

WELLNESS

BY RESOLVE 

REVITALISE YOUR BODY | REJUVENATE YOUR MIND | RENEW YOUR SPIRIT

Discover a new new world of unparalleled wellness at our boutique studio where cutting-edge therapies and serene surroundings converge to elevate your wellness journey.

Designed with your well-being in mind, our boutique offers a curated selection of advanced treatments, including Hyperbaric Oxygen Therapy, Whole Body Red Light Therapy, Dry Sauna and Cold Plunge Therapy, all aimed at enhancing your physical and mental vitality.

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YOUR GREATEST WEALTH



IS HEALTH

Revitalise your body and mind with Cold Plunge Therapy.

This invigorating treatment involves immersing yourself in cold water, reducing inflammation, enhancing circulation, and boosting the immune system. Our cold plunge systems are smart, meaning you can track the impact your session has on your body in real time with your wearables, the only system in the world that allows you to see what's happening inside while you plunge!

Ideal for athletes and wellness enthusiasts, Cold Plunge Therapy alleviates muscle soreness, speeds up recovery, and sharpens mental focus by stimulating the release of endorphins.

Experience the refreshing and rejuvenating effects of cold immersion, and elevate your wellness journey with this powerful and exhilarating therapy.

Reclaim your vitality and resilience with the transformative benefits of Cold Plunge Therapy..

COLD PLUNGE THERAPY

- **SINGLE SESSION**

£25

- **COURSE OF 6**

£125

Revitalise your body and mind with Dry Sauna Therapy at our luxury wellness boutique.

This detoxifying experience involves you stepping into our luxury, infrared, single person sauna for your complete privacy and relaxation.

Unlike traditional saunas, infrared saunas use gentle, penetrating heat to detoxify the body, reduce stress and promote relaxation of the mind and body. The impact on circulation, metabolism and cortisol can improve your stress levels, aid faster recovery from sport and exercise, improve sleep and leave your skin more radiant.

Experience the rejuvenating and revitalising effects of dry sauna therapy for elevated physical and mental health..

DRY SAUNA THERAPY

- **SINGLE SESSION**

£25

- **COURSE OF 6**

£125

Experience the rejuvenating benefits of Whole Body Red Light Therapy (RLT).

This innovative treatment uses red and near-infrared light to penetrate deep into your skin, stimulating cellular regeneration and collagen production.

RLT enhances skin health, reducing wrinkles and fine lines, and alleviates pain and inflammation by promoting muscle recovery and reducing oxidative stress. Ideal for athletes and those seeking youthful, radiant skin, RLT is a non-invasive therapy that supports overall wellness.

Discover the transformative power of red light and elevate your health and wellness regimen with this cutting-edge treatment.

WHOLE BODY RED LIGHT THERAPY

- **SINGLE SESSION 35 MINS**

£45

- **COURSE OF 6**

£220

- **SINGLE SESSION 45 MINS**

£60

- **COURSE OF 6**

£300

Discover the healing power of Hyperbaric Oxygen Therapy (HBOT).

Breathing pure oxygen in a pressurised chamber significantly increasing oxygen levels in the blood, tissues, and organs.

This therapy accelerates the healing of injuries, reduces inflammation, and enhances cognitive function. Whether you're recovering from surgery, seeking to boost your immune system, or aiming to improve mental clarity, HBOT offers profound health benefits.

Experience the revitalising effects of pure oxygen and embark on a journey to enhanced physical and mental well-being with our state-of-the-art hyperbaric oxygen therapy.

HYPERBARIC OXYGEN THERAPY

- **SINGLE SESSION 45 MINS**

£90

- **COURSE OF 6**

£500

- **SINGLE SESSION 60 MINS**

£120

- **COURSE OF 6**

£625

Completely revitalise your body, rejuvenate your mind &
renew your spirit.

Experience all four of our therapies in succession to
thoroughly optimise your physical and mental health.

Carefully ordered according to science and partnered with
complementary pre treatment juice shots to optimise your
outcomes. If you understand that health really is your
greatest wealth, this experience is for you.

COMPLETE WELLNESS

- **SINGLE SESSION EXPRESS**
£150
- **SINGLE SESSION EXTENDED**
£200

If you're joining us for a sauna or cold plunge, please bring swimwear, we have everything else you need here.

We ask that you please complete your medical questionnaires and consent forms before you arrive so that you can enjoy your full session safely.

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IF YOU'RE READY TO OPTIMISE YOUR HEALTH



BOOK YOUR SESSION

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