

Rest Recovery Wellness – Studio Setup Checklist

Technology & Office Needs

iPad / Desktop Computer

Desk & Chair

Point of Sale-compatible Member Booking Software
(List of recommendations attached)

Printer

Bluetooth Speakers (Small)

<https://a.co/d/hCswiCF>

TVs

LED Clocks

Laundry & Cleaning

Washer/Dryer Combo

Hampers for Dirty Laundry

Cleaning Supplies (mop, broom, vacuum)

Cleaning Products (non-toxic)
mymelaleuca.com/laryssasonberg

Water Hose

Sump Pump (Water Pump):
<https://a.co/d/fkwxivA>

Water-Absorbing Mats
<https://a.co/d/7nf0ud1>

Bath Towels

Furniture & Decor

Blackout Curtains (80"-120")

Tension Rods (for Red Light bays)

Shelving

Merchandise Display Case

Clothing rack for swimsuits

Lockers (Set of 6x2)

Decor (mirrors, artwork, greenery, etc.)

Wash Cloths

Bamboo Chairs (HaloTherapy)

<https://a.co/d/hagBOKX>

Guest Amenities

Toiletries (toilet paper, hand soap, paper towels/holder)

Ear Plugs (Float Spa / amazon)

<https://a.co/d/b5aBBZb>

Makeup Removing Wipes

Spray Water Bottles

Cell Phone Holders (for Cold Plunge)

<https://a.co/d/81tCEnU>

Hyperbaric Chamber Accessories

Nasal Cannulas:

<https://www.amazon.com/dp/B08XYZ1234>

Throw Blankets

Pillows & Pillowcases

Twin Size Fitted Sheets (Hyperbaric)

Licensee is responsible for building out and managing their own member software.

Top member booking software options to consider:

- Mindbody
- Vagaro
- Acuity Scheduling
- Zenoti
- Booksy
- Schedulicity
- WellnessLiving
- FitDegree
- Glofox
- Square Appointments

The following platforms also offer integrated Point-of-Sale (POS) systems:

- Mindbody (includes POS for services, products, and memberships)
- Vagaro (built-in POS with inventory and checkout tools)
- Zenoti (advanced POS with multi-location support)
- WellnessLiving (all-in-one POS with gift cards and retail)
- Square Appointments (fully integrated with Square POS)