

Rest Recovery Wellness

Education Manual

Training & Education Guide for All Modalities

Rest Recovery — Where Wellness Levels Up.

Section 1 — The Science of Recovery

Rest Recovery is built around a simple truth: ‘Your body has the power to heal, restore, and optimize — we just provide the environment.’

Each modality stimulates your body’s natural systems to improve circulation, balance stress, reduce tension, and enhance overall performance and wellness.

The Rest Recovery Circuit

Compression → Sauna → Cold Plunge → Sauna → Cold Plunge → Red Light

These therapies work synergistically — improving mood, supporting resilience, and helping you feel recharged inside and out.

Cold Plunge

Purpose: To promote recovery, reduce stress, and improve energy through controlled cold exposure.

Key Benefits:

- Enhances alertness and mood
- Supports circulation and recovery
- Strengthens resilience and focus
- Helps the body adapt to temperature change
- Aids muscle refresh after workouts

Usage Guidelines:

- Duration: 2–3 minutes
- Temperature: 39–50°F
- Breathe deeply and stay calm
- Recommended 3–5x weekly

Staff Talking Points:

1. Focus on slow breathing — the goal is calm control, not endurance.
2. Most guests feel a rush of energy and clarity after finishing.
3. Encourage guests to enter gradually, shoulders under water if comfortable.
4. Remind them it's normal to feel tingling and heightened alertness.
5. Celebrate completion — finishing the plunge is the win!
6. Never force or rush a guest. Comfort and control come first.
7. Contrast works best when paired with heat exposure.
8. Mention it's a mental reset as much as a physical one.
9. Keep the experience positive and empowering.
10. Always maintain clean, clear water — presentation matters.

Infrared Sauna

Purpose: To help the body relax, improve circulation, and support detox through deep, penetrating heat.

Key Benefits:

- Promotes deep relaxation and stress relief
- Encourages sweating for cleansing
- Supports recovery and flexibility
- Improves blood flow
- Creates a calm, meditative state

Usage Guidelines:

- Duration: 15–25 minutes
- Temperature: 145–155°F
- Hydrate before and after
- Leave door slightly open to cool down if needed

Staff Talking Points:

1. Encourage guests to view sauna time as mental recovery, not just heat exposure.
2. Hydration is essential before and after.
3. Remind guests that sweating helps refresh the body naturally.
4. Keep towels clean and space well-ventilated.
5. Explain that infrared heat penetrates deeper than traditional sauna heat.
6. Offer chilled towels post-session for contrast.
7. Calm lighting enhances the experience — keep it relaxing.
8. Avoid overcrowding; comfort is key.
9. Recommend cool-down time between rounds.
10. Clean glass and benches daily for presentation.

Red Light Therapy

Purpose: To enhance recovery, energy, and skin vitality using red and near-infrared wavelengths of light.

Key Benefits:

- Boosts energy at the cellular level
- Promotes skin rejuvenation
- Enhances overall recovery and vitality
- Supports relaxation and balance
- Complements other therapies perfectly

Usage Guidelines:

- Duration: 10–15 minutes
- Distance: 8–12 inches from panels
- Relax and breathe deeply during session

Staff Talking Points:

1. Red light helps recharge the body's natural systems — like sunlight without UV.
2. Works best after sauna or plunge for total balance.
3. Encourage guests to close eyes and relax.
4. Consistency is key — best results come from frequent sessions.
5. Panels should remain clean and dust-free.
6. Use as part of a full wellness circuit.
7. Ideal for ending a session with calm energy.
8. Avoid touching or leaning on panels.
9. Keep lighting in the room low for effect.
10. Share how red light complements recovery and performance goals.

Float Spa

Purpose: To promote deep relaxation and sensory calm through floatation in magnesium-rich water.

