

WellnessSpace<sup>TM</sup>  
BRANDS

# Innovative Recovery & Wellness Experiences



HYDROMASSAGE

CryoLounge+<sup>TM</sup>



RelaxSpace<sup>TM</sup>  
RELAX • RESET • EXPLORE



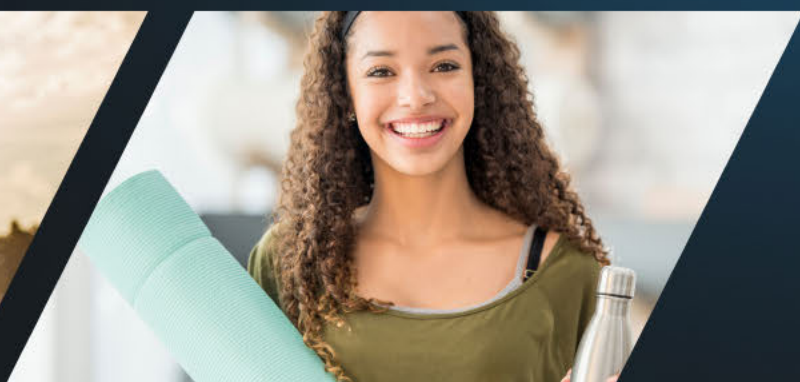
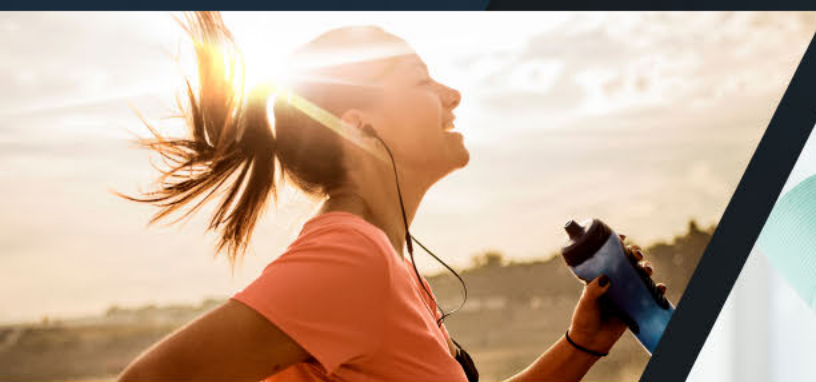
# The Rise of Wellness & Recovery

The days of focusing solely on the physical are gone – today, consumers are seeking out experiences centered on holistic wellness.



WellnessSpace seeks to change the way business' approach supporting their clients' wellness with three products, each aimed at a different area of recovery and relaxation.

By offering amenities to support your clients on their journey to total body wellness, your business will become a destination for self-care and holistic health, enticing new members and delighting existing clientele.



“In the minds of consumers, ‘wellness’ now encompasses a whole lot more than being in shape. 78% say wellness is more important than ever.”

— Mindbody – 2022 Wellness Index 2022-MWI-Fitness-Report.pdf (mindbodyonline.com)



“People are awakening to the importance of integrative wellness solutions”

- Global Wellness Institute.  
GWI Finds Mental Wellness is a \$121 Billion Market

# HYDROMASSAGE

## RECOVER

Personalized  
Full-Body  
Heated Massage



Utilized by physical therapists, chiropractors, and thousands of health clubs for more than 30 years, HydroMassage is the perfect solution for muscle soreness, stress and post-workout recovery. Each massage lasts 10 - 15 minutes and is fully customizable to each member's needs, allowing users to personalize the massage speed, intensity, location and temperature.

