

FIT & GYM



STARPOOL

wellness concept

In a world that spins fast,
we create wellness oases where time slows down.

Spaces and programs dedicated to health, beauty, and self-care.
Places where body and mind regain harmony and vigour.
Because making people feel better is all that we want.



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The new frontiers of fitness

The last few years have brought great transformations to the consumer habits of various sectors, including fitness.

Gyms find themselves engaged in an increasingly fierce competition. The clients, driven by **new habits and expectations**, are in search of facilities that **focus on their needs** and meet their want for change even in the workout. A significant contribution to the achievement of psycho-physical well-being with bespoke solutions rests with fitness, now inextricably bound to wellness.

The battle of change is fought on three fronts:

Value generation

*Enhancing and diversifying the offer with **customised proposals and additional services**, designed on the basis of the specific needs of the facility and purchasable by all members.*

Client retention

*Keeping one's clients' motivation high is key to any gym: the members who do not attend the gym will sooner or later decide to not renew their membership. This is why it is necessary to engage and captivate them with **innovative solutions and quality services**.*

Number of clients

*Like all commercial businesses, gyms need to have loyal clients and to find new members to increase their revenues. **An alternative wellness offer** is then a valuable ally to approach even the people who are not interested in fitness and training programs.*



Combining recovery with training.

Members are a gym's true wealth,
and that's why it's so crucial to keep them loyal.

Educating one's client about how **recovery is an essential component of a training program** and motivating them by setting mid-term goals will make them feel better supported and happier with their results.

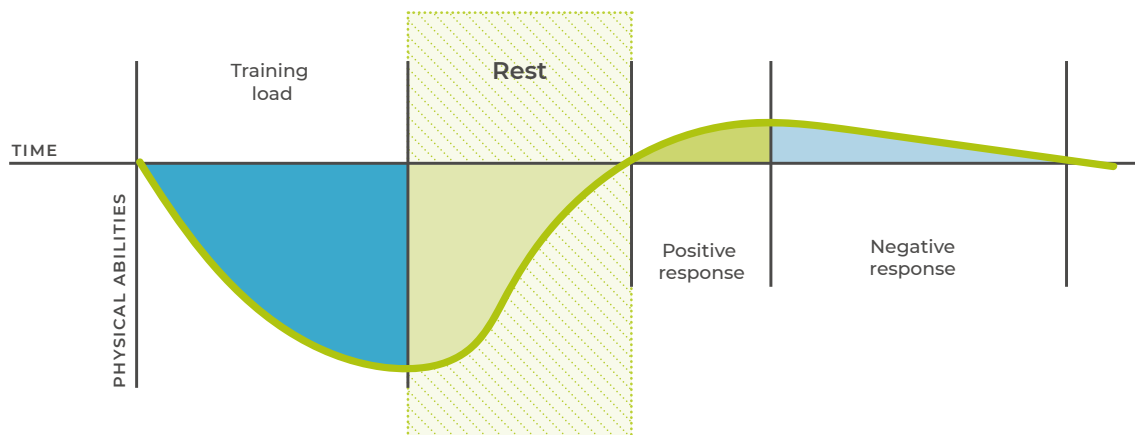
The key to generating value and keeping the members' attendance rate high is **to guarantee the effectiveness of a complete performance** by adding the recovery phase.

Recovery: an integral part of workout

In fitness as in professional sports,
the recovery in between workouts
is of the essence.

The goal of a workout is to intentionally “**stress**” the body:
the lower our level of physical preparation is,
the faster our physical abilities decrease during the effort.
Once the exercise is over, the body works to bring its parameters
back to normal levels and to improve its resistance to stress,
preparing for future strain.

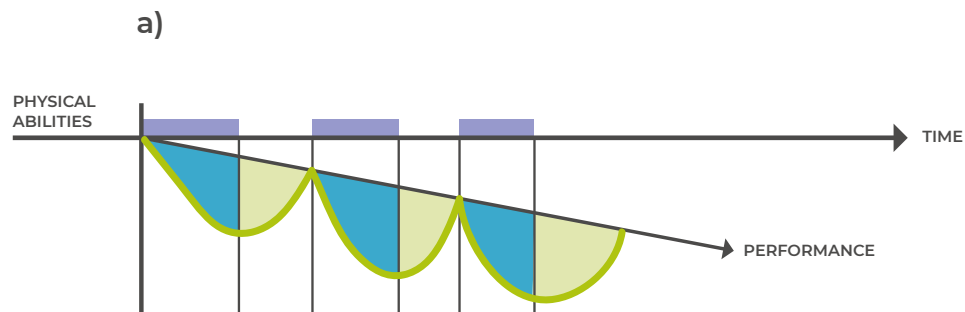
Training load and biological adaptation



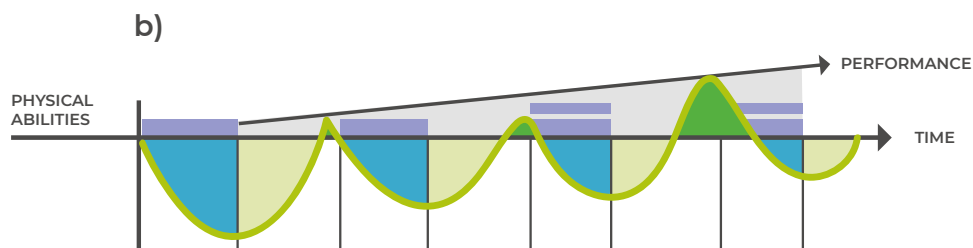
The muscles must be stimulated through appropriate exercises and with the right intensity to determine an increasingly better adaptation response.

It is also important to identify **the right recovery intervals** through the various training sessions, **to allow the body to recover fully and improve its performance.**

**Without adequate recovery,
the physical performance is bound
to get worse and worse.**



**Correct recovery ensures increasingly
better physical performance.**



Thanks to our ongoing research activity and thanks to the experience developed over many years beside professional athletes and international sport clubs, we offer innovative technologies and programs of use that aim **to maximize the effect of recovery** for top performance.

Why choose us?

All-round offer

We support fitness professionals, having worked for years with both large gym chains and Boutique Fitness Studios and independent gyms.

We don't just provide equipment: we are a reference, an all-round partner for the realisation of **a Wellness offer that is always in line with the trends of the market and the technological innovation.**

We develop solutions that are functional to your objectives, by providing support in each phase of the project.

Integrated projects

Our cutting-edge wellness solutions combine perfectly with different training programs and contribute to making the most of performance. Wellness solutions conceived for body and mind recovery and regeneration, functional to every type of training and exercise.

They are an extension of the concept of fitness and are in service of complete psycho-physical well-being.

Revolving around individuals

Our approach to fitness recovery revolves around individuals, their physiology and psychology. A kind of Wellness that is founded on **scientific research** and defines bespoke solutions for recovery and self-care, through products that combine quality and innovation with programs of use that are functional to individual goals. The key to success for any fitness centre is the ability **to meet their clients' needs and even exceed their expectations**, defining their experience and building up their loyalty.

Effective results

For each program aimed at recovery and psycho-physical well-being, we have designed and developed specific methods and **programs of use depending on the different types of training and athletic preparation.**

This is how we ensure maximum effectiveness for every Wellness experience combined with exercise and athletic performance.

