



THE BODY LAB



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WELCOME TO THE BODY LAB


Through embracing advances in science and technology, the human body is capable of more than ever before.


We aim to empower your health and performance journey by utilising our three key pillars - Performance, Recovery and Nutrition.


Our latest preventive and regenerative treatments are available to all; elite athletes, busy executives or any other health conscious life athletes alike. Our performance optimisation facility can help you reach your goals and provide innovative ways to excel in your health journey.


Explore the innovative technologies and globally renowned specialist therapies to fully optimise your mind and body.


Get in contact with us and start your Body Lab experience today.

 The Body Lab
151, 153 Kensington High St,
London
W8 6SU

 reception@thebodylablondon.com

 020 7937 5853

 www.thebodylablondon.com

 @thebodylablondon





FLOAT

Float into an effortless form of enhanced recovery by completely removing sensory stimuli and entering a deep relaxation.

Freed from the sensation of gravity, temperature, touch, sight and sound, you can conserve and redirect vast amounts of physical and mental energy. These sensations account for 90% of neuromuscular activity and prevent us from ever truly switching off.

Our Dreampod contains over half a tonne of Epsom salts, which help you reduce aches, pains and inflammation. Similarly, the ultra-deep relaxation of floating can accelerate recovery from the effects of stress, illness, injury or strenuous exercise.

- OPTIMISE RECOVERY
- PROMOTE RELAX & DETOXIFICATION
- OPTIMISE CELLULAR HEALTH
- INCREASE ENERGY & STAMINA
- RAPID INFLAMMATION REDUCTION & PAIN RELIEF





HYPERBARIC OXYGEN THERAPY

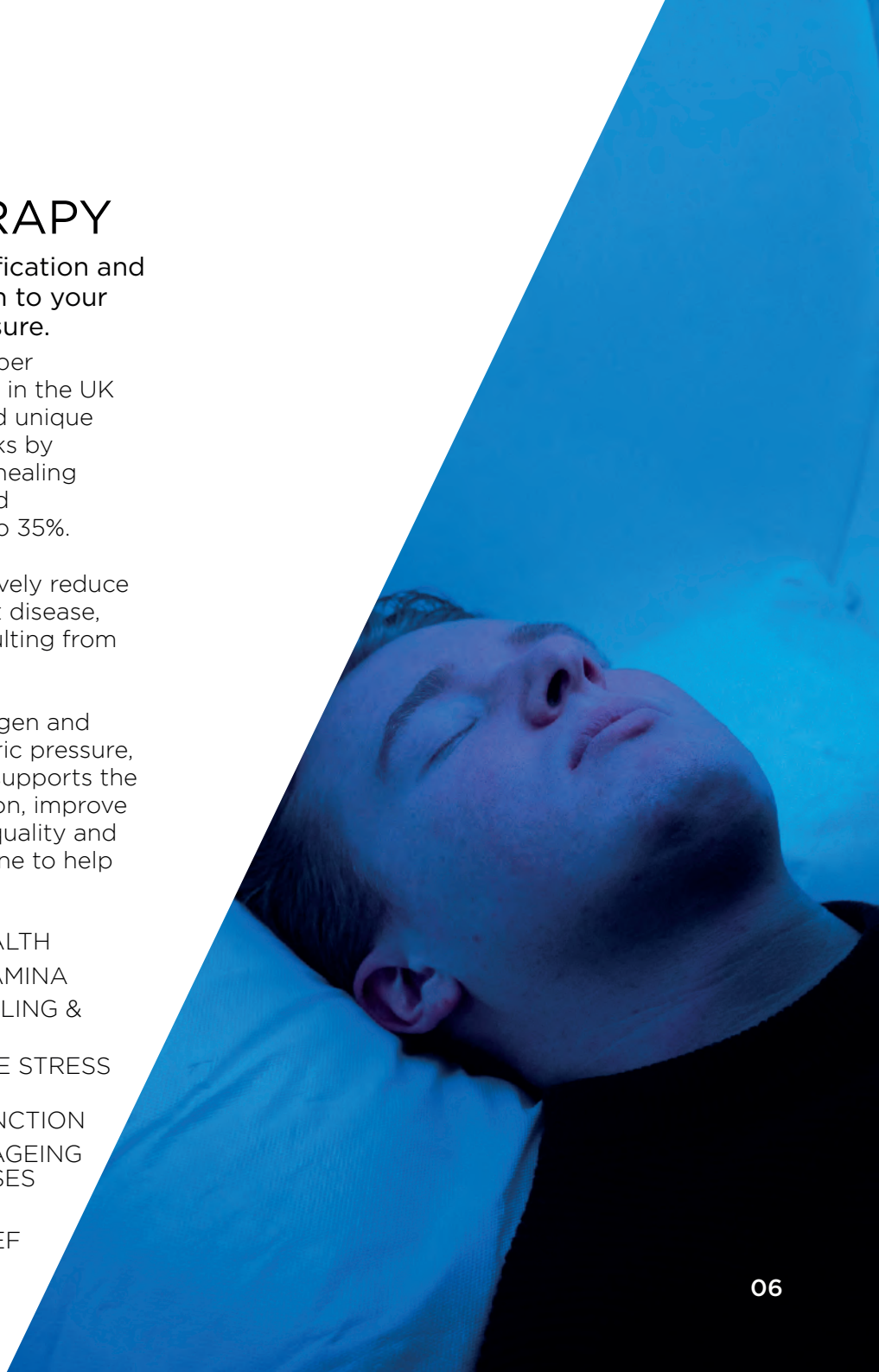
Revitalise, optimise detoxification and support oxygen absorption to your cells via atmospheric pressure.