- + Provide temporary relief of minor aches and pains
- + Relieve muscle soreness, stiffness and tension
- + Increase circulation in local areas where massaged
- + Reduce stress and anxiety
- + Enhance the feeling of well-being and deep relaxation

### Lounge 440X Series



HydroMassage Key  
Features:

- + Smooth-wave travelling massage
- + Open, ergonomic seated design
- + Touchscreen to personalize massage experience
- + Relaxation videos, music, wellness articles, and more
- + Self-diagnostic with proactive maintenance alerts
- + Lounge and Bed models available

### 340/350 Series



# RelaxSpace™

RELAX • RESET • EXPLORE



## Immersive Relaxation Experience

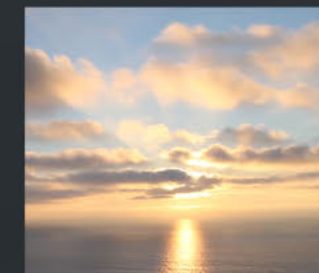
RELAX WITH NATURE VIDEOS



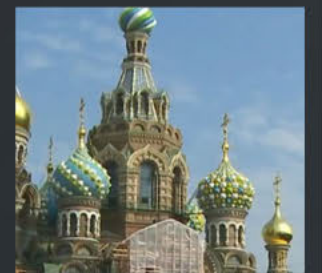
BREATHE WITH GUIDED BREATHING



RESET WITH MEDITATION



EXPLORE UNIQUE CITIES OF THE WORLD



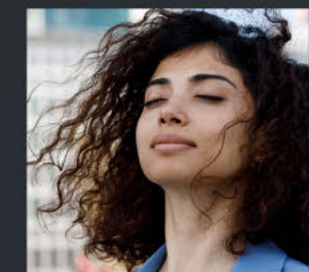
THRIVE WITH HEALTHY LIFESTYLE TIPS



GROW WITH PERSONAL GROWTH RESOURCES



FOCUS WITH MINDFULNESS



## RELAX Multi-sensory Experience to Relax, Reset & Explore

Designed to reduce stress, promote relaxation, and more, RelaxSpace Pods offer a unique, multi-sensory experience that can be enjoyed by anyone, anytime. Whether it's unwinding with calming nature sounds or travel videos, finding inner balance through meditation and mindfulness, or learning more about diet and healthy living, with RelaxSpace, a personalized and rejuvenating 15-minute escape awaits.



*"It's the 15-minutes that everyone needs each day."*

### Wellness & Relaxation Content

Large 43" display provides an immersive wellness and relaxation experience. Selection of nature videos and wellness content (meditation / mindfulness / breathing exercises / stress-relief).

### Scent Infusion

To accompany the experience and assist with stress relief and mood enhancement, users may select from a variety of subtle scent options.

### Audio

Audio to accompany videos or wellness content; two small speakers at head-end of unit ensure others in surrounding areas are not disturbed.

### Heart-Rate Monitoring

Users can track their state of relaxation during each session, allowing them to be more mindful of stress levels, more aware of their presence and more in control of their state of mind.

### Fan Feature

A variable speed fan can be activated to provide a pleasant, cool breeze

### Heat Therapy

Users may activate a heated seat to provide a soothing experience for sore muscles.

## RESTORE

### A Smarter Solution for Cold, Heat and Compression

While ice packs, cold tubs, and heating pads are staples in many training rooms around the world, many traditional recovery methods are not particularly enjoyable or practical in most commercial settings. That's why we designed CryoLounge+ chairs, offering targeted cold and heat with none of the hassles.

- + Targeted, "Comfortable Cold" Experience
- + Powerful, Post-Workout Recovery
- + Convenient & Accessible



### Customize Your Experience

With CryoLounge+, users can customize their heat and cold sessions to target the areas of their body that need it most. Six Zones target key muscle groups with cold (28-40 degrees F) or heat (95-115 F).