The Starpool method

The Starpool method expresses our idea of well-being,
revolving around the individual
and offering real benefits to body and mind.

It is an ever-evolving approach that is based on scientific research
and is reflected in the **design and realisation** of the spaces dedicated
to Wellness, recovery and self-care.

We think that **products and services of proven effectiveness** can only
result from an accurate and in-depth project of analysis and research.

Scientific Research Department



Our Scientific Research Department **builds partnerships and analyses
the results of studies carried out in collaboration with prestigious
research institutes** and leading institutions in the fields of medicine, sports
and neuroscience. **Our goal is to support entrepreneurs and personal
trainers** in the definition of recovery programs combined with training.

Our DNA

The origins of the Starpool method lie in thermalism
and its thousand-year old tradition,
which makes up our DNA: heat, water, rest.

The alternation of these three phases,
adjusted to the requirements of fitness,
brings authentic psycho-physical benefits.

Water

Water is the fundamental element of cold reactions.
These allow the body to rebalance its temperature
after being exposed to intense heat and to trigger
a series of beneficial psycho-physical reactions.



Heat

The starting point of every wellness experience.
The temperature rises and the body is overheated,
activating the cardio-circulatory system
and triggering beneficial perspiration.

Rest

Rest is the state in which our body experiences
relaxation and psycho-physical regeneration.
A restful state is fundamental to assimilate
the beneficial effects of heat and cold.

The physiology of heat exposure

Heat has always been employed for its beneficial effects on muscles and nervous system.

The processes of heat production and transfer regulate body temperature and keep it balanced.

When the outside temperature and humidity rate change, **the body gives a physiological response** according to the differences that it perceives.

The responses of vasodilation, cardio-circulatory system activation and perspiration are triggered subjectively in order **to restore the body's temperature balance**.

Thanks to our constant research, we at Starpool use the body's physiological responses by offering solutions that apply to sport and that take advantage of the different types of heat - like the dry, intense heat of the **Finnish sauna** or the deep heat of the **Infrared Therapy** - to produce beneficial effects.



Benefits

FINNISH SAUNA

**Cardio-circulatory
system training**

**Greater tissue
oxygenation**

**Faster drainage
of metabolic waste**

INFRARED THERAPY

**Peripheral blood
flow promotion**

**Muscle
relaxation**

**Greater endorphin
production**

Ideal for:

*Passive cardiocirculatory
system training on rest days,
to ensure continuous athletic
preparation.*

*Passive warm-up before
the training, microcirculation
promotion and muscle
pain reduction*

The physiology of cold exposure

Cold exposure has always been used in physical activity to promote recovery.

From a physiological standpoint, the exposure to cold and low temperatures can trigger **different types of response from the body**.

These are determined by the time of exposure and cooling rate.

A reduction in sensitivity and muscle pain, vasoconstriction, and the activation of the endocrine system are only few of the physiological responses that are triggered by intense cold.

Our solutions are based on the body's physiological response and **take advantage of the reactions caused by intense cold** to produce beneficial effects in the field of sports.



Benefits



**Pain reduction and
muscle relaxation**

**Lower stress
levels**

**Strengthened
immune system**

**Faster
metabolism**

**Faster post-workout
recovery**

**Reduction of edema
and inflammation**

Cold exposure right after a physical effort triggers vasoconstriction and the activation of the endocrine system, which help reduce the feeling of fatigue on the following days. Cold therapy also offers valuable support in the treatment of sub-acute injuries, inflammation, and contractures.

The physiology of the Dry Float Therapy

Dry floatation is the only system in the world that allows to recreate the effects of zero gravity.

Thanks to the lessened weight perception and to the dry environment which does not alter the vestibular system, the brain detects a chance for **relaxing and decreasing the involvement of the neuromotor system**, resulting in a different physiology in terms of cardiovascular, muscle, and neural response.

Through research, we are now able to make the most of this mechanism: when combined with training and specific programs of use, the Dry Float Therapy **produces deep muscle relaxation, it promotes blood flow and improves the cardiovascular system.**



Benefits



**Peripheral blood
flow promotion**

**Heart Rate Variability
increase**

**Reduced muscle
fatigue**

**Spine
relaxation**

**Better quality
of sleep**

**Reduction of stress
and anxiety**

*The Dry Float Therapy allows body
and mind to regain energy easily, conveniently,
and quickly - favouring better sport performance.*

The power of the mind

Keeping balance between body and mind is crucial to maximize sport performance.

Over the last few years, scientific research has proven **the effectiveness of Mindfulness and breathing techniques** for athletes and sport people of every kind and level.

This is why we have developed specific **Brain Training programs** in collaboration with renowned partners in the fields of research and sport.

MINDFULNESS

You need to train your brain like any other muscle.

Mindfulness is a mental **exercise of awareness** that teaches you to live in the here and now, and to manage life effectively.

Scientific research is building broad consensus in the domains of psychotherapy, corporate wellness and sports.

Our commitment in this direction has led us to develop **five audio-guide programs** in collaboration with neuroscientist Nicola De Pisapia.

BREATHING TECHNIQUES

Learning how to breathe well means **producing a positive impact on your psycho-physical health**.

From sports to work, **good breathing allows you to improve your performances** and achieve a much better quality of life.

Thanks to our collaboration with world freediving record holder and international coach of breathing techniques Andrea Zuccari, we have developed **five exercises of diaphragm and chest breathing**.

A journey that takes you from the full awareness of your breathing to the full control over it.

Benefits

MINDFULNESS

**Living in the here
and now**

**Better
focus**

**Reduction of stress
and anxiety**

BREATHING

**Greater tissue
oxygenation**

**Better quality
of sleep**

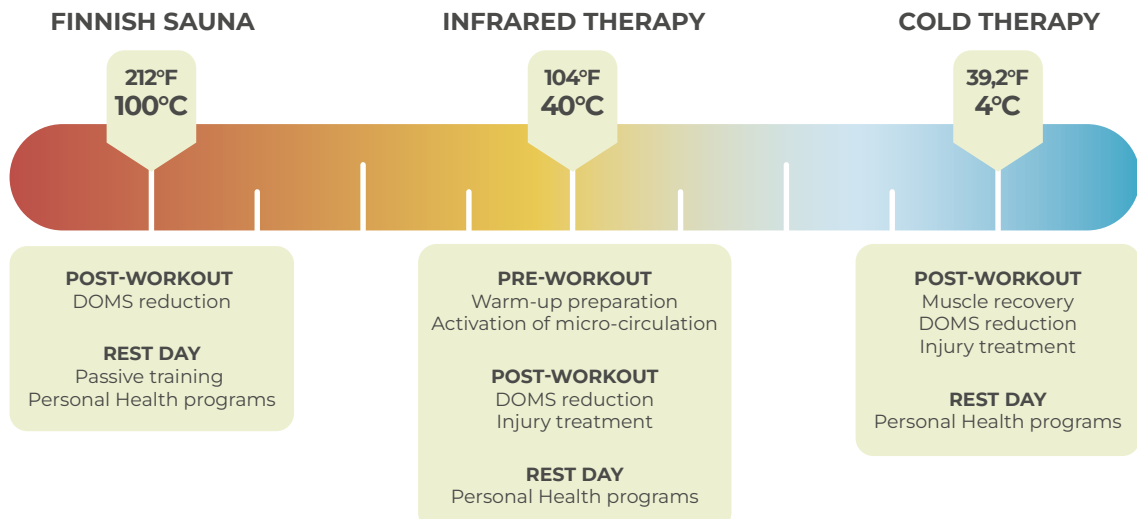
**Lowered blood
pressure**

*Our Brain Training programs are included
in the software of use of Zerobody Dry Float
and are available in five languages.
The secret to feeling in real shape is training
your mind, and not just your body.*

