

Private Wellness as a daily habit

Taking care of yourself and nurturing your wellness as a good daily practice is the best way to stay healthy for a long time.

We design innovative solutions that meet the desire of those who want to live a Wellness experience in the privacy of their home, even in few square metres.

Exclusive Design

We develop comfortable and technological environments that introduce wellness and health into everyday life, as the priority for a correct and healthy lifestyle. Our Wellness solutions allow to create unique spaces characterised by a **modern design**, that blend perfectly in the taste, colours, and shapes of your home.

We create unique environments with an exclusive design and a strong style character. Items that redefine the very concept of experiencing well-being, transforming each space in a place to feel and perceive with your senses.

We have interpreted both the aspect and the style of wellness products from a modern perspective, applying the innovative design of cutting-edge architecture. A distinctively contemporary style that actualises ancient traditions connected to health and self-care.

Quality

A **professional spa performance at home**. Quality of materials, beauty of shapes and utmost attention to details: these are the characteristics that make our wellness solutions stand out. Every project that we develop represents our desire to bring excellence to every Wellness area.

Harmoniously **combining technology and well-being** is a daily challenge for us. It is the main goal of our entire team: engineers, developers and programmers work every day to develop the best Wellness solutions, to combine design, technology, innovation, quality and hygiene, comfort, reliability, and duration.

One of the main goals of our R&D department is to monitor and improve the performance of materials, so that they are functional to the environments where they are installed – which can be a real challenge when heat and humidity come into play. It is therefore essential for us to select the most appropriate ones, to ensure **the best aesthetic result and a longer life for all our Wellness solutions**.

Projects

We are innovators in the Wellness sector, and we create tailor-made solutions to meet every request. We design unique and customised environments that meet our clients' need in terms of space, design, and well-being. We develop performing products and programs through the application of scientifically tested methods and modern technological systems.

Starpool Web: <https://www.starpool.com/private-wellness>

Best regards,
Wellness Solutions SIA
+370 697 99074
aicollections@tutaimail.com



STARPOOL

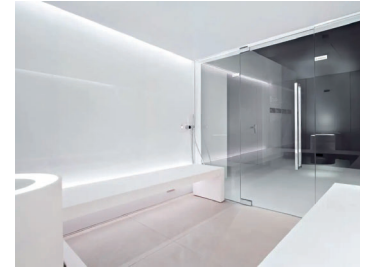
Home
Wellness
Index



https://www.starpool.com/spa_system-pro
spa_system® pro



<https://www.starpool.com/products/finnish-sauna>
Sauna



<https://www.starpool.com/products/steam-room>
Steam Room



<https://www.starpool.com/products/infrared-therapy>
Infrared Therapy



<https://www.starpool.com/products/steam-shower>
Steam Shower



<https://www.starpool.com/products/experience-shower>
Experience Shower



<https://www.starpool.com/products/reaction-therapy>
Reaction Therapy



<https://www.starpool.com/products/pool>
Pool



<https://www.starpool.com/products/relax>
Relax



<https://www.starpool.com/products/health-innovation>
Health Innovation



<https://www.starpool.com/products/smart-technology>
Smart Technology

STARPOOL

spa_system® pro

spa_system® pro is an innovative format, designed to make a place that's rich in potential more performing: the spa. Developed in collaboration with a team of thermal and sport doctors, spa_system® pro allows to **achieve maximum benefit** through the correct usage of spaces and wellness equipment.

This simple and innovative tool helps hotel and spa managers to **identify the most suitable Wellness programs** for their guests, allowing them to offer an exclusive, safe and effective experience.

spa_system® pro **combines specific products and programs**, indicating the correct equipment sequence and alternation between the different kinds of heat, cold reaction and rest session, as well as the duration phase to achieve the desired results.

The physiological effects connected to the application of the Starpool method are significant and lead to numerous benefits: all the resources work together to **make the most of each piece of equipment**.

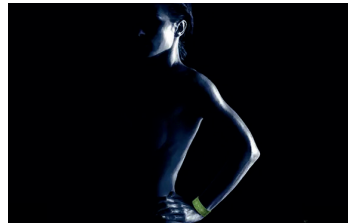
Thanks to an **in-depth analysis of the needs of spa regulars** and to the continuous research activity of our Scientific Research Department, we identified the areas where our technologies can have the best impact among the most significant ones for people's health: stress management, sleep quality, psycho-physical performance and longevity.

