

REKOOOP



Menu & Memberships

2024



Our Technology

Oxygen Hydroxy Therapy	Oxygen-rich rejuvenation for age reversal and vitality	\$170
Cryo Ice Therapy	Rapid relief and recovery through the power of cold	\$80
Lymphatic Drainage	Detox and deloat for a lighter, revitalised you	\$170
IR Sauna Superior Suite	Warm detoxification for deep relaxation and renewal	\$70
IR Sauna Deluxe Suite	Warm detoxification for deep relaxation and renewal	\$120
Hot & Cold Contrast Suite	Thermal resilience through invigorating hot and cold therapy	\$170
Ice Bath & Breath Therapy	Vitality boost through chilling plunge and mindful breathing	\$70
Red Light Facial Therapy	Energising light for radiant skin and mood uplift	\$35
NuCalm Neuro Sound	Sound-induced serenity for stress relief and calm	\$35
Healy Frequency Therapy	Quantum healing to enhance cellular energy and health	\$40
Biohacking Drink	Optimise health with our performance-enhancing elixir	\$15
Biofeedback + Access	Track and optimise your wellness journey with advanced biofeedback	\$50



Our Wisdom

Acupuncture
with Mark & JX

Myofascial & Craniosacral
with Justin

Cognitive Training
with Claire

Physiotherapy
with Rabia

Reiki
with Danielle

Ayurveda
with Dr.Ratheesh
Chettiyam Thodiyil

Discover & Treat Hidden Body Compensations | 70 min
Two practitioners using muscle testing and acupuncture to address body compensations and imbalances. They also provide self-treatment recommendations.

Back to Baseline Therapy | 85 min
Specialises in myofascial rehab, focusing on restoring body equilibrium through myofascial release and craniosacral therapy for lasting relief.

Neuroscience and Psychology based coaching | 60 min
Unique blend of coaching to gain deeper clarity on root causes, identify unhelpful thought patterns, and develop science-based practices for improved mental health.

Physio consultation | 45 min
Physio in-depth treatment | 60 min
A variety of manual therapy techniques, including but not limited to soft tissue mobilisations, trigger point release, muscle energy techniques, and joint mobilisations.

Usui Reiki Energy Healing | 60 min
Utilises universal life force energy to promote relaxation, reduce stress, and enhance the body's natural healing abilities, incorporating tools, rituals, and practices.

Ayurveda Nutritionist Consultation | 40-60 mins
In Ayurvedic practice, pulse reading serves as an ancient diagnostic method. By analyzing the pulse, we identify the root cause of conditions.

\$290

\$310

\$310

\$255

\$325

\$200

\$130



Our Wisdom

Holistic Nutrition with Ana Terra

Nutrition Consultation | 50 min

Ana specialises in weight loss and sports nutrition. With a holistic approach, she combines her expertise in nutrition science with practical lifestyle strategies. Ana focuses on creating tailored plans that address not just diet, but also exercise, mental well-being, and sustainable habits for long-term success

\$180

Naturopathy with Dr Sabine Schellerer

Naturopathy Initial consult | 90 min

\$250

Naturopathy Follow-up consult | 30-60 min

As a traditional naturopath, Dr Sabine's approach is highly individual, integrative, and holistic. Naturopathy emphasizes natural remedies and lifestyle adjustments, fostering long-term well-being and vitality.

\$150



Memberships

RESIDENT MEMBERSHIP

10 x Cryotherapy Sessions per month

4 x REKOOP cutting-edge-technology sessions

(Oxygen Hydroxy Therapy, Infrared Sauna, Lymphatic Drainage Therapy, Ice Bath & Breathwork Session)

1 x complimentary guest pass

For Cryo Ice Therapy / Ice Baths & Breath-work / Infrared Saunas every month

4 x Biohacking drinks

Enjoy our curated selection of vitality boosting elixirs, meticulously chosen to enhance your experience and optimise your health and wellbeing results

REKOOP Wellness Concierge

Access to an initial assessment, biofeedback, and continuous monitoring to optimise and track your progress throughout your journey

Access to member-only events

Gatherings designed to enhance well-being and connect with like-minded individuals who share your commitment

Preferred partner discounts

Access to special discounts and offers from our preferred partners, further enhancing your holistic well-being, plus 10% discount on all other services, retail, and food + beverage

\$495 per month

Total Value: \$1,595



Memberships

ALL ACCESS UNLIMITED MEMBERSHIP

PRIORITY booking for all services to ensure you can schedule to your convenience

UNLIMITED access to REKOOP cryotherapy sessions

UNLIMITED access REKOOP cutting-edge-technology sessions

(Oxygen Hydroxy Therapy, Infrared Sauna, Lymphatic Drainage Therapy, Ice Bath & Breathwork Session)

