

Recovery Lounge

By
CryoLounge+

FAQ's

**planet
fitness**

Smarter Solution for Cold and Heat for Recovery

If you have aches and pains, or need to recover after a good workout, the Recovery Lounge is for you.

Physical therapists and athletes have used ice packs, cold tubs, and other forms of cold and heat therapies for decades, but they're not always practical or easy to use.

The Recovery Lounge is an innovative new way to get all the benefits of targeted cold and heat without the hassles.

Do you have any soreness or aches & pains? Start by focusing the cold zones in those areas, and use the heat in other places to help keep you completely comfortable during your session.

The Recovery Lounge should be your last stop so you feel great as you leave the gym.

TIP:

Don't forget to try the optional Compression feature for a calf massage, the Auxiliary Pad for hard to reach areas, and the Contrast feature to switch the cold and heat zones. The Auxiliary Pad may also be used over the body to provide additional heat if too cold.



What are the benefits of using the Recovery Lounge?

The Recovery Lounge was designed to provide targeted cold and heat for anyone with aches & pains, or members who need recovery after a workout, without the hassles of ice packs, cold tubs, or heating pads.

When / where should I use heat or cold?

The purpose of the Recovery Lounge is to deliver a “comfortable cold” experience. Start by targeting areas with cold where you might be experiencing sore muscles or aches & pains, and use the heat in other areas to keep comfortable.

How long should I use the Recovery Lounge?

A 15-minute session is recommended, as the general guidelines for cold / ice exposure are at least 10-minutes, but not more than 20-minutes.

Should I use Recovery Lounge before or after a workout?

Generally, Recovery Lounge is recommended for post-workout recovery.

Can I select all cold or all heat?

Of the 6 total zones, a maximum of 4 may be set to either cold or heat. This was purposely done for safety to ensure a “comfortable cold” experience. Cold is delivered to targeted areas, however the goal is not to lower or raise the entire body temperature with cold or heat in all zones.

How cold and warm does the water get?

The Recovery Lounge reaches temperatures as cold as 28°–30°F and as warm as 115°F.

Can I adjust the temperature?

Yes, there is a “Temperature Settings” button at the bottom of the screen to adjust the temperature of both the cold or heat zones.

How many times a week can you use Recovery Lounge?

The Recovery Lounge may be used every day if desired.

Why do I see moisture on the top of the Recovery Lounge?

Due to the extreme cold temperatures, it's normal for condensation to appear on the cover sheet, and a fan will activate in between sessions to help with this.

Can I use this if I have a specific medical condition?

For any specific medical conditions, we always recommend consulting with a physician prior to use