The hyperbaric oxygen chamber (Airpod) is the first of its kind in the UK and provides an effortless and unique wellness experience that works by speeding up the body's own healing process through the increased absorption of oxygen by up to 35%.

Hydrogen is proven to selectively reduce 'free radicals', helping prevent disease, degeneration and ageing resulting from oxidative stress.

Through this increased hydrogen and oxygen to cells via atmospheric pressure, hyperbaric oxygen therapy supports the body to optimise detoxification, improve mental clarity, deepen sleep quality and improve the well-being baseline to help you thrive in everyday life.

- OPTIMISE CELLULAR HEALTH
- INCREASE ENERGY & STAMINA
- ADVANCED WOUND HEALING & POSTOPERATIVE REPAIR
- REDUCTION IN OXIDATIVE STRESS & DETOXIFICATION
- IMPROVE COGNITIVE FUNCTION
- DELAYS THE ONSET OF AGEING & DEGENERATIVE DISEASES
- RAPID INFLAMMATION REDUCTION & PAIN RELIEF







CRYOTHERAPY

Embrace the cellular benefits of cold exposure therapy through our unique state of the art dual cryo chamber, reaching lows of -110c.

Cryotherapy is a performance enhancing and therapeutic process of reducing the body's temperature through extreme cold application. A decrease in inflammation and oxidative stress, improved endorphin release, increased metabolism and the detoxification of cells are but a few of the benefits you can expect with continuous cryotherapy treatment.

- OPTIMISE RECOVERY
- REDUCE INFLAMMATION
- REDUCE OXIDATIVE STRESS
- ACCELERATE FAT LOSS & INCREASE METABOLISM
- COLLAGEN PRODUCTION
- IMPROVE PAIN THRESHOLD