UNLIMITED Biohacking drinks

Enjoy our curated selection of vitality boosting elixirs, meticulously chosen to enhance your experience and optimise your health and wellbeing results

1 x weekly REKOOP Wisdom Session: Access personalised guidance and support from our team of dedicated holistic health practitioners, committed to assisting you in achieving your wellness goals

3 x complimentary guest passes: for Cryo Ice Therapy / Ice Baths & Breath-work / Infrared Saunas every month to share in your luxury experience

REKOOP Wellness Concierge: Access to an initial assessment, biofeedback, and continuous monitoring to optimise and track your progress throughout your journey

Access to member-only events: Gatherings designed to enhance well-being and connect with like-minded individuals who share your commitment

Access to REKOOP Health and Wellness Workshops: Educational seminars on an array of health and wellness topics to expand

Preferred partner discounts: Access to special discounts and offers from our preferred partners, further enhancing your holistic well-being, plus 20% discount on all other services, retail, and food + beverage

Limited edition REKOOP apparel: tote bag, reusable water bottle and robe

\$2,888 per month

Total Value: \$9,475



Bespoke Packages

ReGenerate

High-performance focused for the everyday or professional Athlete

ReWire

De-stress and relaxation for the high pressure corporate executive

ReVive

Anti-aging for the longevity conscious individual

ReRoute

Ultimate recovery for those seeking rehabilitation

ReVamp

Beauty and wellness for the aesthetic focused people

ReJuvenate

Optimal immunity for the metabolism focused enthusiast



Single Package

REKOOP SIGNATURE EXPERIENCE

Immerse yourself in the ultimate rejuvenation journey with the REKOOP Signature Experience. This meticulously crafted session combines advanced therapies designed to revitalise your body and mind, ensuring you feel refreshed, invigorated, and ready to conquer the world.

Cryotherapy (3 minutes):

Kickstart your experience with a burst of icy freshness. Our Cryotherapy session exposes your body to sub-zero temperatures for a brief, exhilarating period, stimulating blood flow, reducing inflammation, and enhancing overall vitality.

Oxygen Hydroxy Therapy (30 minutes):

Next, enter the AirPod, a state-of-the-art hyperbaric oxygen therapy chamber. This 30-minute session will saturate your cells with oxygen, promoting faster recovery, improved mental clarity, and enhanced physical performance.

Lymphatic Drainage (30 minutes):

Continue your journey with a 30-minute Lymphatic Drainage treatment in our private Lymphatic Lounge. This gentle therapy encourages the natural drainage of the lymph, helping to detoxify your body, boost your immune system, and reduce swelling.

Infrared Sauna (30 minutes):

Relax and unwind in our Infrared Sauna. Thirty minutes of gentle heat will penetrate deep into your tissues, relieving muscle soreness, improving circulation, and promoting a sense of deep relaxation.

Ice Bath (10 minutes):

Conclude your experience with a refreshing Ice Bath. Spend 10 minutes in icy water to invigorate your senses, reduce muscle pain, and accelerate recovery, leaving you with an unparalleled feeling of rejuvenation.

\$388 per session

Total Time: 115 min

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Wellness Technology



INFRARED & RED LIGHT SAUNA

Immerse yourself in the gentle embrace of our Infrared Sauna. Detoxify your body, melt away stress, and bask in relaxation. Feel the warm glow that comes from deep within, leaving you refreshed and rejuvenated.

BENEFITS :

- Promote detoxification
- Relaxation and stress relief
- Improve sleep-quality
- Enhanced immune function



ICE BATH & BREATH THERAPY

Dive into the invigorating world of ice baths and breath work. Boost your circulation, enhance your immune function, and clear your mind. Feel the rush of vitality that comes with each exhilarating breath.

BENEFITS :

Reduced muscle soreness

Enhanced muscle repair

Improved circulation

Reduced inflammation



LYMPHATIC DRAINAGE THERAPY

Embrace the art of healing through Lymphatic Drainage. Activate your body's natural detoxification processes, bidding adieu to fluid retention and welcoming a lighter, revitalised you.

BENEFITS :

- Reduced fluid retention
- Improved Immune function and detoxification
- Reduces inflammation
- Improve blood circulation and skin health



OXYGEN HYDROXY THERAPY

Step into our Oxygen Chamber, where the magic of pressurised oxygen accelerates your body's natural healing processes. Experience the reversal of aging, amplified immune function, and a rejuvenated sense of vitality.

