

# RESTORATION ZONE GUIDE

*Enter to Stress Less and  
Recover*



RESTORATION  
ZONE

*Your tranquil place to  
regenerate and restore  
balance through optimised  
practices to enhance your  
performance, recovery  
cognitive function and well  
being.*

# WHAT IS THE RESTORATION ZONE?

In order to function well, you must never lose your affinity in restoring your balance. That is why at Restoration Zone, we adhere to the ancient Chinese ideals of Yin and Yang, a harmonious co-existence of tangible dualities: darkness and light, hot and cold, sweet and sour.

Aligning our principles of balance, stability, and respecting the nature of diametrically opposing forces with those of Yin and Yang thus serve as the foundation of our health and wellness service.

We believe in the values of hard work, and hard work that is deserving of well deserved regeneration. Striking the right balance among careers, fitness regimes, family life and social spheres can be difficult when neglecting the fundamental propensity for rest and relaxation.

Here at Restoration Zone, we endeavour to reward our loyal clientele and patrons with revitalising 'me' time - a concept often misinterpreted as catering to one's selfish and egotistical desires.

By bettering yourself, you're bettering those around you and those in your most intimate circles. It is imperative to begin with yourself by encouraging it, challenging it, affirming it, and worshipping it.

You will find some of Brisbane's best and most qualified Yoga instructors facilitating classes at our centre.

The spaces are specifically designed to liberate your daily tensions and ease you into the depths of your inner self. With the clearest mind, an energised body, and a purified soul, in no time you will be the best you.

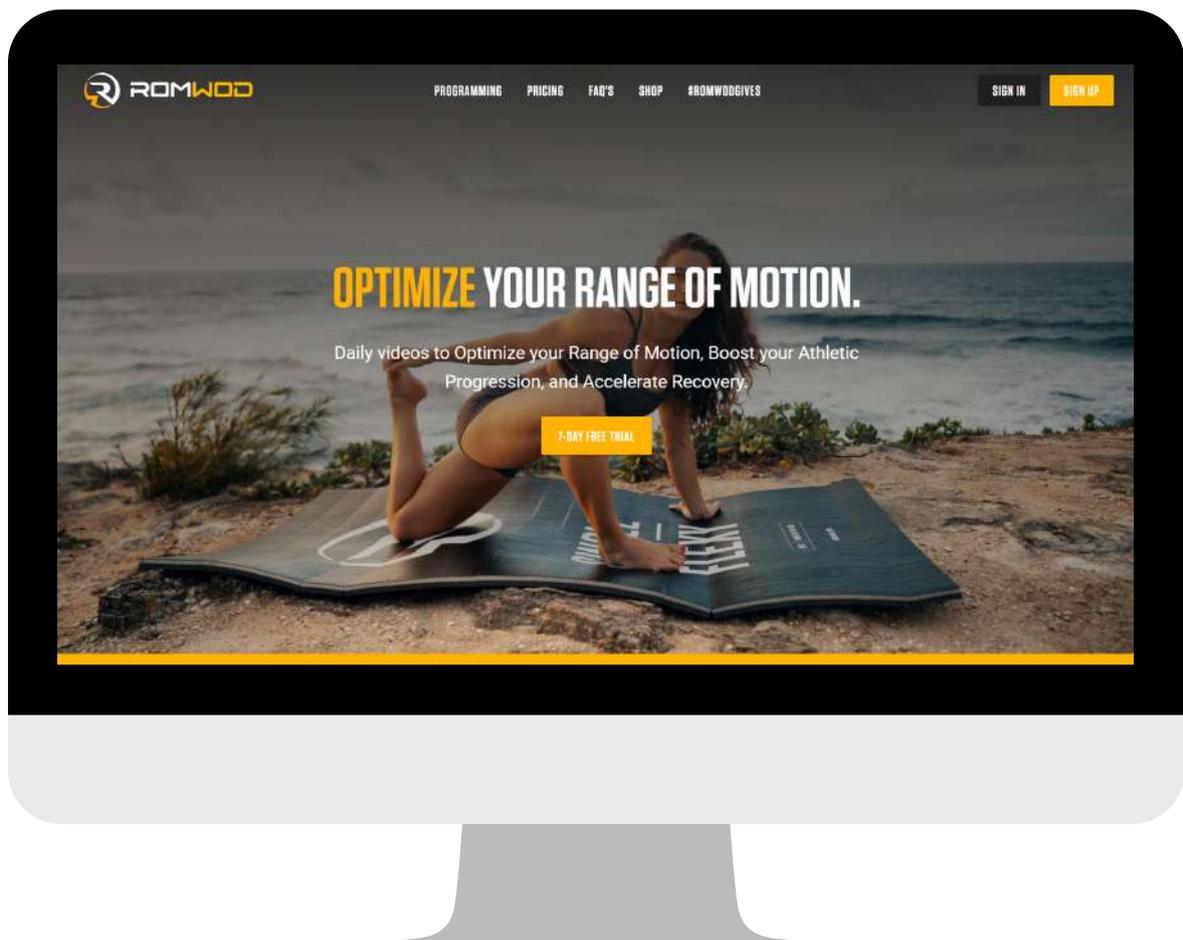
A happier you. A restored you.