Wattbike

NUCLEUS



RED LIGHT THERAPY

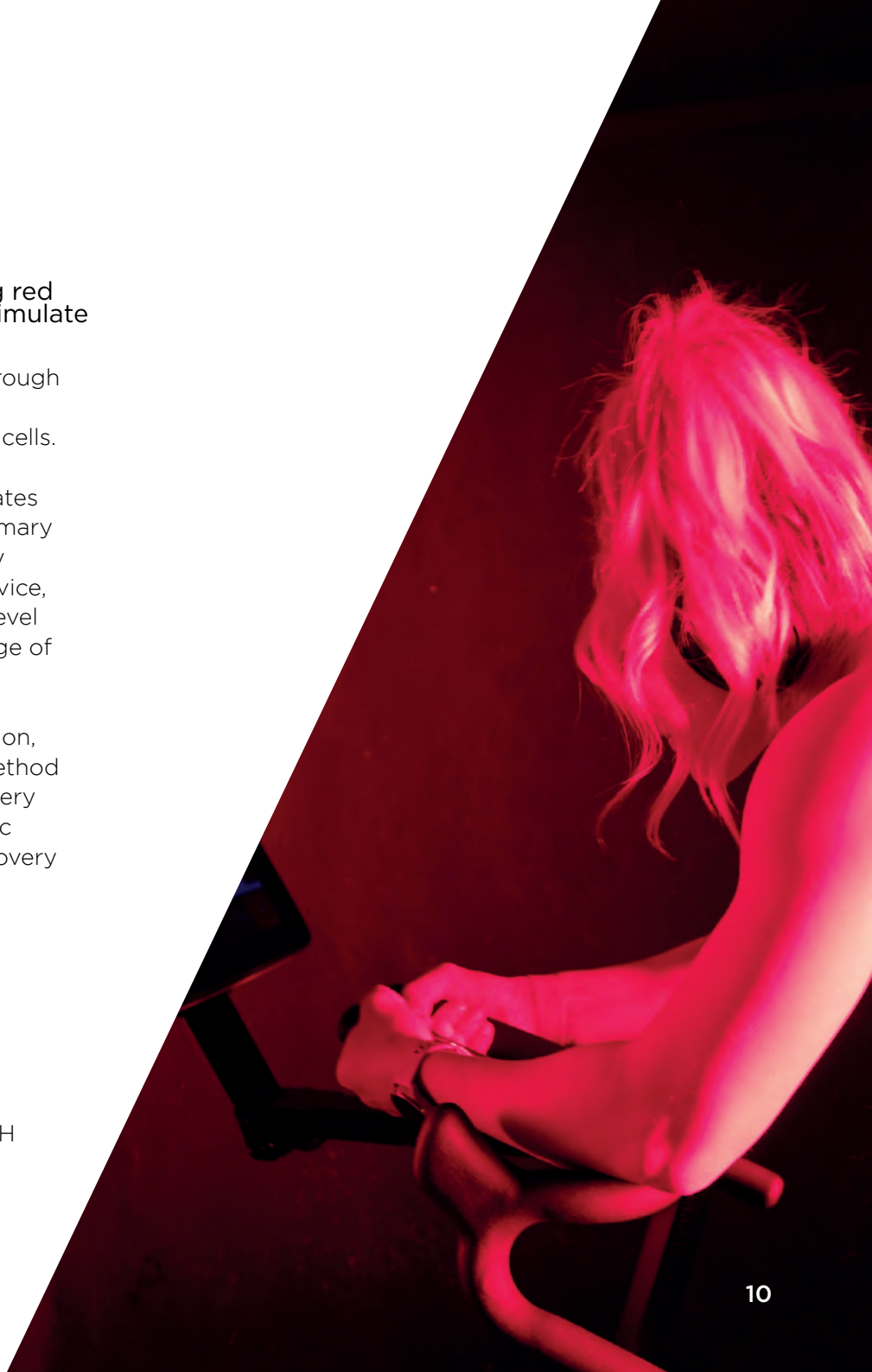
Leverage the power of light through Phototherapy using red and near-infrared light to stimulate cells & enhance recovery.

Leverage the power of light through phototherapy using red and near-infrared light to stimulate cells.