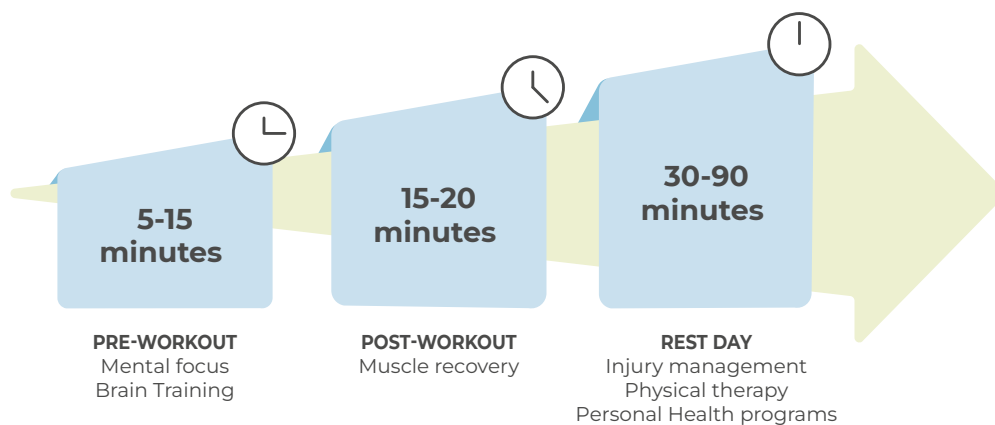
A triple-physiology graph

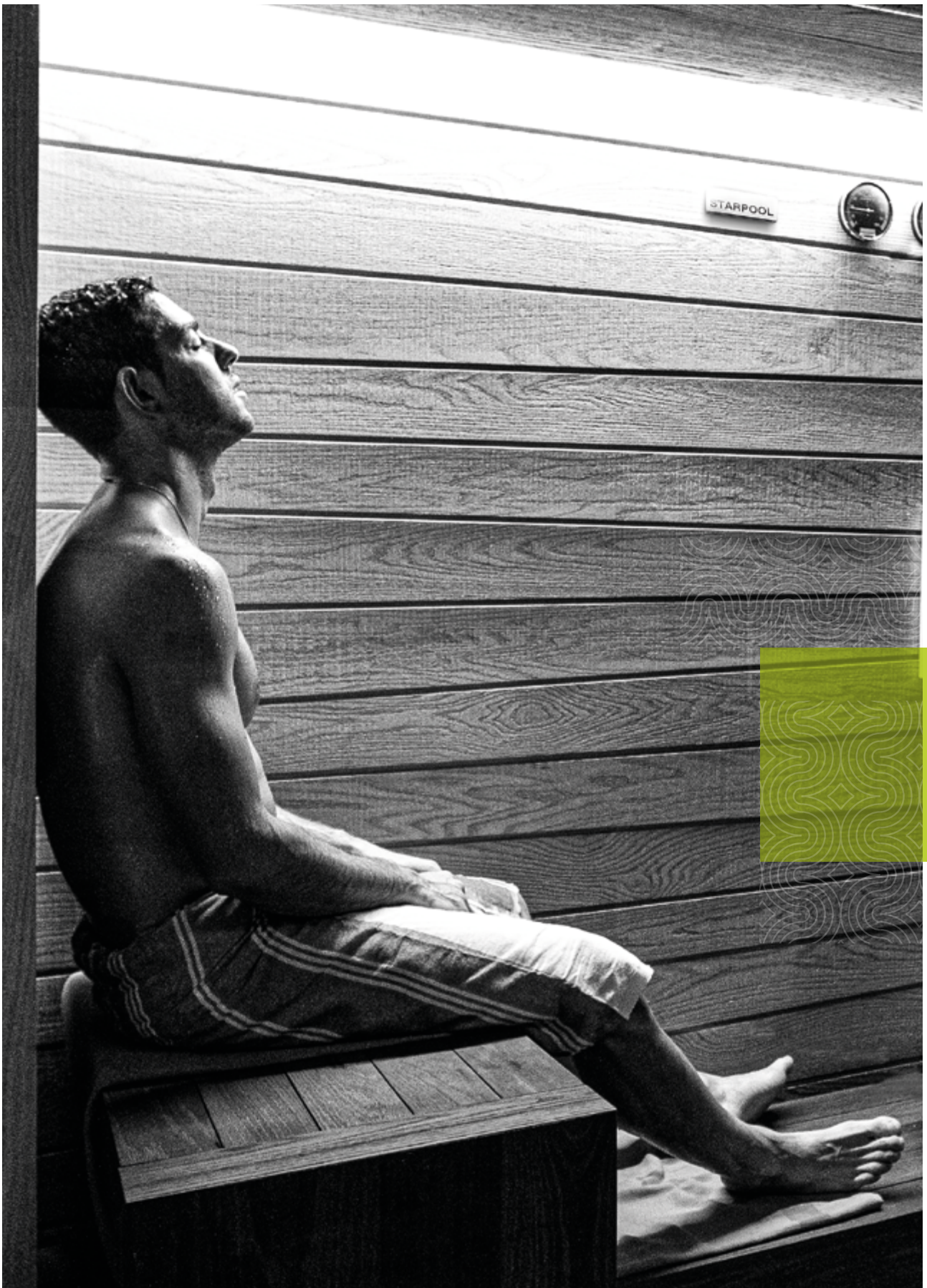
Two charts for the benefits of heat, cold and Dry Float Therapy.

The benefits of heat and cold



The benefits of the Dry Float Therapy





A black and white photograph of a man in a gym, performing a shoulder press with two dumbbells. He is seated on a bench, wearing a dark t-shirt and shorts. In the background, there is a rack with a barbell and several weight plates. On the floor to the left, there are more weight plates, some labeled '25'. A green semi-transparent banner with a white wavy pattern is overlaid on the left side of the image, containing the text 'Our fitness formats' in white.

Our fitness formats



Our proposal for the world of fitness includes
Recovery Class and Recovery Class Pro,
two formats developed to integrate recovery
and preventive health in the offer of your gym.

Recovery Class

This format was conceived to allow Boutique Fitness Studios and Performance Training Studios to enhance their offer with innovative technologies and effective programs.

Recovery class includes **functional** customised programs and Personal Health programs.