Boost performance, optimise range of motion and accelerate recovery. These are some of the key benefits behind frequent ROMWOD implementation.

ROMWOD (standing for Range of Motion Workout of the Day) offers daily online Yin stretching routines based on ancient Kung Fu techniques that strengthen and open joints resulting in optimal range of motion.

You can sort and find routines by goal, the time you have available or the body part you want to focus on.

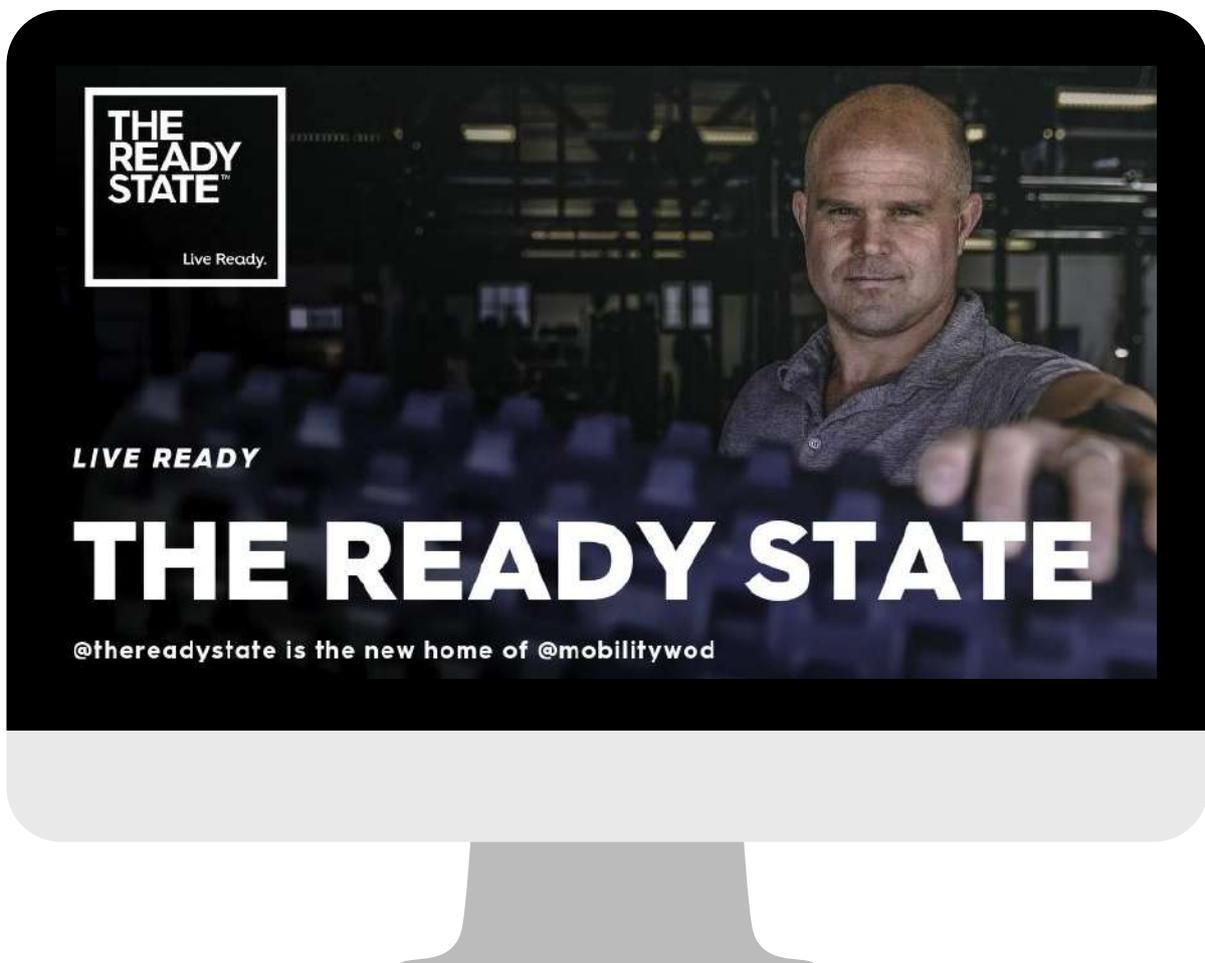


# THE READY STATE



If you are struggling with nagging pain, if poor range of motion is holding back your workouts or you're just trying to survive the modern workplace and poor posture it creates, the Ready State Virtual Mobility Coach may be your answer.

Created by Kelly Starrett, author of best seller 'Becoming a Supple Leopard', The Ready State will give you guided mobilisation videos customised to your body and lifestyle.



Utilising four unique scientific methods of relaxation, Brain Tap has been proven to assist with relaxation, restoration and help guide the user into a deeper state of meditation.

**Binaural Beats:** When two different tones, separated in frequency by only a few Hertz, are introduced – one in each ear – the brain perceives a third, unique tone. Binaural beats work by creating this phantom frequency, which the brain then mimics. This produces a state of calm and concentration in the brain, yielding the full effect of the guided visualization, and resulting in extraordinary levels of performance

**Guided Visualisation:** Visual imagery processing involves the individual setting aside a period for relaxation, during which he or she contemplates mental images depicting a desired result or goal.

This exercise is done during the spoken-word sessions to help the listener envision a consistent image (either literal or symbolic) of the results desired from the session.

**10 Cycle Holographic Music:** Specific sonic technology that produces a 360-degree sound environment.

In this sonic environment, the visualisations become more real to the mind, helping the user take full advantage of the power of the visualizations by creating a more receptive learning state.

**Isochronic Tones:** Isochronic tones are equal intensity pulses of sound separated by an interval of silence.

They turn on and off rapidly, but the speed depends on the desired brain frequency. The discrete nature of isochronic tones makes them particularly easy for the brain to follow.

# TRADITIONAL SAUNA

The high, dry temperatures of the sauna trigger an exodus of impurities and toxins present within the body, clearing pores and easing muscle tensions.

