COLD PLUNGE + SAUNA

Feel better. Recover faster. Think clearer

To make the experience more seamless, before you arrive:

- Download the App
- Create Your Profile & Sign Waiver

BENEFITS AT A GLANCE

🔥 Dry Sauna (180–200°F, low humidity)

Physical

- Improves circulation (vasodilation → increased blood flow)
- Supports cardiovascular health (blood pressure, arterial stiffness)
- Aids muscle recovery & eases joint stiffness
- Promotes sweating (minor support to natural detox pathways)
- Can improve skin clarity & surface circulation

Mental & Emotional

- Reduces stress (lower cortisol)
- Releases endorphins → elevates mood
- Can improve sleep quality (post-sauna cool-down)
- Many report greater mental clarity

Immune & Longevity

- May boost white blood cell activity
- Observational data links regular use with lower risk of CVD, dementia, and all-cause mortality

🧊 Cold Plunge (40–59°F)

Physical

- Reduces inflammation & muscle soreness
- Speeds recovery (vasoconstriction → re-perfusion on warm-up)
- Trains circulation & vascular tone (great with contrast therapy)
- Activates brown fat → boosts metabolic burn

- Provides temporary pain relief (numbing effect)

Mental & Emotional

- Builds stress resilience & mental toughness
- Triggers endorphins/dopamine → post-plunge “high”
- Can improve mood; may support anxiety/depression management
- Increases alertness & focus (sympathetic activation)

Immune & Longevity

- Regular exposure is linked to stronger immune response
- Creates hormetic stress → stimulates repair/adaptation systems

REMINDERS

If you’re pregnant, have cardiovascular issues, uncontrolled blood pressure, neuropathy, or other medical conditions, consult your clinician first.

Exit if you feel dizzy, nauseous, or unwell. Rewarm gradually.