

VIKASATI

MOVE | RESTORE | BELONG

A COMPLETE GUIDE TO HOT & COLD CONTRAST THERAPY



We believe that restoration is fundamental to your overall health and wellbeing, and have created Vikasati to ensure the complete rejuvenation of your body and mind.

Purposefully designed to support the resetting of your physical, mental and emotional state, Vikasati is a peaceful space to disconnect from the outside world, energise you for peak performance, restore your body after a hard day's work or physical training session, and aid your body's natural detoxification processes for optimal wellbeing.

Offering a traditional Finnish rock sauna, hot and cold magnesium pools, and ice baths, Vikasati gives you access to world-class restorative facilities, all in one place.

In this guide we will discuss the many benefits of hot and cold therapy, and how to get the most out of your experience.

We look forward to welcoming you to Vikasati soon, and please don't hesitate to get in touch if you have any questions.

Will, Ben and the Vikasati Team

HOT
THE BENEFITS

REDUCTION IN PAIN, INFLAMMATION AND THE PROMOTION OF HEALING

Sauna as a therapeutic tool has been around (in various forms) for centuries in cultures all around the world for health and detoxification purposes. One of its very well known and researched benefits is the power to reduce pain and inflammation, and promote healing.

Increasing blood circulation through activities which require cardiovascular output, such as low intensity exercise and / or sauna, helps to circulate oxygen rich blood throughout the body, into the muscles and joints, and aids our body in reducing inflammation and pain and supports the body's natural healing processes.

Sauna is a highly effective tool for promoting circulation when injured and unable to exercise, on a day when resting from more intense activity, or at the end of a training session to extend the cardiovascular stimulus and circulatory effect without additional stress on the mechanical system of the muscles and joints.



DETOXIFICATION

The skin, via sweating, is one of the body's major detoxification organs as it works towards removing harmful toxins which accumulate in the body as a consequence of dietary choices, environmental exposures and endogenous toxins (i.e. toxins created within the body from stress).

Saunas are a highly effective tool for facilitating this natural process as the heat in the air triggers the body to sweat as it works to keep the body's temperature down, in trying to maintain homeostasis.

Regular sauna in conjunction with good nutrition, adequate movement, limiting environmental toxic load, and managing physical and psychological stressors, is a perfect recipe for feeling good and experiencing optimal health and wellbeing.



FAT LOSS

Regular sauna effectively supports fat loss in three major ways.

Firstly and most simply, you can expect to burn up to 600 calories in a 30 minute session in the sauna as the body works hard to respond to the elevated temperature (it's definitely not just "water weight" you're losing!). This is particularly helpful as a way of increasing your caloric output without placing any additional mechanical stress on the body, compared to a strenuous workout.

Secondly, the body utilises fat cells as a place to store toxins accumulated within the body. When reducing body fat, it is extremely important to be maximising your natural detoxification pathways ie through breathing, sweating, hydrating and moving well, to ensure these toxins can be properly removed from the body.

Finally, especially when paired with cold exposure, heat through sauna is a really effective recovery tool, ensuring you can train more frequently and at a higher intensity.



IMPROVED SLEEP

One of the most important, biggest bang-for-buck things we can do for our health is simply ensuring a good night's sleep, every night of the week!

There are many factors that contribute to sleep quantity and quality, including your home environment, sleep and waking routines, training modality and routine, quality of nutrition, meal timings, level of hydration, stress management, and much more.

In conjunction with developing good habits with these fundamentals, incorporating regular sauna is a game changer in supporting good sleep as it activates the parasympathetic nervous system and allows the body to calm, relax and destress.

Some tips for using the sauna as a sleep tool:

- Sauna in the evening, close to going to bed;
- Ensure you are adequately hydrated before, during and after your sauna;
- Pair your sauna session with some time in our hot magnesium pool. Magnesium plays a significant role in supporting deep, restorative sleep by maintaining healthy levels of GABA, a neurotransmitter that promotes sleep.



MAGNESIUM

Has your coach or health professional ever told you that you need more magnesium? Magnesium is a critical mineral for supporting bone health, sleep quality, hydration, and overall physical and mental performance.

Magnesium levels can be increased through diet, supplements and sprays, but spending time in magnesium rich pools is another great way to increase your overall intake.

The hot (and cold) magnesium pools at Vikasati are not only the perfect way to relax and recover, but also an effective way to absorb magnesium through the skin.



COLD
THE BENEFITS

ICE BATHS - FAD OR HERE TO STAY?

