COLD PLUNGE/ SAUNA RATES

COLD PLUNGE or SAUNA SESSION
Individual 15 minute sessions

Non-Members
$35 1 Session / $150 5 Session Pack

Soul Strong Members
$30 1 session / $125 5 Session Pack

COLD PLUNGE & SAUNA COMBO SESSION
30 minute sessions

Non-Members
$65 1 session / $300 5 Session Pack

Soul Strong Members
$55 1 session / $250 5 Session Pack

Book your appointment today.
First one is FREE!

hello@soul-strong.com
732-241-0919

WWW.SOUL-STRONG.COM

HOT vs COLD

- **RELAXES MUSCLES**
  Eases tension and soreness for faster recovery after workouts.
- **IMPROVES CIRCULATION**
  Heat increases blood flow, delivering oxygen throughout the body.
- **CARDIOVASCULAR BENEFITS**
  Increases heart rate and sweating that mimics moderate exercise.
- **LOWERS BODY TENSION**
  Helps alleviate pain from arthritis, fibromyalgia and headaches.
- **REDUCES ANXIETY**
  Promotes relaxation, reduces stress and improves mood through endorphin release.
- **CLEANSES SKIN**
  Opens pores to release toxins.
- **REDUCES SORENESS & INFLAMMATION**
  Constricts blood vessels to reduce swelling and pain.
- **ACCELERATES METABOLISM**
  Activates brown fat which produces heat and burns calories.
- **IMPROVES IMMUNE SYSTEM**
  Stimulates white blood cells that fight infection.
- **STIMULATES ANTI-DEPRESSION HORMONES**
  Releases endorphins, boosting feelings of well-being.
- **BUILDS RESILIENCE**
  The mental challenge, strengthens discipline, willpower and stress management.
- **INCREASES ALERTNESS**
  Shock of cold increases heart rate and focus



TOGETHER, THE BENEFITS OF HOT & COLD THERAPY IS THE PERFECT ADDITION TO YOUR FITNESS PROGRAM