Red light therapy (RLT) stimulates our mitochondria, our cell's primary energy producer. Performed by sitting in front of a red light device, this absorption at the cellular level enables us to experience a range of biological benefits.

Due to its noninvasive application, RLT is an excellent recovery method that you can add to your recovery routine to enhance your athletic performance and minimise recovery time.

- REDUCED INFLAMMATION
- PAIN RELIEF
- IMPROVED SKIN HEALTH
- ENHANCED ATHLETIC PERFORMANCE
- IMPROVED MOOD
- IMPROVED MENTAL HEALTH SYMPTOMS







INFRARED CABINS

Harness the power of light in a comfortable infrared cabin to provide performance enhancing light exposure benefits and relaxation.

A full-spectrum infrared cabin utilises various wavelengths of infrared light to promote revitalisation by targeting the body's soft tissue and increasing circulation.

Infrared heat provides the same health benefits as natural sunlight but without the dangerous effects of solar radiation. These rays can penetrate fat cells, causing vasodilation and stimulating your metabolism to aid in weight loss.

- ACCELERATE FAT LOSS & INCREASED METABOLISM
- MUSCLE PAIN RELIEF
- EASE JOINT PAIN & STIFFNESS
- DETOXIFICATION
- IMPROVES SKIN
- REDUCE STRESS & FATIGUE



PERSONAL TRAINING

Experienced and specialised performance team to guide you on your journey, helping with accountability, achieving your goals and maximising performance.

Your personal health concierge will begin crafting a bespoke program using the data gained from your physical, biomarkers and 3D body scan. This program will set its sights on your over-arching goal while accounting for your current performance level. Your trainer will be with you every step of the way and will ensure your experience is the bespoke and optimal.

Utilising our globally renowned specialists, equipment and knowledge base, your programme is optimised with each pillar in mind. Everyone is different, with different goals in which we recognise, every detail is crucial to optimal output.

