

# THE WELLNESS COLLECTIVE



RESET | RESTORE | REBALANCE



## Welcome to your Secret Sanctuary

A dedicated space designed for you to slow down, recover, and reconnect. Whether you are here to detoxify your body, heal tired tissues, or simply find a moment of stillness in a busy world, this space is yours.

You'll notice our sanctuary is alive with greenery. We have curated a plant-filled environment because nature is a powerful partner in the healing process. Surrounding yourself with plants does more than just purify the air; it actively lowers cortisol levels, reduces mental fatigue, and boosts your mood. This "Biophilic" connection—the innate bond between humans and nature—shifts your nervous system from a state of "fight or flight" into "rest and digest," creating the perfect physiological foundation for your sauna session. For this reasons we highly recommend that you keep your phones away. However, please do take pictures and videos if you feel like it at the beginning or end of your session to post on social media your experience.

As the plants breathe life into the room, let them remind you to breathe deeply, let go of the day, and allow your recovery to begin.

## 6-STEP TO MAKE THE MOST OF YOUR SESSION

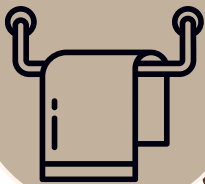
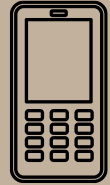


### READ THIS DOCUMENT!

Here you will find instructions for use for the sauna, room, and facilities.

### KEEP YOUR PHONE AWAY

Technology can be highly distracting when the goal is relaxation and restoration. We encourage you to keep your phone away or off for this session; however, feel free to take photos or videos before or after to share your experience on social media.



### TOWELS

We provide towels for the session. Please do not use any personal towels in the sauna. Use the large towel for your shower and the small to sit on in the sauna.. A hand towel is also provided to wipe excess sweat.

### BEFORE USING THE SAUNA

You can use the sauna room or the changing area in the toilet to get changed. Please have a shower before using the sauna. We recommend you wear appropriate footwear to avoid slips & falls.



### THE SAUNA

The sauna will be on and ready to use. You can adjust the temperature yourselves or ask us to do it in advance to suit your preferences. There is a dial next to each seat. Use it to adjust intensity of the light. If you have a sensitive skin, keep at a low setting.

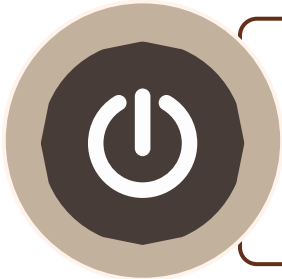
### LEAVING THE SPACE

Please use the large wicker basket to leave any used towels. We would really appreciate it if you left the space in a reasonably good condition.



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## HOW TO USE THE SAUNA

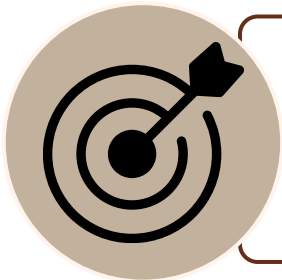
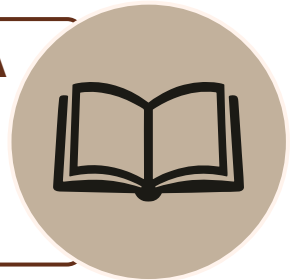


### THE SAUNA IS ON

This is an infrared sauna and works with light therapy. The air temperature may feel lower than a traditional sauna, but the "thermal load" on the body is actually higher because it penetrates 4cm- 5cm deep into the tissue.

### THINGS YOU CAN & CANNOT USE IN THE SAUNA

You can read a book, or use dry brushes. Please leave electronics and jewellery in your bag to ensure your safety and the longevity of your devices. It is safe to have a glass bottle of water, however, do not use plastic bottles as heat can release BPA and other toxins in the water.

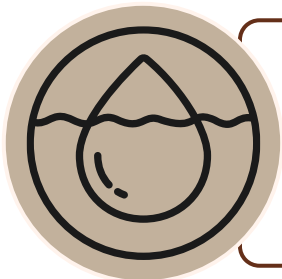
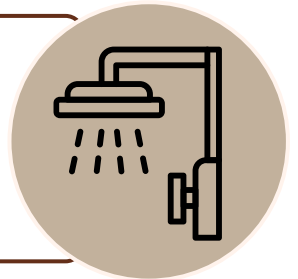


### TARGETED TREATMENT BASED ON YOUR GOALS

See table in the next page to adjust the temperature and time you are using the sauna for to achieve specific goals. If the sauna temperature increases more than the set target, open the door for a few minutes. If the sauna overheats, it will automatically turn off.

