

## Welcome to Rest Recovery - Client Wellness Overview

Welcome to Rest Recovery! We specialize in creating a unique, fully immersive wellness experience with customized treatments designed to aid recovery, boost energy, and support overall well-being. Here's a breakdown of each of our core services and add-ons:

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### Core Experience: The Wellness Visit Flow

#### The Wellness Visit

Our signature experience is carefully structured to maximize recovery benefits. This flow of modalities is what makes us stand out:

1. **Compression Therapy – 10 minutes**

- **Purpose:** To improve blood flow, reduce muscle soreness, and aid in lymphatic drainage.
- **Usage:** Relax into the compression boots or sleeves, which will inflate and deflate rhythmically.
- **Benefits:**
  - Boosts circulation, reduces swelling, relieves fatigue, improves flexibility, and accelerates recovery.
- **Frequency Recommendation:** 2-4 times per week.

2. **Sauna – 15 minutes (two rounds)**

- **Purpose:** To detoxify, relax muscles, and enhance cardiovascular health.
- **Usage:** Begin with 15 minutes in the sauna, then repeat after the first cold plunge.
- **Benefits:**
  - Detoxifies, boosts cardiovascular health, enhances metabolism, improves skin health, and reduces stress.
- **Frequency Recommendation:** 2-5 times per week.

3. **Cold Plunge – 2-3 minutes (two rounds)**

- **Purpose:** To reduce inflammation, build resilience, and improve sleep quality.
- **Usage:** Immerse in the cold plunge for 2-3 minutes after each sauna session.
- **Benefits:**
  - Reduces inflammation, increases resilience, boosts immunity, enhances recovery, and improves sleep.
- **Frequency Recommendation:** 2-4 times per week.

4. **Red Light Therapy – 15 minutes**

- **Purpose:** To accelerate cellular repair, reduce inflammation, and enhance skin health.
  - **Usage:** Finish the session with 15 minutes under red light therapy.
  - **Benefits:**
    - Boosts collagen, reduces inflammation, improves skin, enhances recovery, and increases circulation.
  - **Frequency Recommendation:** 3-5 times per week.
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## Additional Wellness Visits

### Hyperbaric Chamber

- **Duration Options:** 60 or 90 minutes
- **Purpose:** Provides oxygen therapy to promote healing and recovery.
- **Benefits:**
  - Enhances oxygenation, reduces inflammation, supports immunity, improves brain function, and reduces fatigue.
- **Frequency Recommendation:** 2-3 times per week.

### Float Spa

- **Duration Options:** 60 or 90 minutes
  - **Purpose:** Offers a sensory-free environment to promote deep relaxation.
  - **Benefits:**
    - Relieves stress, reduces muscle tension, improves sleep, boosts mental clarity, and alleviates pain.
  - **Frequency Recommendation:** 1-2 times per week.
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## Add-On Options

### Salt Room / Halotherapy – 30 minutes

- **Purpose:** Clears respiratory pathways and enhances skin health.
- **Usage:** Relax in a calm, salt-infused environment for deep breathing.
- **Benefits:**
  - Improves lung function, alleviates respiratory symptoms, boosts immunity, enhances skin, and reduces stress.
- **Frequency Recommendation:** 1-3 times per week.

### PEMF Therapy – 20/30 minutes

- **Purpose:** Uses pulsed electromagnetic fields to enhance cellular health.
- **Usage:** Lie on the PEMF mat for a session lasting either 20 or 30 minutes.
- **Benefits:**
  - Accelerates healing, reduces inflammation, boosts circulation, supports mental clarity, and increases energy.
- **Frequency Recommendation:** 2-4 times per week.

## Explaining Our Unique Flow to Clients

When explaining the **Wellness Visit** flow, emphasize that this structured combination of modalities enhances recovery and revitalizes the body. Our sequence, which includes alternating between sauna and cold plunge, is designed to maximize the body's healing response and make us truly unique.