- HIGHLY EXPERIENCED TRAINERS
- OPTIMISE BIOMECHANICS
- SYNERGIZED PLANS
- ELITE EQUIPMENT ACCESS
- BESPOKE COACHING







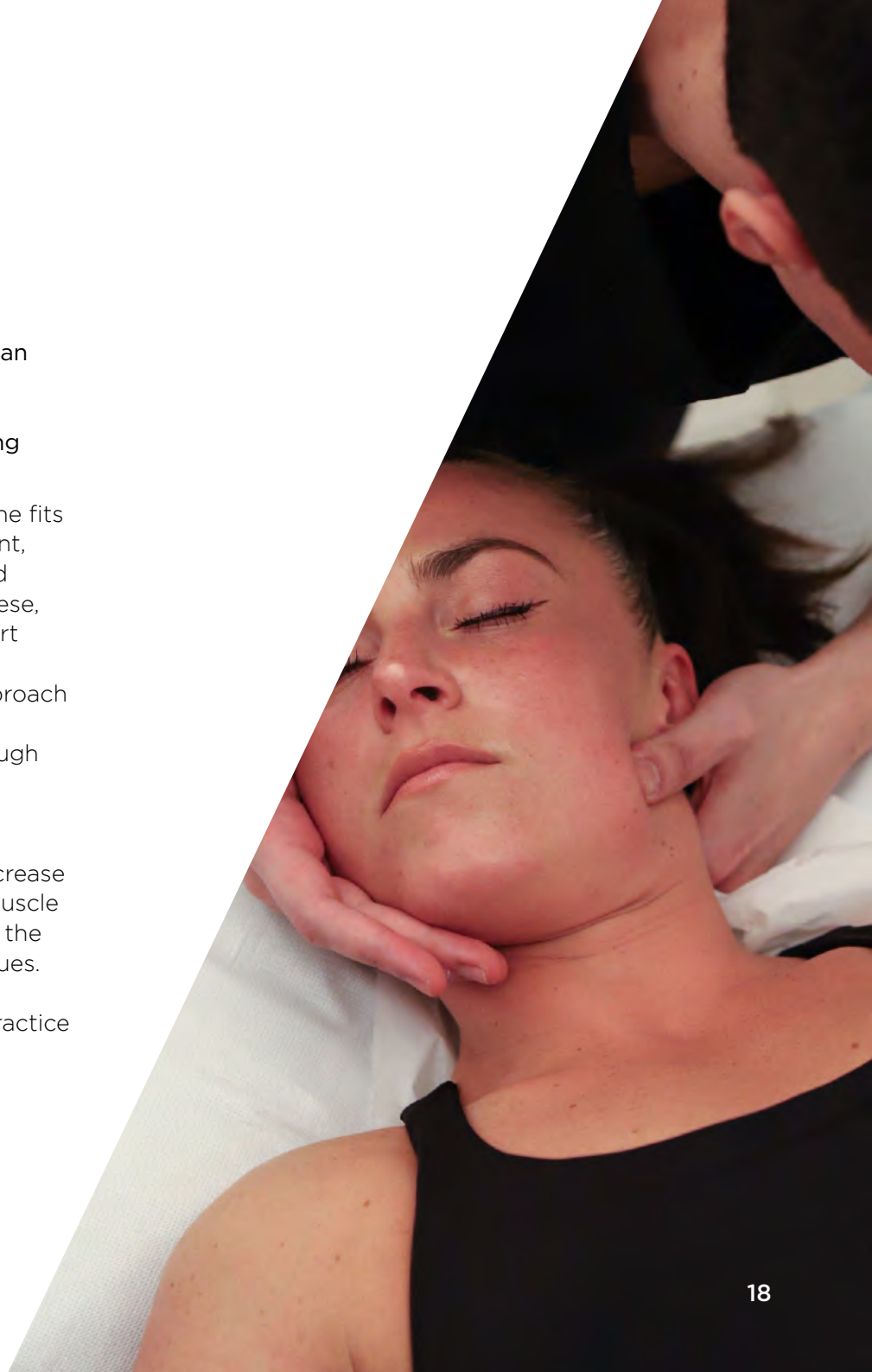
OSTEOPATHY

Tackle underlying causes with an interconnected approach to recovery, pain and mobility - natural healing with long-lasting benefits.

“In medicine there is never a one fits all solution. Everyone is different, and therefore has to be treated differently.” - Emanuele Calabrese, Osteopath MSK and Pain Expert

Emanuele’s transformative approach aims to restore the body’s self-healing mechanisms. Through the use of touch, physical and technological manipulation, stretching and soft tissue techniques, osteopathy can increase the mobility of joints, relieve muscle pain and tension, and enhance the blood and nerve supply to tissues.

A crucial part of Emanuele’s practice is to provide his clients with education and knowledge.