FUNCTIONAL PROGRAMS AVAILABLE IN THE WORKOUT:



POST-WORKOUT RECOVERY



INJURY MANAGEMENT

PERSONAL HEALTH PROGRAMS:



STRESS MANAGEMENT



SLEEP

The format relies on:

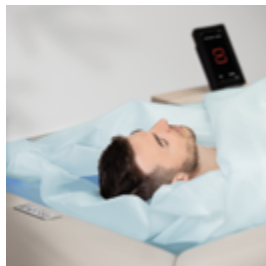
DRY FLOAT THERAPY



Zerobody Dry Float



COLD THERAPY



Zerobody Cryo



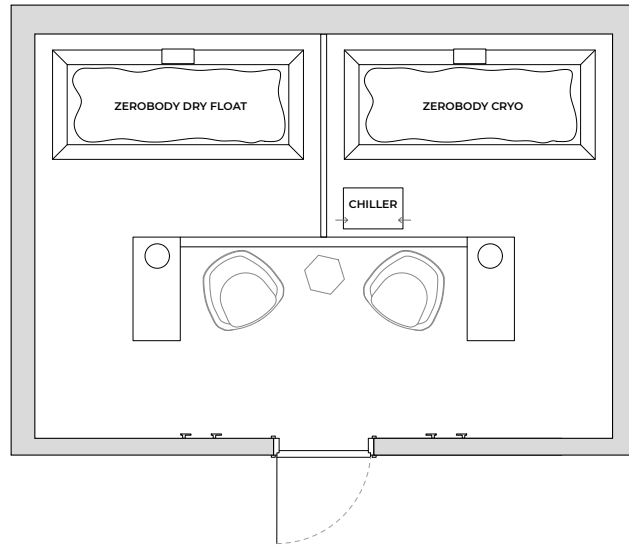
Ice Bath

Layout

LAYOUT A 24,5 m²

Zerobody Dry Float

Zerobody Cryo

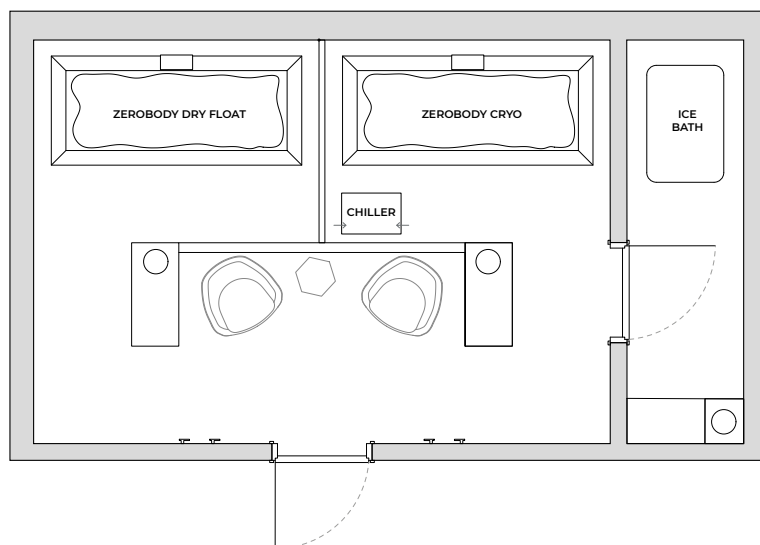


LAYOUT B 30 m²

Zerobody Dry Float

Zerobody Cryo

Ice Bath



Recovery Class Pro

This format was conceived for large fitness centres that have a lot of space available and major flow of clients with diverse requirements.

Recovery Class Pro allows you **to complement your offer with an exclusive area dedicated to recovery** and complete, customised programs for preventive health.

It provides a wide range of **pre- and post-workout programs**, as well as the chance to have a **wet or dry circuit** according to individual recovery preferences.

Thanks to the support of our staff and a few simple expedients, every spa can be turned into Recovery Class Pro.

FUNCTIONAL PROGRAMS AVAILABLE IN THE WORKOUT:

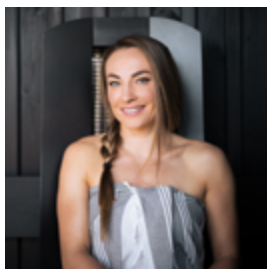
- PRE-WORKOUT WARM-UP
- POST-WORKOUT RECOVERY
- INJURY MANAGEMENT

PERSONAL HEALTH PROGRAMS:

- STRESS MANAGEMENT
- SLEEP
- IMMUNE SYSTEM

The format relies on:

HEAT THERAPY



Sport Infrared Cabin

INFRARED THERAPY



Sport Infrared Lounger

DRY FLOAT THERAPY



Zerobody Dry Float

Zerobody Cryo

COLD THERAPY



Ice Bath

An innovative proposal underpinned by major strong points:

***You only need 50-60 m²
to create your Recovery Class Pro***

***Recovery Class Pro can be realised in an ad hoc area
or transforming an existing spa***

***Every spa can be transformed in Recovery Class Pro, by integrating
the necessary technologies and studying the programs of use.***

