



RELAX • RESET • EXPLORE

RELAXSPACE WELLNESS POD

New from HydroMassage, the RelaxSpace Pod is engineered to capitalize on the significant growth in the wellness / meditation / mindfulness space, providing members an opportunity to disconnect and recharge for 15 minutes with a unique, multi-sensory experience.



RELAXSPACE POD CONTENT

RELAX WITH
NATURE VIDEOS



BREATHE WITH
GUIDED BREATHING



RESET WITH
MEDITATION



EXPLORE UNIQUE
CITIES OF THE WORLD



THRIVE WITH
LIFESTYLE TIPS



Relaxation & Wellness

Relaxing videos and nature sounds help you disconnect and recharge.



Heat Therapy

Warm up and soothe stiff, sore muscle groups before or after a workout.



Mindfulness

Be present and fully aware; focusing on what matters most to you.



Scent Options

Accompany your experience and assist with stress relief.



Meditation

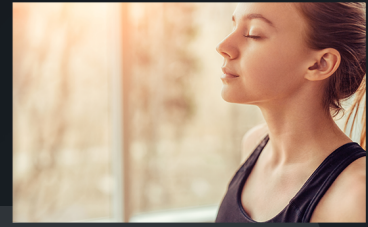
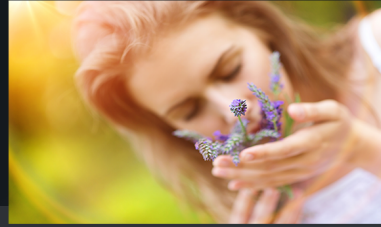
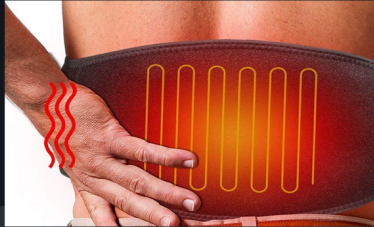
Helps relief stress and anxiety when life becomes a little too fast paced.



Heart Rate Monitoring

Track your state of relaxation during your session.

RELAXSPACE POD BENEFITS



MEDITATION & MINDFULNESS/ CONTROLLED BREATHING

For times when life can be a little too fast-paced, it's helpful to have stress and anxiety relieving exercises that help you slow down and improve your mental and emotional health. Meditation and Mindfulness have been practiced for thousands of years and are increasing in popularity as more people come to appreciate their benefits. Commonly used for relaxation and stress reduction, meditation can produce a deep state of relaxation and a tranquil mind. Among many other reported benefits, you may experience enhanced physical and emotional well-being.¹ If you've never tried meditation or controlled breathing before, give it a try to help focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress.

RELAXATION CONTENT / AUDIO

Take a moment to sit by the ocean and watch the incoming waves or listen to the rushing water of a mountain stream. Relaxing videos and nature sounds are a great way to help with stress. Relaxation isn't only about peace of mind or enjoying a hobby. Relaxation is a process that decreases the effects of stress on your mind and body. Relaxation techniques can help you cope with everyday stress and with stress related to various health problems, such as heart disease and pain.³

SCENT / AROMATHERAPY

Aromatherapy is the therapeutic use of essential oils extracted from plants. Although clinical research is limited, studies have shown that aromatherapy might have health benefits, including relief from anxiety and depression, improved quality of life, and improved sleep.⁴ There are several different scent options for you to experience – sample them all to see which you enjoy the most. Be sure to try lavender to help you calm down and relax, or a citrus scent if you'd like to help improve your mood.

HEAT THERAPY

In addition to the soothing, feel-good benefits, heat therapy is often used by therapists and serious athletes to warm-up sore, stiff muscle groups. Heat therapy works by improving circulation and blood flow to a particular area due to increased temperature. Increasing the temperature of the afflicted area even slightly can soothe discomfort and increase muscle flexibility, and can also relax and soothe muscles.²

1 <https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858>

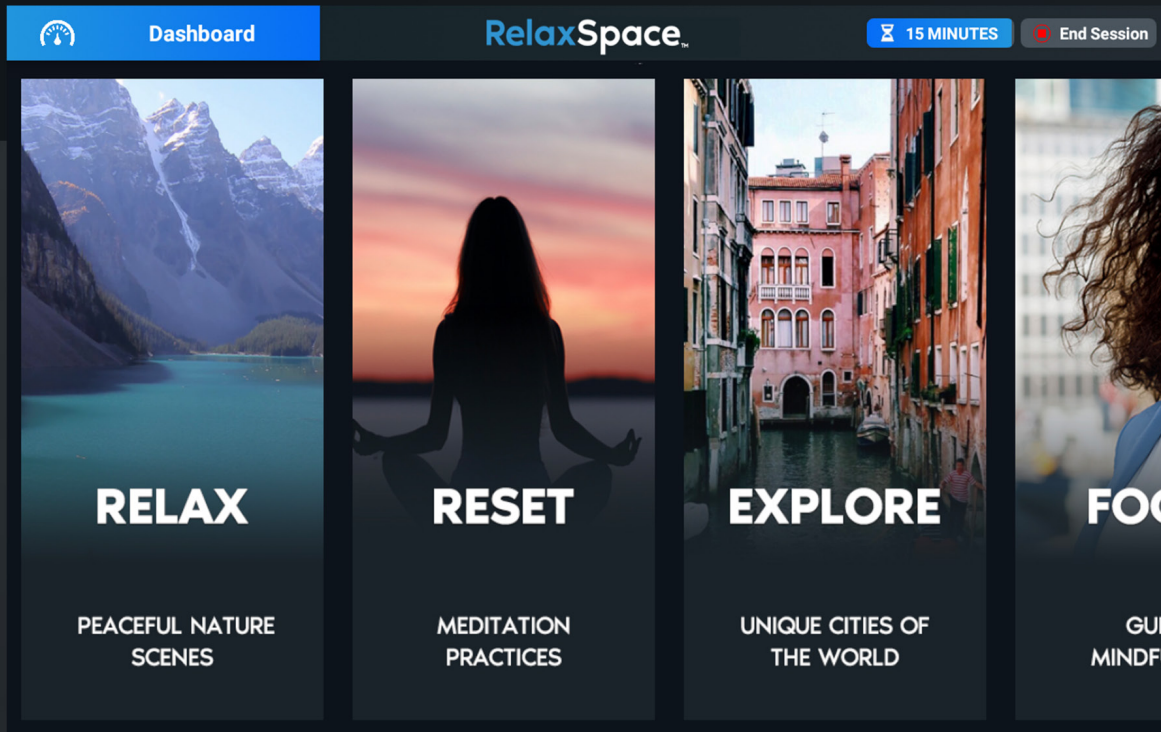
2 <https://www.healthline.com/health/chronic-pain/treating-pain-with-heat-and-cold#heat-therapy>

3 <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/relaxation-technique/art-20045368>

4 <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/aromatherapy/faq-20058566>

RELAXSPACE POD USER INTERFACE

MAIN MENU



FEATURE DASHBOARD

