WELLNESS POD

By RelaxSpace®

RELAXATION POD FOR MIND AND BODY

IMMERSIVE VISUAL EXPERIENCE

A high-resolution display fills the user's field of vision with calming visuals that help quiet the mind.

GUIDED, MULTI-SENSORY SESSIONS

Breathing exercises, meditation content, scent infusion, and heated seating work together to create a structured reset.

MODERN DESIGN

A sleek, eye-catching pod that fits easily into wellness spaces with no complex buildout required.

KEY FEATURES

HEART-RATE MONITORING

Real-time feedback helps users stay mindful and track their relaxation throughout each session

HEATED LOUNGE SEATING

Gentle warmth enhances comfort and helps soothe tired, sore muscles throughout each session

SELF-GUIDED OPERATION

Intuitive touchscreen controls make every session easy - no staff required

GUIDED BREATHING & MEDITATION

Short, structured sessions help users relax and refocus

VAST CONTENT LIBRARY

An extensive library of wellness, mindfulness, and educational content keeps each session fresh and engaging

Planet Fitness | WellnessSpace® BRANDS

BENEFITS OF USING WELLNESS POD

By RelaxSpace®

- Escape, unwind, and reset in just 15 minutes
- Guided breathing and calming nature scenes
- Gentle warmth for full-body relaxation
- Mentally recharge and return more focused

TECHNICAL SPECIFICATIONS

- **Dimensions:** 92" L (234 cm) x 34" W (87 cm) x 69" H (175 cm), plus 6" (16 cm) on side for unit touchscreen
- **Weight:** 310 lbs (141 kg)
- **Tested and Approved:** UL/CSA/CE/CB/NOM safety standards
- **Electrical Requirements:** 110/60 Hz, 15 Amps or 230V/50-60 Hz, 15 Amps

Planet Fitness | WellnessSpace® BRANDS