

URECO -FAQS-

WHAT IS URECO?

URECO is India's first dedicated contrast therapy center, established in March 2024, Envisioned by the nation's 1st THERMALIST instructor & operated by Doctors. We provide innovative and scientifically-backed recovery techniques, combining the power of extreme heat and cold to optimise physical recovery, mental health, and overall well-being.

WHAT IS CONTRAST THERAPY?

Contrast therapy involves deliberate exposure to extreme heat (sauna) and cold (ice bath). This process triggers a "circulatory flush," promoting muscle recovery, reducing inflammation, and enhancing mental well-being by increasing dopamine and norepinephrine levels.

HOW LONG SHOULD A SESSION LAST?

A typical session at URECO lasts around 60 minutes. We offer 30 and 90 minutes as well. We recommend starting with shorter sessions and gradually increasing the duration based on your tolerance and goals.

WILL I BE ALONE FOR THE THERAPY?

URECO is a hyper personal space. The only ones in the chamber would be you .HOWEVER the first sessions are always monitored by a trained professional who will be guiding you through the process.

HOW IS THIS DIFFERENT FROM CRYOTHERAPY?

Cryotherapy is cold air while we are dealing with cold water . WATER as an element holds energy 830 times better than air, ensuring a more profound experience.

WHAT IS INCLUDED IN THE SESSION?

Our clients usually go through the URECO CYCLE. Around 4 minutes in the cold and 15 minutes in the heat.This cycle has been designed as per science based protocols of minimum recommended dosages. This cycle allows you to maximise the benefits of both the ice plunge and the Far Infrared Sauna.