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Recovery Manual



Hydration: The Foundation of Recovery

Hydration is key to optimal recovery, helping your body flush out toxins, maintain energy, and support muscle repair.

To maximize the benefits of your session:

- Drink water before, during, and after your recovery routine.
- Sip water consistently throughout the day to stay fully hydrated.
- Monitor your urine color—it should be light yellow, indicating proper hydration levels.



Cold Plunge: Invigorate Your System

The cold plunge helps reduce muscle inflammation, improve circulation, and enhance mental clarity.

Here's how to make the most of it:

- Ease into It: Take a few deep breaths before you enter to calm your nervous system.
- Focus on Your Breath: It can feel intense at first, but breathing deeply helps you stay calm. Aim for slow, controlled inhales and exhales.
- Stay in for 1-3 minutes: The first minute is often the hardest, but the benefits will be felt for hours afterward.



Sauna: Soothe Your Muscles and Mind

The sauna offers an incredible way to relax, improve circulation, and detoxify your body.

Here are a few tips for a great experience:

- Hydrate: Drink water before entering the sauna to prevent dehydration.
- Breathe Deeply: Take slow, intentional breaths to support relaxation and deep muscle recovery.
- Listen to Your Body: Stay in for 15 - 40 minutes, depending on your comfort level. If you feel lightheaded or too warm, step out and cool down.
- Post-Sauna Care: After exiting, let your body gradually cool down. Hydrate and relax to extend the soothing effects.



Massage: Release and Restore

Massage enhances recovery by improving circulation, reducing tension, and restoring balance.

Make the most of your session:

- Personalize Your Experience: Communicate your needs to your therapist for a tailored approach.
- Choose Your Pressure: Opt for light-to-medium pressure for relaxation or deep techniques like trigger point therapy for muscle relief.
- Leave Feeling Renewed: Your session is designed to help you reset and feel completely refreshed.

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Embrace the Silence

To ensure you fully immerse yourself in the experience, we encourage you to embrace the quiet. Use this time to disconnect, clear your mind, and focus entirely on your body's healing process. From the moment you walk through our doors, you step into a tranquil oasis—an escape from the outside world. Allow yourself to restore and rejuvenate. Put your mind and body on DND.

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Contrast Guide

25 minutes

Recovery

- Enter the sauna for up to 10 minutes
- Dip into the cold tub for 30 seconds – 1minute +.
- End in the sauna for 10 minutes.

Increase Metabolism

- Dip into the cold tub for 30 seconds – 1 minute +
- Enter the sauna for 15 minutes
- End in the cold tub for 30 seconds – 1 minute +

Stress Relief/Detoxification/Skin & Cardio Health

- Enter the sauna for 15 – 20 minutes. (Take breaks when needed)

50 minutes

Recovery

- Enter the sauna for up to 15 minutes
- Dip into the cold tub for 30 seconds – 1minute +.
- Re enter the sauna for up to 15 minutes.
- Dip into the cold tub for 30 seconds – 1minute +.
- End in the sauna for up to 15 minutes.

Increase Metabolism

- Dip into the cold tub for 30 seconds – 1 minute +
- Enter the sauna for 20 minutes
- Re enter the cold tub for 30 seconds – 1 minute +
- Enter the sauna for 20 minutes
- End in the cold tub for 30 seconds – 1minute +

Stress Relief/Detoxification/Skin & Cardio Health

- Enter the sauna for 30 - 45 minutes. (Take breaks when needed)

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