BENEFITS :

Improved cognitive function

Anti-ageing effects

Support recovery

Reduce inflammation



CRYO ICE THERAPY

Unleash the power of cold to reduce inflammation and soothe muscle soreness. Our Cryotherapy treatments are designed to promote rapid muscle recovery, helping you bounce back stronger and faster.

BENEFITS :

- Reduce pain and inflammation
- Support muscle recovery
- Enhance performance
- Increased metabolism

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About Us



The Optimal 8™ by REKOOOP

Through employing a holistic 8 pillar approach, we address every aspect of health and wellness for peak performance and everyday output. We call this The Optimal 8™.



MOVEMENT

Physical modalities that increase strength and recovery time for daily optimisation.



NOURISHMENT

Fueling the body through balanced nutrition and biohacking for peak performance.



COMMUNITY

Creating a sense of connection and belonging through personal relationships.



MINDFULNESS

Clarity and sharpness to tap into the utmost intellectual use available to the human mind.



HABITS

Establish routine activity and intentionality for utmost excellence in each day.



FEELINGS

Emotional wellness for clarity of thinking and cognitive balance to operate at your best.



ENERGY

Vitality for increased and sustained drive to ensure maximised output and efficiency of effort.



ASPIRATION

Develop desire to seek abundance, spark goal setting, and implement a pinnacle mindset.

The image features a dark, charcoal-colored background. On the left side, there are several overlapping, semi-transparent circles in a slightly lighter shade of gray. The circles are arranged in a way that they appear to be part of a larger, abstract design. The text 'Technology Benefits' is centered horizontally and positioned in the middle of the frame, overlapping the circles and the background.

Technology Benefits



INFRARED & RED LIGHT SAUNA

- **Detoxification:** Sweating is one of the body's natural ways to eliminate toxins. Infrared saunas can induce a deep sweat, promoting detoxification by increasing blood circulation and enhancing the release of toxins through the skin.
- **Relaxation and stress relief:** The gentle heat of an infrared sauna can help relax muscles, relieve tension, and promote an overall sense of relaxation. It may also help reduce stress levels and improve sleep quality.
- **Improved cardiovascular health:** Infrared sauna use has been associated with cardiovascular benefits such as improved circulation and lower blood pressure. It can help dilate blood vessels, increase heart rate, and improve cardiac output.
- **Pain relief:** The heat from infrared saunas can provide temporary relief from muscle and joint pain, such as arthritis. It can help reduce inflammation, increase blood flow to affected areas, and promote healing.
- **Weight loss and metabolism boost:** While not a substitute for exercise and a healthy diet, regular use of infrared saunas may support weight loss efforts. The increased heart rate and sweating can help burn calories, and the heat may boost metabolism.
- **Skin health:** The deep sweating induced by infrared saunas can help cleanse the skin, unclog pores, and improve overall skin tone and texture. Some people report improved acne, eczema, and psoriasis symptoms after regular use.
- **Enhanced immune function:** The increased body temperature during an infrared sauna session can stimulate the production of white blood cells, which play a vital role in the immune system. This may help strengthen the body's natural defense mechanisms.



ICE BATH & BREATH THERAPY

- **Reduced muscle soreness:** Ice baths are commonly used by athletes to help alleviate muscle soreness and speed up recovery after intense physical activity. The cold temperature helps reduce inflammation and swelling in the muscles, which can lead to a faster recovery process.
- **Enhanced muscle repair:** Ice baths may promote muscle repair and regeneration by reducing the metabolic activity and slowing down cell damage caused by intense exercise. This can contribute to faster recovery and improved muscle adaptation over time.
- **Improved circulation:** When exposed to cold water, blood vessels constrict, which can help improve circulation. The constriction and subsequent dilation of blood vessels during and after an ice bath can enhance blood flow and nutrient delivery to the muscles, aiding in recovery.
- **Reduced inflammation:** Cold exposure has been shown to decrease inflammation in the body. Ice baths can help reduce inflammation in muscles and joints, potentially alleviating pain and discomfort associated with injuries or intense exercise.
- **Increased mental alertness:** Cold exposure can stimulate the release of neurotransmitters like norepinephrine, which can increase alertness and improve mood. Taking an ice bath may leave you feeling refreshed, energised, and mentally focused.
- **Improved immune function:** Cold exposure has been linked to improved immune system function. Regular ice baths may help enhance immune responses, making you more resilient to illnesses and infections.
- **Enhanced recovery after intense workouts:** Ice baths can accelerate the recovery process by reducing inflammation, alleviating muscle soreness, and enhancing circulation. This can help athletes and fitness enthusiasts bounce back faster from intense training sessions.