#### Compression

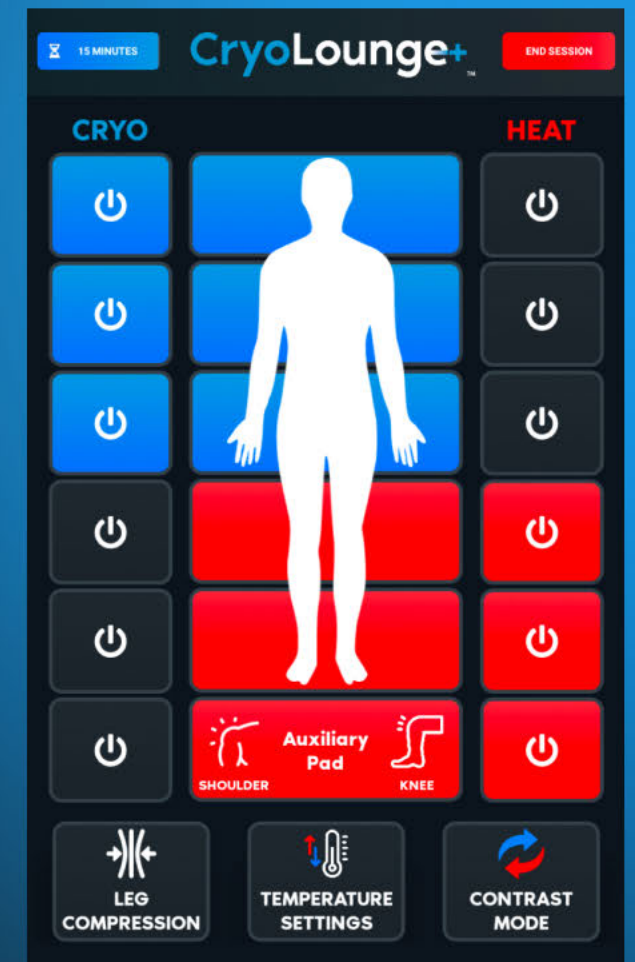
CryoLounge+ can apply gentle, targeted compression to the lower legs, with variable degrees of intensity.

#### Auxiliary Zone

Use the attached auxiliary zone pad to apply additional heat or cold on hard-to-reach areas of the body, such as the knee or shoulder.

#### Contrast

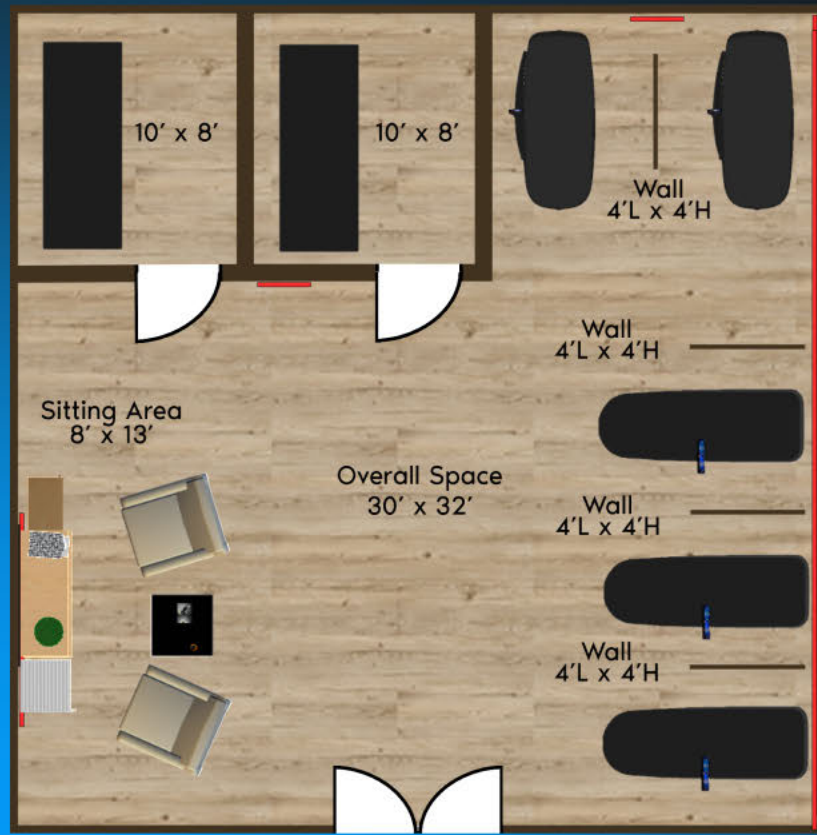
Get the best of both worlds by alternating heat and cold to promote muscle recovery.



# The WellnessSpace™

## Your Turn-Key Wellness Space

By integrating the WellnessSpace suite of products into your business' recovery area, clients can access a range of solutions for both their mental and physical needs, all in one convenient location — a true WellnessSpace.



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Learn More At

[WellnessSpace.com](http://WellnessSpace.com)

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