

GUIDE

How to achieve your Native State

FOR OPTIMAL RESULTS WE HIGHLY RECOMMEND THE FOLLOWING ROTATION WHILE VISITING OUR BATHHOUSE

Beginning



01

Heat

10-20 MINUTE SAUNA OR STEAM ROOM



02

Cleanse

PLEASE SHOWER PRIOR TO ENTERING POOLS TO ENSURE THE WATERS REMAIN PURE

Middle

THREE ROUNDS OF CONTRAST THERAPY



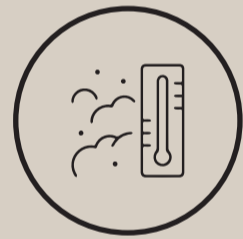
03

Cold Pool

1-3 MINUTES



REPEAT X3



04

Warm Pool

1-3 MINUTES



End



05

Heat

10-20 MINUTE SAUNA OR STEAM ROOM



06

Cleanse

SHOWER