SPORT THERAPY

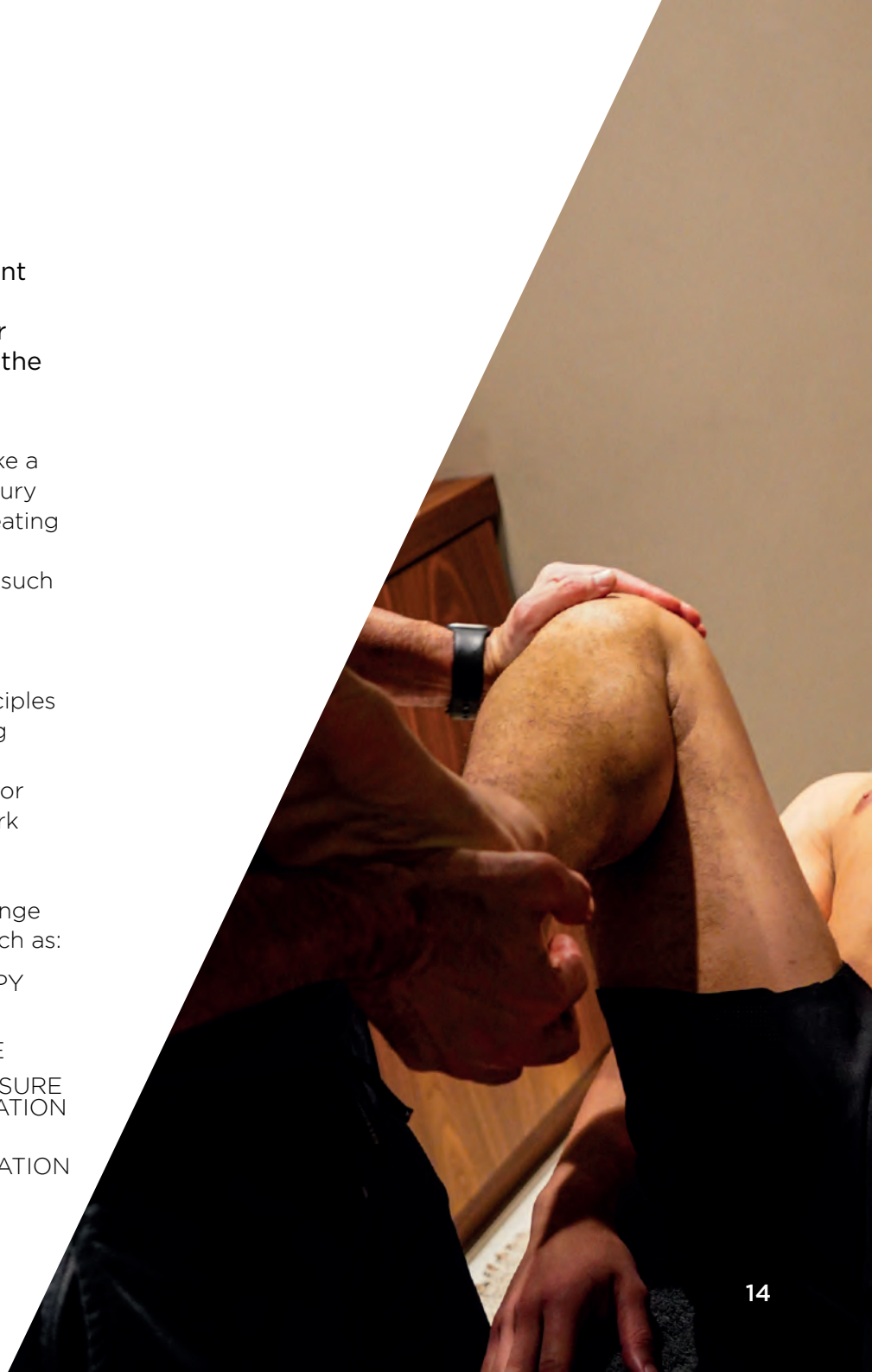
Treat, rehabilitate and prevent injuries using techniques designed to strengthen your body in the present and for the future.

Alongside other recovery and performance specialists, we take a comprehensive approach to injury management. In addition to treating injuries, sports therapy often includes prevention strategies, such as adequately warming up and cooling down.

Sport Therapy utilises the principles of sports science, incorporating physiological and pathological processes to prepare yourself for your daily life, competition, work and for training.

You can benefit from a wide range of sport therapy treatments such as:

- SPORTS MASSAGE THERAPY
- LYMPHATIC DRAINAGE
- THE GASTON TECHNIQUE
- STRETCHING & DEEP PRESSURE TO EASE PAIN & INFLAMMATION
- MANUAL SOFT TISSUE MANIPULATION & MOBILISATION







MIND-BODY INTEGRATION COACH

Understand and align your mind-body connection for optimal performance and recovery in and outside the gym.

Our specialist Nic Darke, creator of INNATE®, combines Instinctive Meditation, breathing practices, talking therapies, psychological drivers, movement, and lifestyle optimisation, to unwind the root cause of any limiters as well as optimise personal potential.