Such sweating alleviates symptoms of delayed onset muscle soreness, and cause blood vessels to dilate, which allow better blood flow and nutrient delivery to stiff areas.

Profound sweating experienced in the sauna is a highly effective way to remove toxins the body might have absorbed in several ways.



# STEAM ROOM

While our steam room also removes impurities from the body, its purpose differs from the sauna as it employs wet heat rather than dry heat.

Detoxification occurs through its steam healing, replenishing skin complexion and promoting circulation.

Whether it's after a stressful day of work or an intense workout, step into our steam room and let it seduce you into a deep, deserving unwinding.

Steam room therapy has been shown to reduce blood pressure, keep the heart healthier, optimise your recovery, reduce stress and improve your skin health.



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# INFRARED SAUNA



An infrared sauna is different to a traditional sauna in that it relies on emitting a type of heat and light that can penetrate deeper into the body, and can heal deep tissue.

Your skin temperature increases but your core temperature does not increase as much, so as long as you are able to open your pores and perspire, you should be able to maintain temperature balance.

Using an infrared sauna can improve your body's ability to detoxify, reduce muscle soreness and assist in recovery.



# RED LIGHT THERAPY



Red light therapy is a simple, non-invasive treatment that delivers concentrated natural light to your skin and cells.

It is quick and easy: all you have to do is sit or stand in the light for 5 to 15 minutes to give the mitochondria in your cells the natural light they need to make the energy that powers your body.

LED light therapy (or photobiomodulation) is like photosynthesis for the body. It is a painless, non-invasive form of treatment that uses specific wavelengths of light to charge your cells and promote faster, deeper healing.

It uses a combination of red, yellow, and infrared light to help heal the body from the surface of your skin all the way down to the bone. These devices also have innovative pulsating or steady light options to promote rapid healing and pain relief.



# HYPERVOLT THERAPY



The Hypervolt guns assist with recovery through scientifically backed percussion therapy.

Percussion therapy accelerates and enhances the repair of muscle fibres by providing rapid bursts of pressure in concentrated, short-duration pulses deep into the tissues of the body.