***This is how you enrich your offer without missing out
on the social spa experience.***

FIT & GYM



Layout

LAYOUT A 60 m²

Zerobody Dry Float

Zerobody Cryo

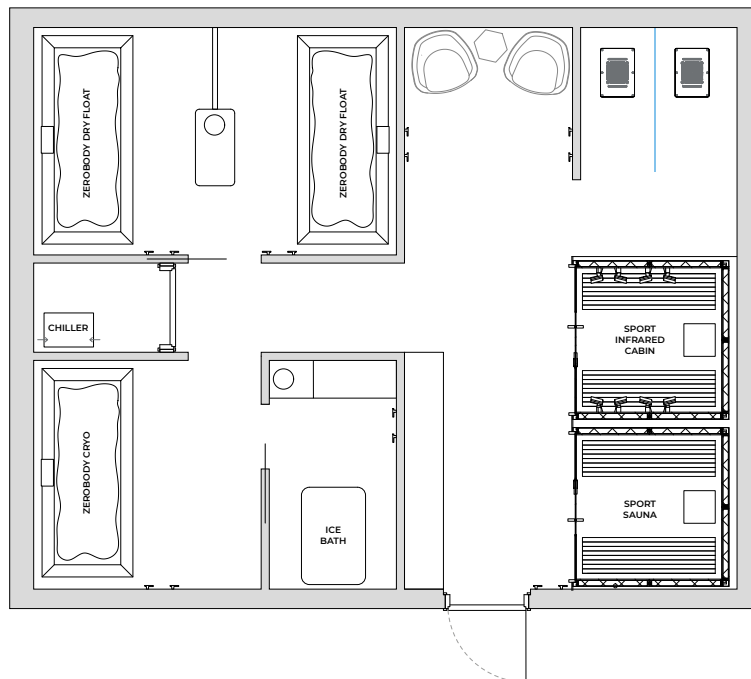
Ice Bath

Sport Infrared Cabin

195 x 195 cm
For 4 people

Sport Sauna

195 x 195 cm
For 4 people



LAYOUT B 60 m²

Zerobody Dry Float

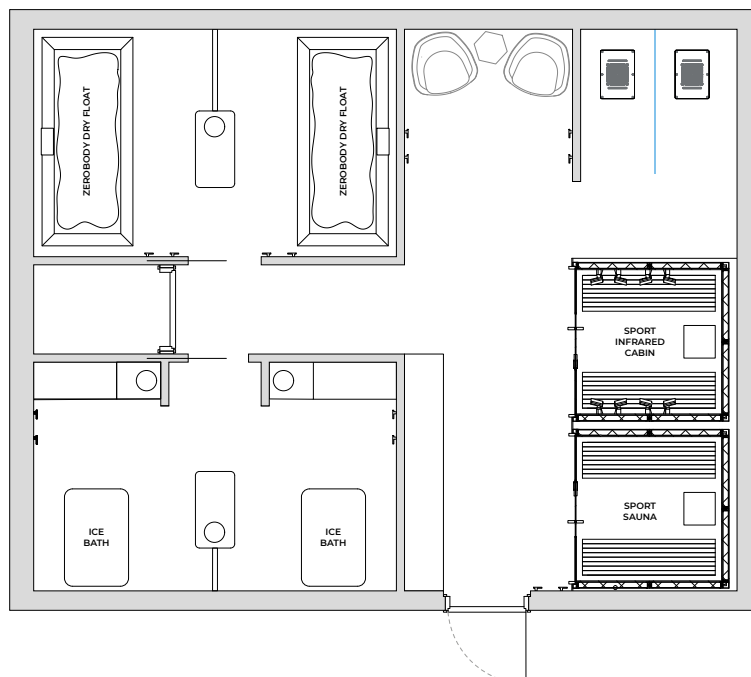
Ice Bath

Sport Infrared Cabin

195 x 195 cm
For 4 people

Sport Sauna

195 x 195 cm
For 4 people



Programs of use





Functional programs

*Integrated in the workout,
ideal for warm-up, recovery
and injury management.*

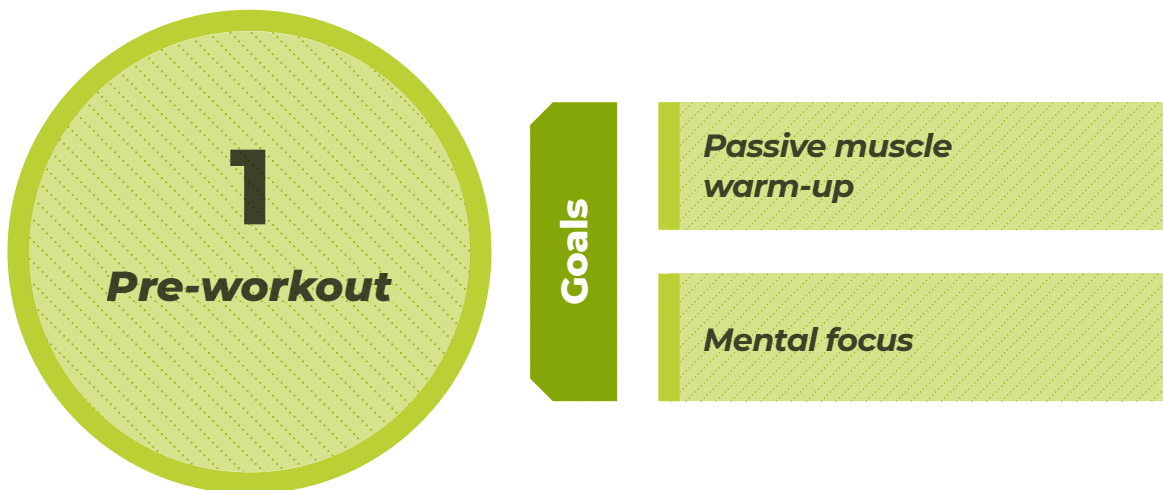
Personal Health Programs

*Targeted programs
for preventive health,
they impact stress, sleep
and immune system.*

Functional programs

They are integrated in the workout and managed by the personal trainer.
The method ultimately revolves around the gym clients and their individual needs, adding programs of use at different crucial moments.

The phase before the workout is critical to prepare the body and reduce the risk of injury.



PROGRAM

INFRARED THERAPY



Sport Infrared Cabin
or Lounger



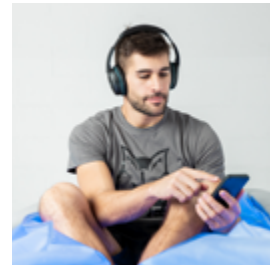
DRY FLOAT THERAPY



Zerobody Dry Float

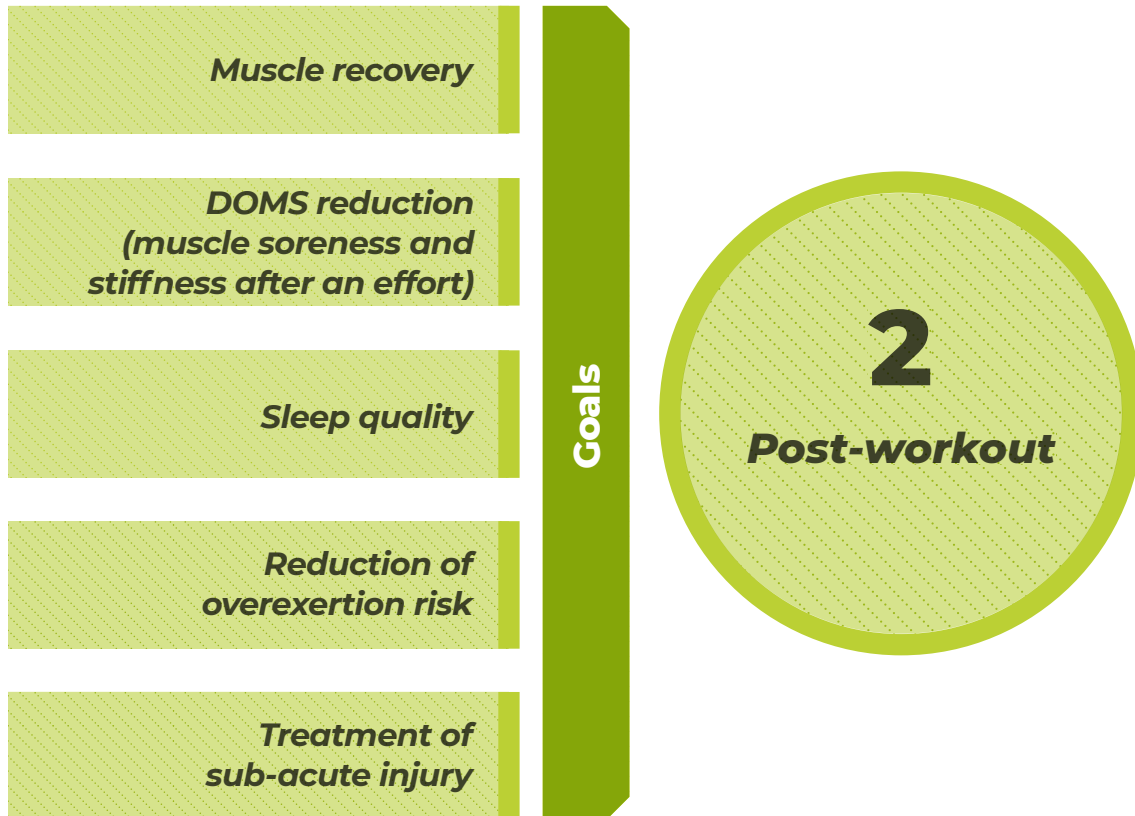


BRAIN TRAINING



Mindfulness or
Breathing techniques

The phase after the workout aims to ensure full recovery and top performance at all times.