Ice baths are becoming more and more popular with many public figures like Wim Hof, Joe Rogan, Laird Hamilton and Andrew Huberman promoting the practice as an integral part of their overall wellness regime.

But are they just a fad, like so many practices within the health and fitness industry, or a practice that is here to stay?

Cold exposure has been deeply ingrained in the culture of many societies throughout history, particularly in northern and eastern Europe. Science is now catching up, analysing and sharing the powerful physiological changes that occur with regular cold exposure.

And yes, although ice baths can become a bit of a signalling exercise for mental toughness, we've never met someone who's gotten out of the ice and not expressed an immediate change in mood, alertness and generally feeling good. This feeling is very real, and the accumulative effects of regular cold exposure are truly powerful.

Ice baths definitely deserve the hype they're getting and we're so excited to share cold exposure with everyone in a way that is accessible, non-intimidating and shared with other awesome people!



IMPROVED PHYSICAL PERFORMANCE

One of the great benefits to cold exposure is its' powerful impact on improving physical performance and capacity by:

- Accelerating recovery from training by bringing your body temperature and heart rate down more quickly;
- Increasing circulation of oxygen rich blood through any damaged or inflamed muscles, tendons and / or ligaments (particularly when cold is paired with a heat stimulus ie hot pool or sauna);
- Improving your body's ability to tolerate extreme temperatures, ensuring you can safely, effectively and comfortably train and perform in all seasons and environmental factors;
- Improving immunity by supporting the production of white blood cells, ensuring you spend less time away from training due to sickness or fatigue; and
- Increasing human growth hormone, critical for optimal physical performance and recovery.



IMPROVED MENTAL PERFORMANCE

Cold exposure has a hugely positive impact on mental performance, as the skills, practices and mindset required to calm the body and mind under the physical and mental stress of the cold, effectively carries over into other physical and mental stressors that we face day to day, whether that's a work, environmental, exercise, or other stress.

Some of the processes and mechanisms that are developed through cold exposure include:

- Lowering your heart rate to a calm level utilising your breath;
- Testing and developing discipline and fortitude by following through with a commitment to regular cold exposure;
- Making the strong mental choice to do what's difficult in getting in and staying in the cold;
- Shutting out external thoughts and voices saying you can't do something or that it's too hard;
- Having a readily available tool to totally recharge and refresh when you're not feeling 100% or needing to be super alert.



INCREASED FOCUS

Ever wonder why you feel so good after jumping in cold water? The cold is nature's most powerful stimulant drug!

The cold triggers a hormonal response elevating adrenaline, noradrenaline and dopamine in the mind and body which increases focus, energy, mood and heightened senses.

And what's really amazing, is that there's a lagging effect where these levels stay elevated beyond the exposure, allowing you to be more alert, energised and calm throughout the day.



**HOT & COLD
CONTRAST
THE BENEFITS**

HOT AND COLD CONTRAST THERAPY

Contrast therapy effectively promotes healing, recovery, and a reduction in inflammation, by increasing the circulation of oxygen rich blood throughout the body.

This is done by heating the body using a hot stimulus such as sauna or hot pool, and then cooling the body with a cold stimulus with a cold pool or ice bath, and repeating the process.

Heat and cold independently are hugely beneficial to health and performance, but when combined, offer a uniquely powerful experience.

Vikasati is perfectly set up to maximise the benefits of contrast therapy, using our hot magnesium pool and sauna for heat, and cold magnesium pool and ice baths for cold.



VIKASATI

RESTORE PATHWAYS

THE VIKASATI RESTORE PATHWAYS

Our session guides have been intentionally designed to maximise and enrich your experience, specifically tailored to your personal goal for your session.

You are more than welcome to move through The Sanctuary in whatever flow feels good for you, but if you are looking for a more guided experience, these are our four guided pathways (explained in more detail when you attend the bathhouse):

RECOVER - to accelerate recovery from training and other physical strain through high frequency contrast therapy between our hot and cold magnesium pools.

DETOX & HEAL - to support detoxification and healing throughout the body through pre-warming the body with a long soak in the hot magnesium pool, followed by a long duration sauna, and ending on a refreshing cold plunge.

RELAX - for when you just want to relax and disconnect, kicking off with a gentle sauna, easing into the hot magnesium pool, ending with a quick and refreshing cold plunge.

ENERGISE - to charge up for the day and support peak mental performance through low frequency contrast therapy, which will wake the mind and body up without acting as a stressor or strain on the body.

These are simply a guide. Please always listen to your mind and body in every session.

