

RINCÓN RECOVERY ROOM

RELAX • REFUEL • RECOVER



# Your First Contrast Therapy

*A short, simple guide to the hot-and-cold ritual —  
the one that melts stress, deepens sleep, and leaves you glowing.*



A complimentary guide for first-timers

## WHAT TO EXPECT

# Warm up. Cool down. Feel amazing.

Contrast therapy simply means alternating heat and cold — a few minutes in the sauna, then a quick dip in the cold plunge, repeated a couple of times. The heat relaxes you; the cold wakes you up. Together they leave your body loose and your mind calm.

No experience needed. Your room is private, and you set the pace the whole way through. Here is all there is to it:

### 01 Warm up in the sauna

Settle in, breathe slowly, and let your shoulders drop. This is the melt.

10-12 MINUTES PER ROUND

### 02 Cool down in the plunge

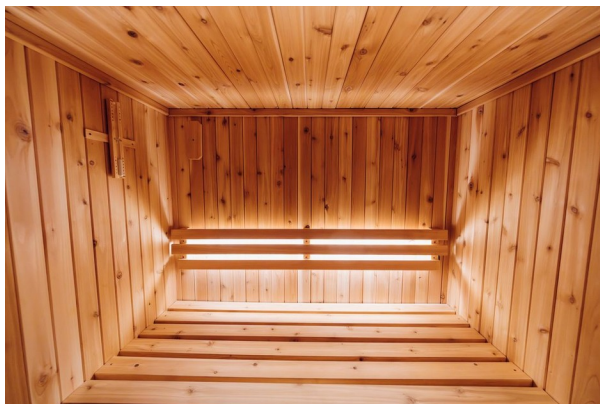
Step into the cold water. Breathe out slowly — even 30 seconds is a great start.

30-60 SECONDS

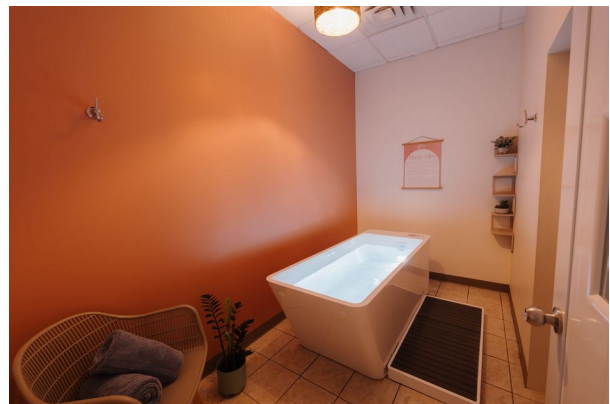
### 03 Repeat & reset

Alternate 2-3 rounds. Finish cold to feel energized, or warm to feel sleepy-calm.

2-3 ROUNDS



SAUNA



COLD PLUNGE

GET THE MOST OUT OF IT

## Before & after

### BEFORE

Hydrate — a big glass of water.

Eat light; skip a heavy meal first.

Skip alcohol, go easy on caffeine.

Arrive a few minutes early.

### AFTER

Rehydrate — water or electrolytes.

Rest 10 minutes; soak up the calm.

Notice your mood, energy, and sleep.

Come back 2–3× a week.

### How often should I go?

For most people, 2–3 sessions a week is the sweet spot — enough to feel calmer, sleep better, and build a genuine habit. Start with one visit and grow from there. Consistency beats intensity.

## BEFORE YOU START

# A few gentle reminders

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Contrast therapy feels wonderful — and a little care makes it even better. Keep these three things in mind:

- **Listen to your body.** If you feel dizzy, lightheaded, or overly uncomfortable at any point, stop right away.
- **Stay hydrated.** Drink 1–2 glasses of water before you start and replenish afterward — both heat and cold suppress your natural thirst signals.
- **Consult your doctor.** Check with your healthcare provider first if you have heart issues, high blood pressure, or are pregnant.

*This guide is for general education and isn't medical advice. If you have health concerns, please talk with your healthcare provider before starting.*

READY FOR YOUR RESET?

## Your first session is waiting.

★★★★★ Over 30 5-star reviews

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