

the MENU



Flagship Suites Include: Red light, PEMF, Biomats, Compression, H2 Therapy, Lux Cold Therapy, Viibrotherapy, Movement + Mindfulness Practices

01. RED LIGHT RESET

Targeted red light therapy focused on the belly-brain axis

- ↗ Energy
- ↗ Digestion
- ↗ Cell Energy
- ↗ Mood & Focus
- ↗ Better Skin
- ↗ Reduce Inflammation

02. CELLULAR RECHARGE

A layered red light and compression experience designed to:

- ↗ Ease Tension
- ↗ Circulation
- ↗ Lymphatic Flow
- ↗ Healthy Aging
- ↗ EMF Recovery
- ↗ Reduce Stiffness

03. THE GLACIAL SHIFT

Step inside a glacial ice cave with your crew—to shift your state fast.

- ↗ recovery ↑ 25%
- ↗ mood ↑ 30%
- ↗ glucose efficiency
- ↗ social wellness
- ↗ less wired and tired
- ↗ 2-3X ↑ focus & energy
- ↗ ↑ rebound+ resilience 30%

PREMIUM ADD-ONS

- Hydrogen Treatment (*site dependent*)
- Viibrotherapy, PEMF BioMats

SOLD SEPERATELY

- Group Breathwork, Sound, Movement, Coaching
- IV Drip Hydration
- ↗ Feel Alive & Energized
- ↗ Feel-Good Hormone
- ↗ Mind-body Resilience
- ↗ Calm Nervous System
- ↗ Restore Balance
- ↗ MentalClarity

**limited : pre-booking required*