### COOLING OFF INSTRUCTIONS

Unlike traditional saunas where you need to regularly cool your body off, with infrared saunas you only need to cool off at the end of your session. Use the small hand towels available to wipe off any excess sweat.

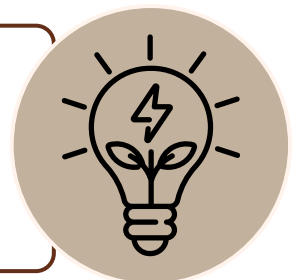


### HYDRATION

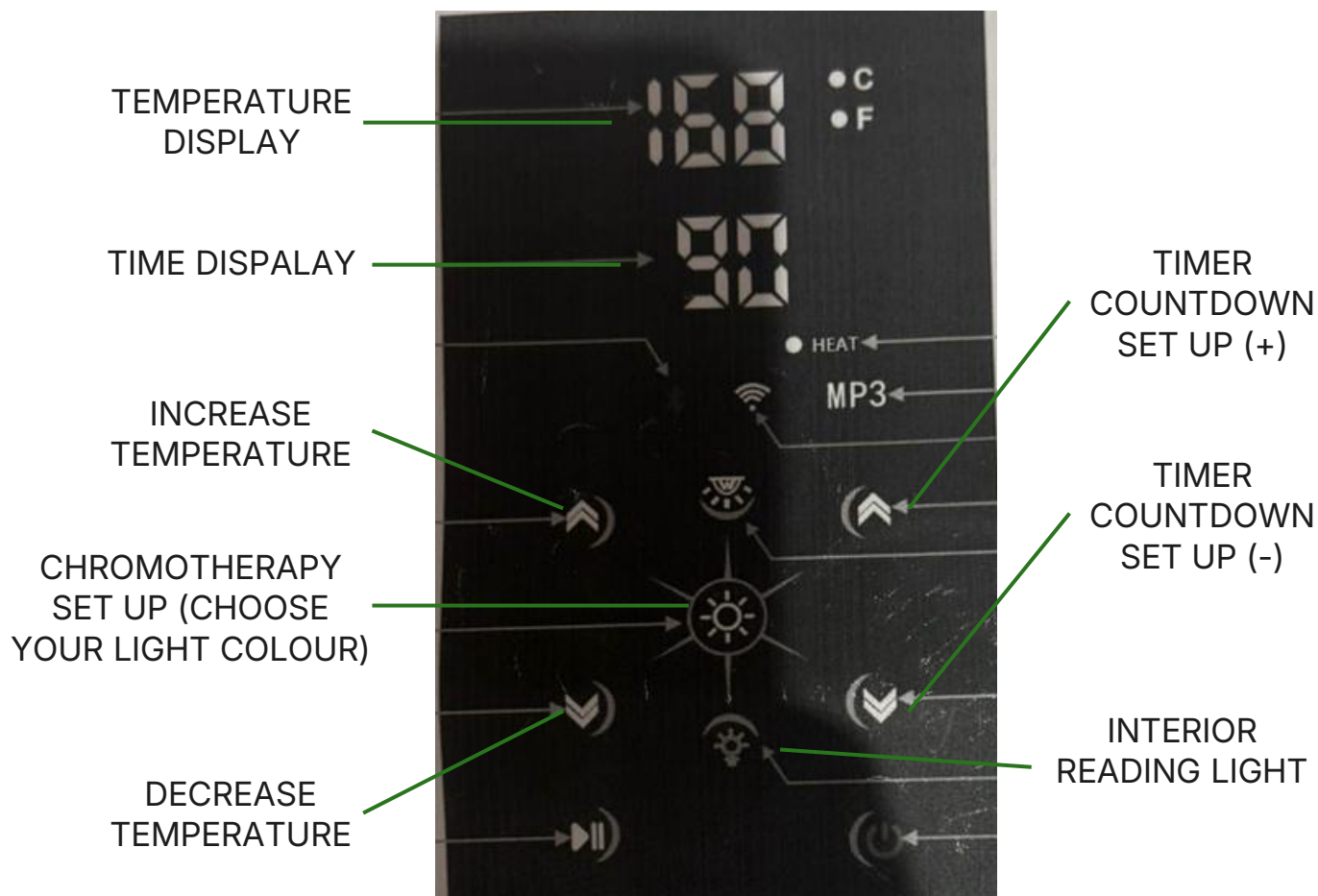
We recommend to keep up with hydration and an electrolyte drink or mineral-rich water immediately after. Sweating in an infrared sauna depletes magnesium and potassium more quickly than a standard gym session.