PROGRAM

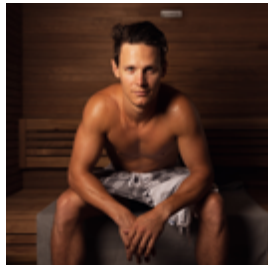
COLD THERAPY



Zerobody Cryo
or Ice Bath



FINNISH SAUNA



Sport Sauna



INFRARED THERAPY



Sport Infrared Cabin
or Lounger

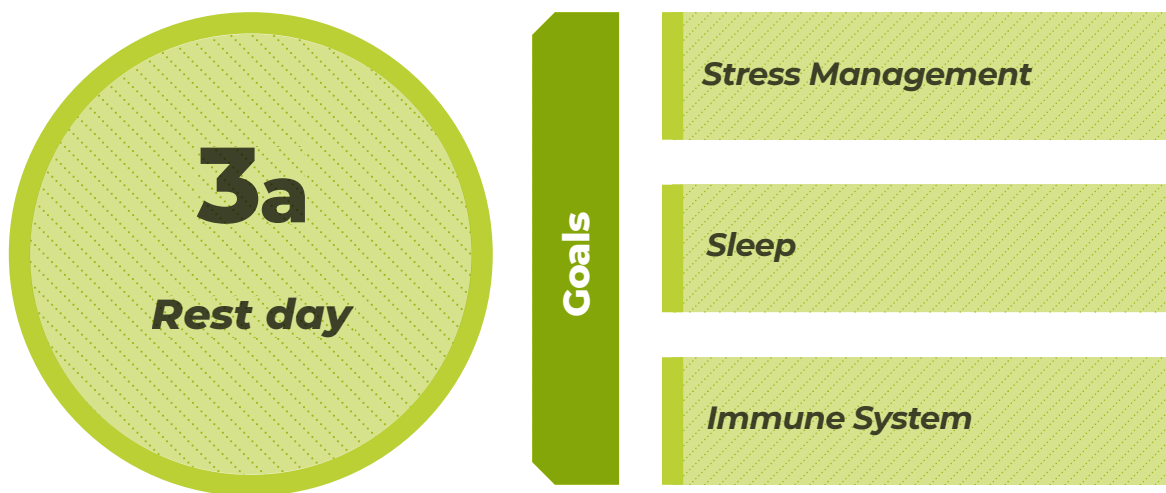


DRY FLOAT THERAPY



Zerobody Dry Float

Phase 3 is dedicated to rest days, where it is possible to participate in a functional customised program to maintain a healthy lifestyle, or focus on the recovery from injury or inflammation.



PROGRAM

FINNISH SAUNA



Sport Sauna



INFRARED THERAPY



Sport Infrared Cabin
or Lounger



DRY FLOAT THERAPY



Zerobody Dry Float

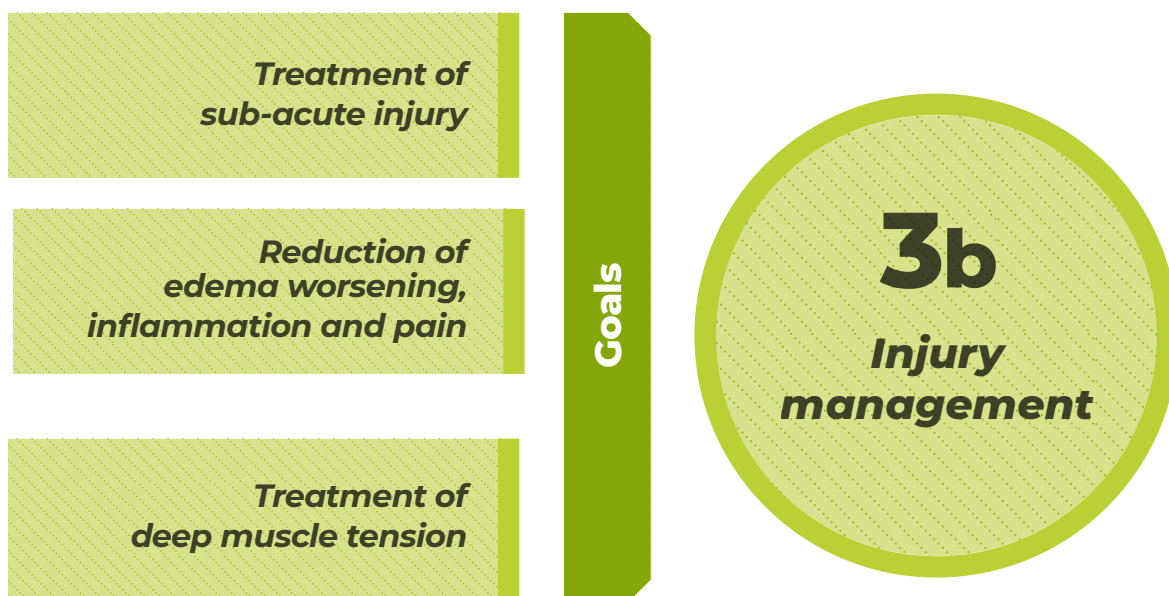


COLD THERAPY



Zerobody Cryo
or Ice Bath

In case of injury, when it is not possible to train or it is necessary to follow a treatment and recovery program, the technologies that come with our Recovery Class Pro help you get back on your feet as soon as possible.



PROGRAM

INFRARED THERAPY



Sport Infrared Cabin or Lounger

DRY FLOAT THERAPY



Zerobody Dry Float

COLD THERAPY



Zerobody Cryo or Ice Bath



Personal Health Programs

These programs have been designed to promote better quality of life.

They are ideal to retain your clients and to keep them happy, by motivating them to attend the club even on non-training days.

They allow facilities to increase the number of members, also addressing people whose primary interest is not working out but wish to take care of themselves. And then, maybe, approach fitness too.



STRESS MANAGEMENT

Goal:

managing stress and emotions well

Ideal to:

favour the full regeneration of body and mind and top performance.



SLEEP

Goal:

sleep well to live better

Ideal to:

eliminate daily tensions and improve quality of sleep.



IMMUNE SYSTEM

Goal:

living healthy for long

Ideal to:

protect health and slow down the ageing process.



Our products



Sport Sauna

The Finnish sauna, thanks to its **dry and intense heat**, maximizes the effectiveness of training programs and contributes to raising sport performance to top levels.

Sport Sauna combines the quality and innovation of our products with an **ergonomic and functional design**, developed to become integral part of the areas dedicated to recovery.



Come discover it all on Sport Sauna

Sport Infrared Cabin

A cosy and functional environment to develop **the regenerating power of infra-red rays**, thanks to an ergonomic seat that transfers deep heat through special lamps installed on the backrest.

Sport Infrared Cabin is the result of our experience in the world of Wellness, to bring the infra-red therapy to the world of fitness with functionality and versatility.



Come discover it all on Sport Infrared Cabin

Sport Infrared Lounger

A valid alternative to the Infrared Cabin, our Sport Infrared Lounger is the ideal solution to create **practical stations dedicated to infra-red therapy**. It is especially useful in the event of overlapping flows of clients.

Thanks to the **adjustable backrest and its ergonomic shape**, Sport Infrared Lounger can be integrated perfectly in areas dedicated to fitness recovery.