Key Benefits:

- Promotes relaxation and clarity
- Reduces sensory overload
- Encourages mindfulness
- Supports skin softness from magnesium
- Complements physical and mental recovery

Usage Guidelines:

- Duration: 60–90 minutes
- Water temp: 93.5–95°F
- Rinse before entering; avoid oils or lotions
- Quiet, dark environment enhances the effect

Staff Talking Points:

1. Explain it's like 'zero gravity' — total body support.
2. Encourage guests to focus on breathing and letting go.
3. First-timers may take 10–15 minutes to relax fully.
4. Reassure that it's normal to drift in and out of thought.
5. Keep rooms spotless; first impressions matter.
6. Remind guests to shower before and after.
7. Maintain consistent peroxide levels for cleanliness.
8. Offer optional music or silence.
9. Remind guests to move slowly when exiting.
10. Float is as much mental as physical recovery.

Hyperbaric Chamber

Purpose: To support the body's natural recovery process by breathing concentrated oxygen under gentle pressure.

Key Benefits:

- Supports oxygen delivery throughout the body
- Promotes overall recovery and energy
- Encourages clarity and focus
- Complements active lifestyles
- Helps recharge after strenuous activity

Usage Guidelines:

- Duration: 60–90 minutes
- Pressure: 1.3–2.0 ATA depending on unit
- Breathe normally; no need to force deep breaths

Staff Talking Points:

1. Explain that sessions gently increase oxygen availability.
2. Always check the chamber seal and concentrator function before use.
3. Ensure guests remove shoes and metal items.
4. Keep interior clean and welcoming.
5. Offer guidance on pressure equalization if needed.
6. Stay present during inflation and deflation.
7. Encourage guests to rest or meditate during the session.
8. Remind guests to stand slowly after exiting.
9. Log each use for maintenance tracking.
10. Keep tone confident — simple science, not medical.

PEMF & Compression Therapy

Purpose: To stimulate circulation and recovery through gentle pressure and electromagnetic fields.

Key Benefits:

- Promotes blood flow and oxygenation
- Helps muscles recover and relax
- Supports flexibility and range of motion
- Encourages lymphatic drainage
- Perfect pre- or post-session addition

Usage Guidelines:

- Duration: 10–20 minutes
- Pressure: Light to firm, based on comfort
- Frequency: As often as desired

Staff Talking Points:

1. Compression feels like a deep, rhythmic massage.
2. Start with lighter pressure for new users.
3. Always sanitize boots and cuffs after each session.
4. Remind guests they can combine this with any other service.
5. Explain PEMF works by creating subtle energy pulses.
6. Keep communication open — comfort is priority.
7. Encourage guests to hydrate afterward.
8. Pair with sauna or red light for full recovery.
9. Check connections and hoses before starting.
10. Promote it as an effortless, feel-good session.

Halotherapy (Salt Room)

Purpose: To support respiratory wellness and relaxation through dry salt inhalation.

Key Benefits:

- Promotes easy breathing
- Supports relaxation and mental clarity
- Creates a spa-like atmosphere
- Gently cleanses airways and skin
- Enhances calm and mindfulness

Usage Guidelines:

- Duration: 30 minutes
- Relax and breathe normally
- No electronics or drinks in the room

Staff Talking Points:

1. Describe it as a 'dry ocean breeze.'
2. Ensure the halogenerator runs quietly.
3. Keep lighting soft and ambient.
4. Encourage deep, slow breathing.
5. Offer calm music or silence.
6. Sweep salt floor lightly after each use.
7. Sanitize chairs and touchpoints daily.
8. Explain that it's purely natural and relaxing.
9. Keep decor minimal and tranquil.
10. Invite guests to enjoy it before or after another session.

Section 3 — Universal Talking Points

1. Rest Recovery helps your body reset, recharge, and perform at its best.
2. Every modality complements the others for full-body balance.
3. Consistency is key — results build with regular use.
4. Each session is about relaxation, not intensity or endurance.
5. Encourage guests to listen to their bodies.
6. Clean, calm, and consistent presentation builds trust.
7. Every staff member is an educator — confidence creates credibility.
8. Focus on experience and emotion, not medical claims.
9. Share your own personal favorite flow or benefit.
10. Always end sessions with gratitude and encouragement.

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