LYMPHATIC DRAINAGE THERAPY

- **Detoxification:** The lymphatic system plays a vital role in removing waste, toxins, and excess fluids from the body. Lymphatic drainage massage can help enhance this process, promoting detoxification and reducing swelling.
- **Reduced swelling and oedema:** By stimulating the lymphatic system, lymphatic drainage massage can help reduce swelling and oedema caused by conditions such as lymphedema, post-surgery swelling, or injury-related inflammation. It encourages the removal of excess fluid and promotes tissue regeneration.
- **Enhanced immune function:** The lymphatic system is a crucial part of the immune system, as it helps identify and eliminate pathogens, toxins, and cellular waste. Lymphatic drainage massage can support immune function by boosting lymph circulation and enhancing the body's ability to fight off infections and illness.
- **Improved skin health:** Lymphatic drainage massage can promote healthier skin by improving blood circulation and oxygenation, aiding in the delivery of nutrients to the skin cells. It may also help reduce puffiness, dark circles, and the appearance of cellulite.
- **Pain relief and relaxation:** Lymphatic drainage massage can have a calming and soothing effect on the nervous system. It can help reduce pain, relieve muscle tension, and promote relaxation. This can be particularly beneficial for individuals with chronic pain conditions or those recovering from injuries.
- **Speedier recovery after surgery:** Lymphatic drainage massage is often used as a part of post-surgical rehabilitation. By reducing swelling, promoting healing, and enhancing immune function, it can help expedite the recovery process and improve overall outcomes after surgeries, such as liposuction, mastectomy, or joint replacements.
- **Alleviation of sinus congestion:** Lymphatic drainage massage techniques that focus on the face and neck can help alleviate sinus congestion and promote sinus drainage. This can be beneficial for individuals with allergies, sinusitis, or chronic sinus congestion.



CRYO ICE THERAPY

- **Pain and inflammation reduction:** Cryotherapy may help alleviate acute or chronic pain by numbing the affected area and reducing inflammation. It is often used to manage sports injuries, arthritis, and muscle soreness.
- **Muscle recovery and performance enhancement:** Athletes and fitness enthusiasts often turn to cryotherapy to aid in muscle recovery after intense workouts. The cold temperature can help reduce muscle damage and inflammation, leading to faster recovery times and potentially enhancing overall athletic performance.
- **Skin improvement:** Cryotherapy is sometimes used as a cosmetic treatment to improve the appearance of the skin. Exposure to extreme cold temperatures can stimulate collagen production, tighten the skin, and reduce the appearance of wrinkles, fine lines, and cellulite.
- **Increased metabolism and weight management:** Some proponents claim that cryotherapy can boost metabolism and aid in weight loss efforts. The theory is that exposure to cold temperatures may stimulate the body's brown fat, which can increase calorie burning and fat loss. However, more research is needed to confirm these effects.
- **Improved mood and mental well-being:** Cold exposure has been associated with the release of endorphins, which are natural mood-boosting chemicals. Some people report feeling energised, refreshed, and mentally invigorated after cryotherapy sessions.
- **Reduced symptoms of certain skin conditions:** Cryotherapy has shown promise in treating certain skin conditions like eczema, psoriasis, and dermatitis. The cold temperature can help reduce itchiness, inflammation, and redness associated with these conditions, providing temporary relief.



OXYGEN HYDROXY THERAPY

- **Increased Energy and Vitality:** Hyperbaric oxygen therapy can potentially enhance energy levels by improving oxygenation and circulation throughout the body. This may result in increased vitality and a sense of well-being.
- **Improved Cognitive Function:** Some people have reported improved mental clarity, focus, and cognitive function following hyperbaric chamber sessions. Enhanced oxygenation may support brain health and optimise neurological function.
- **Reduced Stress and Anxiety:** The calm and quiet environment inside a hyperbaric chamber, combined with the deep relaxation often experienced during sessions, can help reduce stress and anxiety levels. Many individuals find the enclosed space to be comforting and conducive to relaxation.
- **Enhanced Sleep Quality:** Hyperbaric oxygen therapy may contribute to better sleep quality. Improved oxygenation and relaxation can help regulate sleep patterns and promote restful sleep.
- **Anti-Aging Effects:** Increased oxygen delivery to tissues and the potential stimulation of collagen production may have anti-aging effects on the skin, potentially improving its texture, elasticity, and overall appearance.
- **Athletic Performance and Recovery:** Hyperbaric chambers have gained popularity among athletes for their potential to enhance performance and support recovery. By improving oxygen delivery to muscles, (HBOT) may help optimise athletic performance, reduce fatigue, and facilitate post-workout recovery.
- **Detoxification and Immune System Support:** HBOT may have detoxification effects on the body by promoting the elimination of toxins and aiding the lymphatic system. Additionally, enhanced oxygenation can support immune system function, potentially boosting overall immune health.