Meet, metabolise and master life fully. Benefits include:

- DEEP PRESENCE & SELF TRUST
- STRESS, EMOTION & TRAUMA PROCESSING
- MINDSET, BELIEF & HABIT CHANGE
- PERFORMANCE & ENERGY MANAGEMENT
- OPTIMISED HEALING & REGENERATION





THE SKIN LAB

High-performance skin and health focused procedures that combine aesthetic techniques with science-backed technologies.

With over 14 years of experience, our in-house nurse practitioner Rachel provides a full comprehensive skin consultation, written treatment plan and guidance to help bring back your confidence.

“The Skin Lab is your sanctuary where we provide high performance procedures that combine scientific based medical skincare with injectable treatments. These injectables focus on the stimulation of collagen, fibroblasts and cellular rejuvenation. Taking your skin to new levels of firmer, radiant and healthy skin.” Rachel McCusker, Registered nurse prescriber

A range of procedures are now available from our skin clinic, including:

- PROFHILO
- MICRONEEDLING PLUS PRP
- HYDRO FACIALS
- IV DRIPS
- SKIN CONSULTATIONS



WORLD SERIES OF
EST. 2017
CYROX
NESS RACING

MEMBERS LOUNGE

A dedicated place to relax, enjoy a delicious drink and find a quiet moment to be present in a hectic world.

We've designed our Member's Lounge to provide members with a comfy, spacious area to relax and recoup after an intense workout or enjoy pre and post-training and therapies.

Members can access our Modbar coffee lounge with premium, freshly roasted beans and a range of nutritional protein shakes to support their gains or provide some much-needed time away from the busyness of life.

Bright, natural light helps to support your circadian rhythm during your breaks, keeping you attentive to handle what the day has to throw at you.







NUTRITION

Deep nutritional knowledge and guidance to provide a pathway to optimal nutrition, meeting your performance and health goals.

Our knowledgeable registered nutritionist (RNutr) and registered nutritional therapist, Melanie Wilkinson can provide you with bespoke diet and lifestyle support, helping your body restore its optimal health through improved gut function and cellular nourishment. From main meals to snacking and more, our therapists have a plan in place that addresses your specific dietary needs.

Melanie has a range of different packages, all tailored to suit your individual needs in which can include recipe ideas, structured food plans and support, educational handouts, and much more. You can expect a comprehensive health and lifestyle assessment, a blood analysis review, behavioural support, functional laboratory test recommendations and a personalised nutrition, lifestyle and supplement plan.





