

RECOVERY SUITE

PROPER STEPS TO MAKE THE MOST OF YOUR RECOVERY ROOM SESSION

1. SAUNA: Begin your recovery session with the dry heat of the sauna. This helps to relax muscles, open pores, and increase circulation, preparing your body for the next stages of recovery.

2. COLD PLUNGE: After the sauna, immerse yourself in the cold plunge. This rapid cooling reduces muscle inflammation, tightens pores, and boosts blood flow, all essential for effective recovery.

3. RED LIGHT THERAPY: Next, experience the benefits of red light therapy. This treatment promotes skin health, reduces inflammation, and supports muscle recovery at a cellular level.

4. THERAGUN BOOTS: Conclude your recovery with Theragun boots, designed to facilitate deep muscle recovery, enhance circulation, and alleviate leg soreness.