### CHROMOTHERAPY (VISIBLE LIGHT)

Our sauna features an LED array. Each color vibrates at a different frequency to trigger specific responses in the nervous system. See table in the next page to choose the light colour based on your goal session.



# SAUNA CONTROLS



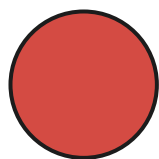
## SAFETY & CONTRAINDICATIONS

Please consult a physician before use if any of the following apply to you:

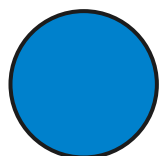
- Cardiovascular Conditions: Including high or low blood pressure, heart disease, or circulatory system problems.
- Medical Implants: Pacemakers, defibrillators, or surgical implants (metal pins, rods, or joints).
- Medications: Especially those that affect heart rate, blood pressure, circulation, or induce drowsiness.
- Chronic Conditions: Including Diabetes, Obesity, Hemophilia, or any condition that affects your body's ability to sweat or regulate temperature.
- Recent Injuries: If you have a joint injury or acute swelling, please wait at least 48 hours before using the sauna.
- Pregnancy: High temperatures carry a high potential for fetal damage. Pregnant or possibly pregnant women should not use the energy room.
- Alcohol & Substances: Never use the sauna under the influence of alcohol, drugs, or narcotics, as this can lead to loss of consciousness.
- Post-Exercise: Wait at least 30 minutes after strenuous exercise to allow your body to cool down before entering.
- Hydration: Pay particular attention to maintaining healthy fluid and electrolyte levels before and after your session.
- Age Limits: The elderly and children must be closely supervised.
- Listen to Your Body: If you experience pain, dizziness, or discomfort, exit the sauna immediately.
- Never Sleep: Do not fall asleep inside the unit while it is in operation.
- Stay Dry: Ensure hands and feet are dry before touching electrical controls.
- Clear Space: Do not stack or store any objects on top of or inside the energy room.
- If your skin feel "pinchy" turn the intensity down, hydrate, and use the black felt provided in needed.

# Resource Page

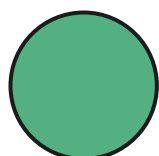
## CHROMOTHERAPY



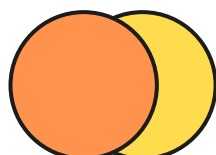
RED: TISSUE HEALING - STIMULATES COLLAGEN PRODUCTION AND IMPROVES SKIN ELASTICITY/CIRCULATION.



BLUE: POST-TRAINING - KNOWN FOR ANTI-BACTERIAL PROPERTIES (GREAT FOR SKIN) AND CALMING INFLAMMATION.

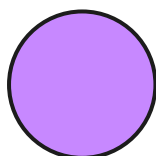


GREEN DETOX - THE "UNIVERSAL HEALING" COLOUR; HELPS BALANCE THE BODY AND REDUCE "TOXIC" STRESS.



ORANGE/  
YELLOW

ENERGY/MOOD - STIMULATES MENTAL CLARITY AND HELPS WITH SEASONAL AFFECTIVE DISORDER (SAD).



VIOLET

RELAXATION - CALMS THE NERVOUS SYSTEM AND IS EXCELLENT FOR MEDITATION AND DEEP SLEEP PREP.

## TEMPERATURE SETTING GUIDE

| HEALTH GOAL    | TEMP (°C)   | DURATION | SHOWER CYCLES | THE BENEFIT                                   |
|----------------|-------------|----------|---------------|---|
| DETOX          | 54°C – 63°C | 30-45min | 1X AFTER      | MOBILISES HEAVY METALS/TOXINS STORED IN FAT.  |
| TISSUE HEALING | 49°C – 57°C | 20-30min | 1X AFTER      | NEAR-INFRARED LIGHT REPAIRS CELLS AND SKIN.   |
| POST-TRAINING  | 52°C – 60°C | 20-30min | 1X AFTER      | FLUSHES LACTIC ACID AND REDUCES INFLAMMATION. |
| RELAX & UNWIND | 46°C – 54°C | 40-50min | 1X AFTER      | LOWERS CORTISOL AND CALMS THE NERVOUS SYSTEM. |