy, oxygen tanks and more

As a “concierge iV therapy” business, Vail iV Wellness & Recovery is here to help you recover from the long and strenuous outdoor adventures that we all love. The beautiful pain that comes with backcountry treks, river runs, mountain bike rides over Rocky Mountain peaks and other outdoor excursions can be easily addressed right where you are.

Offering mobile treatments to your home, hotel or office, Vail iV Wellness & Recovery brings professional grade treatments to you. From its Athletic Performance



Photo credit: Vail iV Wellness and Recovery

All trails lead to home.

Kat’s proficiency and background as a realtor and long-time resident of Vail were indispensable when we chose to sell our ski condo and transition to a larger home in the Vail Valley. **Utilizing her expertise and broad network, she guided our search efficiently, resulting in significant time savings.** I am pleased to say we acquired an outstanding home at a fair price. Concurrently, Kat achieved success by securing a contract for the other property within a week. **Her exceptional negotiation skills led to the condo closing as the highest sale in the building to date.** Kat’s dedication to her clients and her love for the Vail Valley is palpable. I am genuinely thrilled with my interaction with Kat!

– Keith V. | Buyer & Seller



KATHLEEN SEDILLO

Broker Associate | 281 Bridge St. | Vail
SSF Top Producer Q3 2023
VP of Vail Valley Mountain Trails Alliance

970.390.1445 | ksedillo@slifer.net
@KatInVail

View Vail Valley
Properties



SLIFER

SMITH &

FRAMPTON

Forbes
GLOBAL PROPERTIES

& Recovery bags to standard Altitude Adjustment treatments, Vail iV Wellness & Recovery is here to save your vacation.

Owned by locals Andrew and Kristin Pilecki, and backed by a group of experienced nurses praised for their bedside manner and clinical prowess, Vail iV Wellness & Recovery recommends booking in advance, but on-demand service is available.

“We’re trying to help them make the most of their vacation,” Andrew said. “Whether they’re out eating, drinking and mountain biking all day and need a recovery or need some adjustment to the altitude – book it and schedule it, and we’ll be there.”

Here’s a look at three treatments Vail iV Wellness & Recovery recommends for anyone needing a little pick-me-up.

ALTITUDE ADJUSTMENT

- Standard iV bag
- 1 Liter of fluids
- Electrolytes, Vitamin B Complex, essential mineral blend, ascorbic acid

The Altitude Adjustment iV Treatment is designed to rehydrate your body and combat fatigue caused by dehydration. When coming to high elevations, dehydration is a common occurrence and a symptom that can lead to more significant effects of altitude sickness.

If you are already experiencing symptoms of altitude sickness, replenishing fluids and nutrients will help alleviate symptoms and help your body recover quicker. In addition



Photo credit: Vail iV Wellness and Recovery

to fluids, the key active ingredients in the Altitude Adjustment are ascorbic acid, a Vitamin B Complex and essential mineral blend.

ATHLETIC PERFORMANCE & RECOVERY

- Standard iV bag
- 1 Liter of fluids
- Amino blend, electrolytes, Vitamin B Complex, essential mineral blend, ascorbic acid

The Athletic & Recovery Performance Treatment is designed to enhance recovery after strenuous physical activities such as a hard workout, endurance training, long hikes or an intense day on the slopes. With everything in the Altitude Adjustment in this bag, the Athletic & Recovery Treatment also includes essential amino acids – critical in enhancing athletic performance.

This treatment is necessary to aid in the body’s response after physical activity has generated toxins and drained the body of its natural hydration and salts.



OXYGEN RENTAL & DELIVERY

- Portable 3 Liter Per Minute oxygen concentrator
- Increases oxygen saturation levels, promotes energy
- Reduces altitude sickness symptoms

The size of a small suitcase, the Oxygen Rental & Delivery runs on batteries and can also be plugged in. Rented for 24 hours, this is a great solution to altitude sickness that brings headaches, fatigue, nausea and decreased energy levels.

The continuous flow is important in getting a full breath of oxygen every time, compared to other forms of oxygen intake.

Not sure what treatment is right for you? Vail iV Wellness & Recovery has a “help me choose” option.

Visit VailiVTherapy.com for more information and to book your treatment.