

RECOVER

PROGRAMME	DURATION	CREDITS	CAPACITY	INCLUDES	EXPERIENCE
Contrast Reset	50 min	1	8 pax	Sauna · Cold Plunge · Thunder Spa	Choose from suggested thermal journeys or explore the facilities at your own pace.
Guided Contrast Therapy	50 min	1	8 pax	Sauna · Cold Plunge · Thunder Spa · Guided Host	A fully hosted thermal journey with guided sequencing through heat, cold and recovery.
Guided Cold Plunge with Breathwork	50 min	1	8 pax	Breathwork · Cold Preparation · Cold Plunge · Recovery	A guided approach to cold immersion using breathing, preparation and controlled recovery.
Recovery Duo	50 min	1	2 pax	Choose any 2: Red Light · Hydrogen · Compression Boots	Choose your own pairing or follow one of Takun's suggested recovery journeys.
Guided Meditation	50 min	1	2 pax	Meditation · Mindfulness	An intimate guided practice centred around breathing, awareness and stillness.
Sound Bath	50 min	1	12 pax	Sound Healing	An immersive sound-led experience centred around stillness and deep relaxation.
Mindful Reset	50 min	1	12 pax*	Gentle Movement · Breathwork · Sound Healing	Begin with gentle movement, transition into breathwork and finish in sound and stillness.
Forest Stillness	50 min	1	8-10 pax*	Nature Immersion · Guided Breath · Meditation	A slower guided experience using Takun's natural surroundings as part of the recovery journey.

INCLUDED WITH RECOVER

INBODY WELLNESS CHECK-IN	Included · No Programme Credit Required
Guests participating in RECOVER may receive an InBody body composition assessment as part of their Takun wellness experience.	
NUTRITION & DIETITIAN GUIDANCE	Available on Selected Dates
Dietitian-led guidance can complement the InBody assessment, helping guests better understand nutrition and lifestyle considerations.	