Come discover it all on Sport Infrared Lounger

Ice Bath

Ice Bath is a simple and versatile solution to enjoy actual **baths in icy water** and have all the benefits of the cold therapy; it is ideal for athletic recovery, at the gym and even at home.

Its reduced dimensions make it easy to move and install everywhere. Through a simple touch-screen display, you can **regulate water temperature from +4°C to +38°C**, making Ice Bath a perfect solution for hot baths and Kneipp Therapy too.



Come discover it all on Ice Bath

Zerobody Cryo

Zerobody Cryo is the Starpool revolution in the world of Cold Therapy. Innovative in its simplicity, safety and accessibility, it features a **patented membrane that wraps the body entirely without the need to get wet**, at a functioning temperature of 4-6°C in a safe and non-invasive environment.

A less intense solution that brings the same benefits as cryotherapy and immersion in icy water.

The access is gradual, making the approach to cold therapy easier - and not just in sports, but also in the daily life of people who want to start off their day with an energy boost.



Come discover it all on Zerobody Cryo

Zerobody Dry Float

Zerobody Dry Float is a one-of-a-kind system that allows body and mind to recover their energy easily and effectively by **reproducing the effects of zero gravity**. The body floats over 400 litres of warm water, without the need to get undressed or wet.

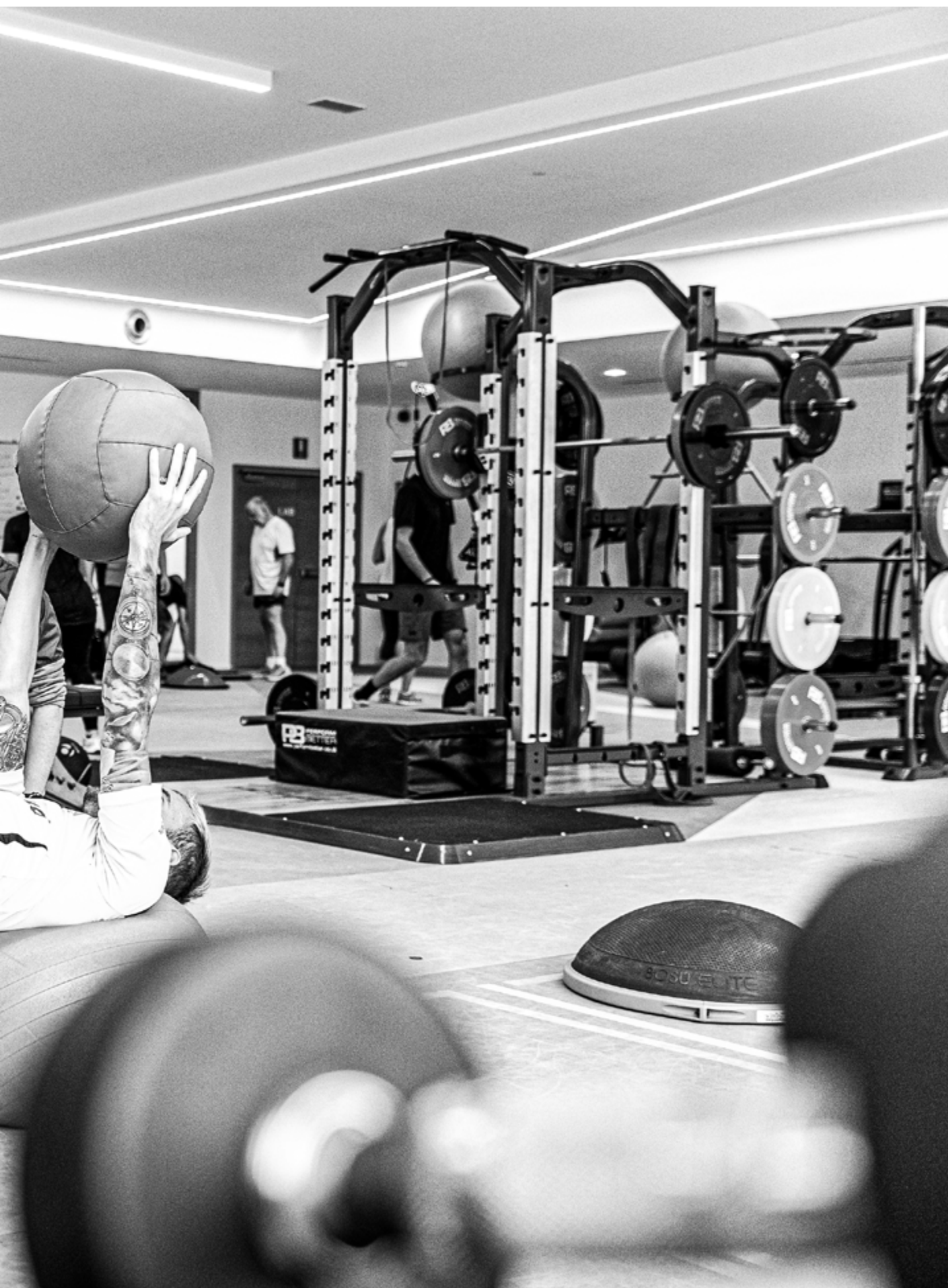
Zerobody Dry Float is a **technological innovation in the service of regenerative well-being** that produces a positive impact on: stress, muscle and joint pain, sleep, focus, and psycho-physical recovery.



Come discover it all on Zerobody Dry Float

Our services





Our services

Consulting, Engineering, Technical Support and Training
are the four pillars sustaining our whole work.

Together, and thanks to the people who are part of our reality,
we develop ambitious projects based on our clients' real needs,
supporting and accompanying them every step of the way.

We'll support you in each phase, starting from the project,
in order to help you make the most of our products
and show you their full potential.

Being your **Wellness partner pushes us to always do our
very best** in developing regenerating facilities and places
dedicated to people's well-being.



[Discover more about our services](#)



CONSULTING

Our professionals stand by your side in every phase of your project, to help you make the most of each product you'll choose. They will support you from the original idea to the final realisation, helping you to identify the best solution in terms of **sustainability, management, function, and design**.



TRAINING

We offer **training courses** where it is possible to meet our best wellness professionals. Highly-qualified personnel who can offer Wellness competence in terms of management, promotion and communication of the offered services. We also share our long experience through training courses that are specifically designed to suit context, facility and individual needs.



ENGINEERING

We shape and create any request, even the most unique, and we provide all the useful information to create any desired wellness solution, as well as **careful monitoring and guaranteed high quality in all production processes**. Our R&D department works constantly to provide the technical documentation and the estimate cost required to realise every project.



TECHNICAL SUPPORT

We provide **fast and constant technical support**, covering the hardware and software as well, thanks to our specialised technicians who give assistance to our clients in the shortest possible time, **ensuring prompt, inexpensive action** to prevent anomalies and malfunctions.

References





References

Our Ambassadors



Steve Tashjian

HIGH-PERFORMANCE CONSULTANT, EX HEAD OF PERFORMANCE OF THE USA MEN'S NATIONAL FOOTBALL TEAM

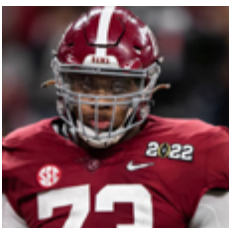
"Zerobody Dry Float was a fundamental element in our Recovery Lab during the FIFA World Cup in Qatar. Thanks to this system, we were able to improve muscle recovery, the response of the central nervous system and the quality of sleep, reducing the activity of the sympathetic nervous system. I'd recommend it to any sport team or athlete, without the hint of a doubt!"