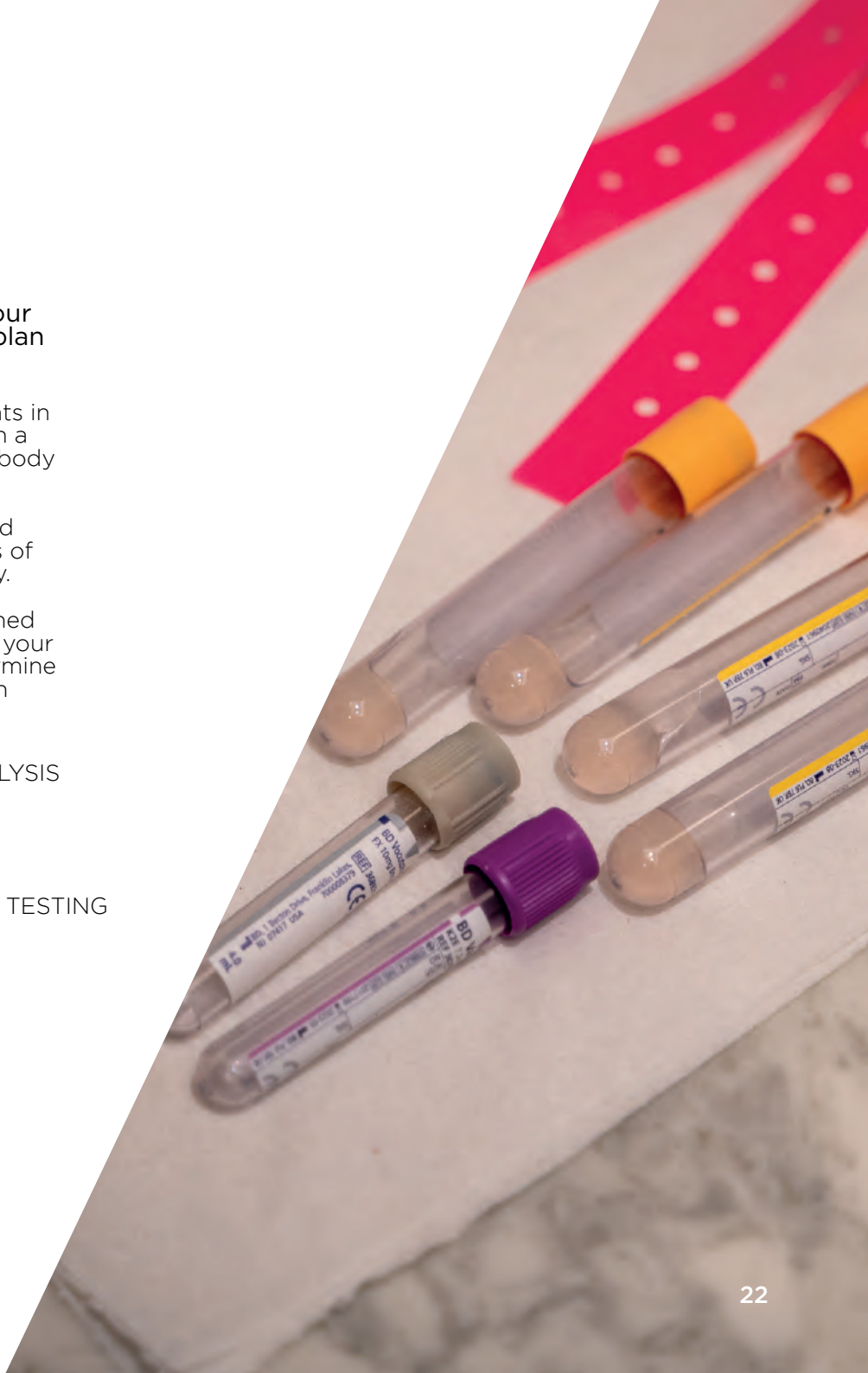
BIOMARKER ANALYSIS

Science-backed biometric information to help guide your unique health optimisation plan and future growth.

Utilising the latest advancements in diagnostic testing, you can gain a greater understanding of your body through biomarker analysis, including blood testing, DNA analysis, microbiome panels and more. These measure hundreds of critical biomarkers in your body.

The comprehensive data obtained provides a complete picture of your current health, helping to determine your unique health optimisation plan.

- BLOOD TESTS & DNA ANALYSIS
- HORMONAL TESTING
- GUT HEALTH ANALYSIS
- AUTO-IMMUNE SCREEN
- ALLERGY & INTOLERANCE TESTING







COMPRESSION & PERCUSSIVE THERAPY

Enhanced recovery and muscle relaxation options for pre and post-exercise performance optimisation.

Compression and percussive therapy work hand in hand to provide optimal recovery and performance enhancement for life athletes. Compression garments, like our specialised compression trousers, enhance blood circulation, helping to deliver oxygen and nutrients to muscles more efficiently and reducing inflammation.

Compression can be used passively, such as during a hyperbaric oxygen treatment session or relaxing in the member's lounge. Percussive therapy has a similar impact; muscle relaxation, pain relief, improved circulation and injury prevention. Using handheld devices, like our Therabody range, percussive therapy delivers rapid, repetitive pulses to targeted muscles, perfect for post-exercise recovery.