## 10 Key Selling Points for a Rest Recovery Membership

- 1. Exclusive Access to Comprehensive Wellness Modalities**  
Rest Recovery memberships grant exclusive access to a range of top-tier wellness modalities, including the Wellness Visit flow, Hyperbaric Chamber, Float Spa, and specialized therapies like PEMF and Halotherapy.
- 2. Unique Wellness Visit Flow**  
Our carefully curated Wellness Visit combines sauna, cold plunge, red light therapy, and compression into a powerful sequence that sets us apart. Members benefit from a highly effective recovery process that boosts energy, reduces stress, and accelerates healing.
- 3. Flexible Membership Options**  
With memberships starting at \$149 a month, clients can choose plans tailored to their lifestyle and wellness needs, making it easy to access premium wellness services regularly.
- 4. Personalized Wellness Plans**  
Members receive guidance on using each modality based on individual wellness goals, with recommendations on frequency and combination, ensuring optimized benefits.
- 5. Significant Cost Savings**  
Membership provides substantial savings on individual session costs, making it affordable to experience advanced wellness treatments multiple times each week.
- 6. Priority Booking for High-Demand Modalities**  
Members enjoy priority access to in-demand services like the Hyperbaric Chamber and Float Spa, ensuring they can book their preferred times with ease.
- 7. Unlimited Access to Add-On Options**  
Membership includes unlimited access to add-ons like Salt Room/Halotherapy and PEMF, so clients can experience additional therapies to enhance their results without extra fees.
- 8. Community and Support**  
Members become part of the Rest Recovery community, gaining access to support, resources, and exclusive events, creating a welcoming environment focused on health and wellness.
- 9. First Session Free & Membership Perks**  
New members can try their first session free, and ongoing members enjoy perks, discounts, and access to exclusive wellness products to support their routines at home.

## Opening Checklist: Rest Recovery

Please follow each step to ensure the facility is ready for a smooth and welcoming opening. All equipment and areas should be fully prepared to create an exceptional experience for our clients.

- 1. Power and Prepare Equipment**
  - **Turn on Saunas:** Make sure all saunas are powered on and heating up.

- **Cold Plunge Prep:** Remove lids from cold plunge tubs and change the hair catch for hygiene.
- **Hyperbaric Chamber:** Change sheets and pillowcases, replace the nose cannula with a new one (in sealed package inside), and set out a clean blanket.
- **Compression Boots:** Unplug all boots, place machines on chairs, and ensure ready access for clients.
- **PEMF Machine:** Confirm that the PEMF machine is powered on.
- 2. **Clean and Stock Therapy Areas**
  - **Halotherapy Machine:** Use a washcloth (from the Float Spa) to clean out any excess salt from the Halotherapy machine.
  - **Laundry:** Gather laundry, fold it, and stock clean towels, sheets, and blankets for the day.
  - **Float Spa:** Turn on the ozone generator for 15 minutes to purify the space.
- 3. **Refill and Reset Supplies**
  - **Spray Bottles:** Empty existing water from spray bottles and refill with fresh water.
- 4. **Ambiance and Communication**
  - **Music:** Turn on **Rest Recovery Radio** on Spotify to create a relaxing environment.
  - **Check Voicemails:** Review any voicemails and start returning calls to customers or potential clients.

This checklist is designed to ensure everything is in place for a clean, calm, and welcoming atmosphere. Each step contributes to our high standards and readiness to serve clients.

## **Closing Checklist: Rest Recovery**

Please complete each step to maintain a clean, organized, and secure facility. This checklist ensures that Rest Recovery is prepared for the next day.

1. **Power Down and Reset Equipment**
  - **Saunas:** Turn off all saunas.
  - **Cold Plunge:** Replace lids on cold plunge tubs and ensure the hair catch is clean.

- **Hyperbaric Chamber:** Remove used sheets and pillowcases, dispose of used nose cannula, and set aside any used blankets for laundering.
- **Compression Boots:** Plug in machines, remove them from chairs, wipe down the chairs, and hang up the boots properly.
- **PEMF Machine:** Power off the PEMF machine and hang up the rings.
- 2. **Clean and Stock Therapy Areas**
  - **Halotherapy Machine:** Clean out any remaining salt from the Halotherapy machine using a washcloth.
  - **Laundry:** Gather all used towels, sheets, pillowcases, and blankets for laundering, ensuring clean linens are set aside for the next day.
- 3. **Refill and Reset Supplies**
  - **Spray Bottles:** Empty any water from spray bottles to ensure fresh refills the next day.
- 4. **Ambiance and Communication**
  - **Music:** Turn off **Rest Recovery Radio** on Spotify.
  - **Voicemail Check:** Check for any remaining voicemails and ensure all calls have been returned.
- 5. **Final Cleaning Tasks**
  - **Vacuum and Mop:** Vacuum all floors, focusing on therapy rooms and common areas. Mop all floors for cleanliness and readiness for the next day.
  - **Garbage:** Empty all garbage bins and dispose of waste in the designated area.
- 6. **Security Check**
  - Ensure that both the back and front doors are securely locked before leaving.

This checklist ensures a clean, organized, and secure facility for an optimal experience the following day.