

RECOVERY STUDIO

We are incredibly proud of what we have created with our Recovery Studio. London's first pay per use ice baths, a bespoke sauna and a worlds-first audio guided software that continues to develop.

As members, we want you to be able to maximise what we have created. In order to do so it is important that everyone understands and adheres to our best practices. This will not only result in a better experience for you, but for everyone else too.

BEST PRACTICE - SAUNA

- Please always respect your booking time
- Never leave the door open
- The water release buttons should be pressed a maximum of every 3-5 minutes (too much water can damage the coals and decrease sauna temp)
- Be mindful of others in the space and maintain a welcoming environment at all times
- If moving between the ice and the sauna, dry off before re-entering
- Always shower before entering the ice post sauna
- Wipe down your seat after use

BEST PRACTICE - ICE

- Please always respect your booking time
- If the step isn't locked in, please push it back and lock before using.
- Be mindful of others waiting to get in. Not everyday needs to be a personal best!
- Please be careful not to step on the plug
- Allow water to drop off you before stepping out
- If moving between ice and sauna, allow yourself a minute to reset before entering the heat

ALWAYS ADHERE TO THE HEALTH + SAFETY GUIDELINES DISPLAYED IN THE STUDIO