Elliot Williams

FUNCTIONAL PERFORMANCE DIRECTOR, SAN FRANCISCO 49ERS

"We started with one, but our guys loved it so much that we ended up buying another three. If you're looking for an effective solution for recovery that all athletes will want to use, I strongly recommend Zerobody Dry Float and Starpool's solutions for sport!"



Evan Neal

TACKLE, ALABAMA CRIMSON TIDE

"Man, it feels amazing! As far as training goes, it takes pressure off my back. Zerobody Dry Float is really good for recovery, in my opinion. I like to come in here after workouts and take a couple of minutes to relax, which relieves a lot of strain and pressure off my back. I'm really grateful that we have these."



Jeff Allen

ASSOCIATE ATHLETIC DIRECTOR, ALABAMA CRIMSON TIDE

"We were incredibly strategic with how we wanted to approach recovery in our Sports Science Center. We wanted things that no doubt would have physiological benefits for our athletes, something that we knew would help them. It would have been really easy, I think, for us just to build a room full of nap beds, and that would even have been OK. But we wanted to raise the bar and do something unique, and I think we've done that. I'm really excited about the opportunity to use Zerobody Dry Float."



Sebastian Aho
CAPTAIN, CAROLINA HURRICANES

"We've been the first professional sport team to have a Zerobody Dry Float by Starpool installed in our facility. We use Zerobody Dry Float for many purposes, from muscle recovery to the treatment of a number of injuries, like concussions, neck and back injuries, and troubles connected to joints. The possibility to bring the body back to a state of calm and deep relaxation is a great way to recover from the strain that our sport requires."



Jaylon Smith
DEFENSE, DALLAS COWBOYS

"As a NFL professional athlete and entrepreneur, I'm always on the move. My days are so hectic that I can rarely rest as I should. I love Zerobody Dry Float because it relaxes my mind and regenerates my body in just 30 minutes!"



Dorothea Wierer
WORLD BIATHLON CHAMPION

"Finnish sauna, Infrared therapy, cold reactions and Zerobody Dry Float play a major role for me and, thanks to the Recovery Station realised with Starpool, I can really enjoy all the benefits at the most appropriate times and in the most appropriate way. I can integrate recovery in my athletic and personal agenda."



Denise Herrman-Wick
GOLD MEDAL AT BIATHLON WORLD CHAMPIONSHIP 2023

"As a biathlete and an Olympic champion, I train for about 1,000 hours a year. It is important for my body and mind to recover effectively after each competition or high training effort. That's why I've been closely working with the wellness experts at Starpool since the beginning of this season. In addition to relaxing sauna sessions, the sessions on Zerobody Dry Float are ideal to actively support my recovery."



Federico Pellegrino
OLYMPIC MEDAL, CROSS-COUNTRY SKIING

"Cross-country skiing is a discipline that requires great commitment and constant travel. After an exhausting training or a long trip, being able to recover mental and physical energy in a fast and effective way is fundamental for me. That's why I've chosen Starpool!"



Fabian Tait
DEFENDER, FOOTBALL CLUB SÜDTIROL

"Zerobody Dry Float is so useful to me! Especially in case of close-together matches during the week and during periods of maximum-load training, it allows me to recover better and faster."



Anton Bernard

FORMER CAPTAIN OF HOCKEY CLUB BOLZANO FOXES

"Using Zerobody Dry Float in combination with the Finnish sauna and the Infrared Therapy by Starpool helps me to recover fast after training and matches, and to prepare for athletic challenges in the best possible way. With Starpool, we found a valuable ally for both our physical and mental preparation."



Christian Thuile

MEDICAL PARTNER, HCB FOXES

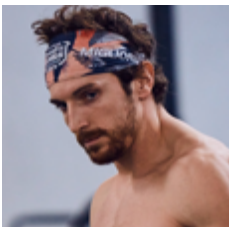
"The combination of technologies such as Zerobody Dry Float, combined with cryotherapy, sauna and infrared therapy, allows us to constantly monitor the parameters of our players and act on their regenerative process. A Performance Center of this standing is undoubtedly an excellence for a renowned club such as our own: being successful on ice depends first and foremost on the players' health."



Fabio Diana

TEAM DOCTOR, AQUILA BASKET TRENTO

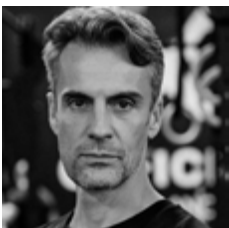
"The reduced perception of soreness and muscle stiffness in the sessions with Zerobody Dry Float improves the feeling of recovery and favours both relaxation and mood. We use Dry Float Therapy to also improve the quality of sleep and muscle relaxation after long trips or close-together events. This is also helpful to facilitate the work of the physical therapists and massage therapists."



Stefano Migliorini

ITALIAN CROSSFIT CHAMPION

"In 2019 I suffered a bad injury right before the qualification round for the Games. Besides the pain, I had to deal with many negative emotions: fear, frustration, rage. I started a program of ideo-motor rehabilitation on Zerobody Dry Float, supported by my coach and a mental trainer. Even the medical staff was surprised by how much dry floatation, combined with visualisation techniques helped me move past the psychological trauma, and how much faster I recovered from my shoulder injury!"



Ernest Briganti

CO-OWNER & HEAD COACH, REEBOK CROSSFIT LAB

"We're really happy with the results achieved thanks to Zerobody Dry Float and the program of ideo-motor rehabilitation. The medical team that managed the check-ups could see that the shoulder was working during the mental training, and they were very satisfied with the post-op recovery time."



Kyle Jones

CO-FOUNDER OF iCRYO

"Zerobody Dry Float has been a great offering for our franchise model. It's the one service that truly creates a zen-like experience from a mental perspective and provides an array of physical benefits simultaneously. Our franchise owners, staff, and guests find great value each time they do a treatment."

Trusted by

GYMS & RECOVERY CENTRES

Equinox Fitness Clubs - USA
Crunch Fitness - USA
iCryo - USA
Virgin Active - Singapore
Virgin Active - Thailand
Cryopoint - Germany
Virgin Active - England
Claron Maritim - Spain
DreamFit - Spain
Go Fit - Spain
John Harris Fitnesscenter - Austria
Indigo Fitness Club - Switzerland
Planet Village - Switzerland
Virgin Active - Italy
Aspria Harbour Club - Italy
KiFlow - Italy
Life.it - Italy
Prime Fitness & Beauty - Italy
Fhyfel Pools & Fit Village - Italy
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Carolina Panthers - USA
New York Mets - USA
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Winner Circle Athletics - USA
Carolina Hurricanes - USA
Hockey Club Foxes - Italy
US Men's Soccer Team - USA
FC Sudtirol - Italy
Aquila Basket Trento - Italy
Trentino Volley - Italy
Federico Pellegrino - Italy
Dorothea Wierer - Italy
Denise Herrmann-Wick - Germany



wellness concept

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