It relaxes thickened connective tissue, helps to break down adhesions and internal scar tissue, provides improved circulation in the veins and lymphatic system, enhances flexibility through gentle stretching, and increases range of movement.



# ICE BATH

Ice baths are commonly used by many athletes around the world as a recovery protocol to aid in reducing soreness, inflammation and flush lactic acid – minimising fatigue and maximising performance.

The cold water causes blood vessels to tighten or constrict sending blood closer to your core & heart to maintain warmth.

Circulation is then accelerated causing accelerated muscle recovery.

In more recent times the treatment has been popularised by people such as world record holder Wim Hof, through his Wim Hof Method.

Research shown a cascade of health benefits including hormone balancing, endorphin production, improved immunity and reduced inflammation .



# NORMATEC



Normatec compression boots are designed to improve your body's ability to recover, relieve tension and tightness in the legs.

It does this by applying pressure and increasing circulation to the lower limbs, which assists in the delivery of vital nutrients required to allow you to recover quicker and become stronger, fitter and faster in your next training session.

Similar to the kneading and stroking performed during a massage, each segment of the boot will first compress in a pulsing manner and then release.

This will repeat for each segment as the compression pattern works its way up your limb.



# YOGA

Regular yoga practice has been found to create mental clarity and calmness; increase body awareness; relieve chronic stress patterns; relax the mind; center attention; and sharpen. concentration.

It can also improve muscle and joint strength, blood flow, and enhance cognitive processes.

Our yoga classes will restore your sense of energy and balance, improve your sleep and reboot your nervous system.

Choose from a range of styles including Yin, Hatha, Vinyasa, Alignment and Power Yoga located in our Restoration Zone Studio.



# REFORMER PILATES

Whether you're a pro athlete, office worker or new to working out, our Reformer Pilates classes will help strengthen and tone your whole body, while also increasing flexibility, balance and mental focus.

Reformer Pilates is for people looking to get toned, improve balance and increase strength.

Choose Your Class:

Dynamic Pilates - Expect a challenging class that will improve your overall strength, balance, coordination and posture.

Alignment Pilates - Focus on improving spinal mobility, muscle tone, flexibility and developing core strength.



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# RECOVERY PROTOCOLS

*I'm feeling:* fatigued and sore

**AIM: Reduce fatigue sensations / reduce swelling / increase blood flow / enhance onset of sleep**

1. 2-3 min Cold / 5-10 min Sauna / 2-3 min Cold / 5-10 min Steam / 2-3 min Cold. Or,  
2.5 min Cold / 10-20 Steam or Sauna / 5 min Cold

*I'm feeling:* fatigued after intense session

**AIM: Reduce fatigue sensations / reduce swelling / increase blood flow / enhance onset of sleep / decrease body temp / decrease sweat rate / increase comfort / enhance muscle repair / repair muscle soreness**

1. 10 Minute Cold Therapy

# RECOVERY PROTOCOLS

*I'm feeling:* stressed, burnt-out, fatigued

**AIM: Reduce cortisol levels, improve quality of sleep**

1. ROMWOD Daily routine (10-20min)
2. Protocol 1 for contrast therapy (20-30min)
3. Braintap meditation, ideally Stress-Free me or SleepRX

*I'm feeling:* sore, lacking motivation

**AIM: Relieve DOMS, promote circulation, mental preparation**

1. Hypervolt therapy guns on targeted areas (10-15mins)
2. The Ready State targeted pain protocols (10-20min)
3. Protocol 1 for contrast therapy (20-30min)
4. Braintap meditation, ideally Optimal Health or Wake Up

# RECOVERY PROTOCOLS

*I'm feeling:* ready to warm-up

**AIM: Improve range of motion, accelerate efficiency of warm-up**

1. Hypervolt therapy guns on targeted areas (10-15mins)
- The Ready State targeted pain protocols (10-20min)

*I'm feeling:* Just finished a workout

**AIM: Reduce DOMS, increased circulation to remove muscle waste from session**

1. Protocol 2 contrast therapy (10-15min)
  2. ROMWOD targeted areas from workout (eg. Hips + ankles from squats)
- Acupressure mats (10-15min)

*I'm feeling:* great, just need maintenance

**AIM: Sustain balance, reduce risk of injury**

1. Hypervolt Therapy (10-15min)
2. ROMWOD OR The Ready State suitable video(15-20min)
3. Protocol 1 for contrast therapy (20-30min)



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