Infrared Sauna Recovery Program

High-intensity thermal recovery at Prosper HQ.

The Infrared Sauna Recovery Bay is a 20-minute, high-intensity sauna session at our Prosper headquarters. It is the detox step of the Cellular Recovery System: a way to round out a recovery session and clear the day's load so fatigue does not stack up into tomorrow — or a standalone recovery habit of its own.

What it is good for

Clients who want to round out a training or treatment day, anyone who feels fatigue carrying over between sessions, and clients who want a simple, regular recovery routine.

What to expect

- 20-minute high-intensity sauna sessions
- Available during normal business hours at Prosper HQ
- Pairs with Recharge sessions or stands alone
- Prosper HQ only