After these domains, we developed four programs based on our DNA which alternates heat, water, and rest:



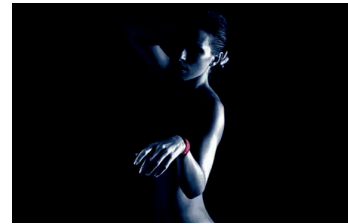
Stress management

Stress is a daily condition that greatly impacts our life. If unmanaged, negative stress – also referred to as distress – can become chronic, progressively reducing psycho-physical performance and increasing the risk of diseases. The program Stress management aims to control physical and mental stress to **favour the balance between mind and body**, increase focus, release tension and train the mind to react to very stressful circumstances.



Longevity

The program Longevity helps to live **healthily**, maximizing physical and mental well-being. Although the improvement of life expectancy is a great victory in itself, the true challenge is improving life quality. Acquiring a correct lifestyle, including good nutrition, physical exercise and stress management, is essential to maintain general health and strengthen the immune system. This program is **ideal to protect one's health**, prevent age-related diseases and slow down the natural ageing process.



Performance

The program Performance aims at **physical recovery and mental focus**, granting energy and lucidity in every circumstance. Taking care of one's own mind is important to maintain focus and take on daily challenges with lucidity. On the other hand, it is fundamental to devote time to recovery after physical activity in order to make the most of performance and ensure sustainable results in the medium to long term. **The program Performance is ideal to favour top psycho-physical performance at all times**, at work and in daily life, allowing you to face every day with energy and determination.



Sleep

The program Sleep aims to improve sleep quality, acting as a guide to find the natural sleep-wake balance naturally. Through targeted techniques, this program helps to relax the muscles, empty the mind from negative thoughts and prepare the body for regenerating rest. Sleep – regulated thanks to circadian rhythm, is paramount for physical and mental well-being; however, factors such as stress and physiological changes can alter it. **This program helps to restore sleep cycles**, promoting the regeneration of both body and mind.

STARPOOL

Sauna



<https://www.starpool.com/products/classic-sauna>

Classic Sauna



<https://www.starpool.com/products/soul-sauna>

Soul Sauna



<https://www.starpool.com/products/nature-sauna>

Nature Sauna



<https://www.starpool.com/products/shade-sauna>

Shade Sauna



<https://www.starpool.com/products/sweet-sauna>

Sweet Sauna



<https://www.starpool.com/products/i-con-sauna>

I.Con Sauna



<https://www.starpool.com/products/sport-sauna>

Sport Sauna



<https://www.starpool.com/products/glamour-sauna>

Glamour Sauna

STARPOOL

Steam Room



<https://www.starpool.com/products/shade-steam-room>

Shade Steam Room



<https://www.starpool.com/products/soul-steam-room>

Soul Steam Room



<https://www.starpool.com/products/classic-steam-room>

Classic Steam Room



<https://www.starpool.com/products/glamour-steam-room>

Glamour Steam Room



<https://www.starpool.com/products/sweet-steam-room>

Sweet Steam Room

STARPOOL

Sauna & Steam Combinations



<https://www.starpool.com/products/collections/shade-collection>

Shade Collection



<https://www.starpool.com/products/collections/sweet-collection>

Sweet Collection



<https://www.starpool.com/products/collections/soul-collection>

Soul Collection

Note: Combinations are available for the "Classic" and "Glamour" collections in the built-in version.

STARPOOL

Infrared Therapy



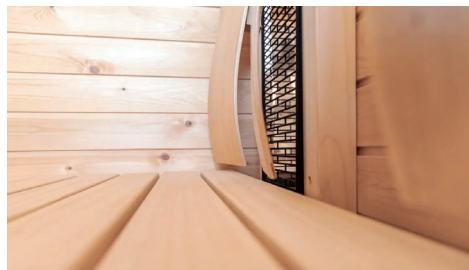
<https://www.starpool.com/products/classic-infrared-cabin>

Classic Infrared Cabin



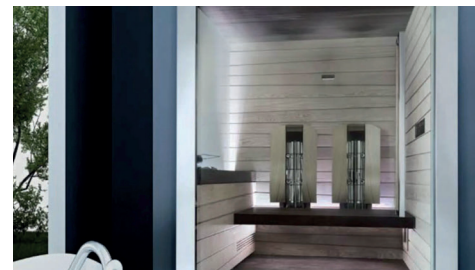
<https://www.starpool.com/products/sport-infrared-lounger>

Infrared Lounger



<https://www.starpool.com/products/soul-sauna>

Soul Combi Sauna



<https://www.starpool.com/products/sweet-infrared-cabin>

Sweet Infrared Cabin



<https://www.starpool.com/products/infrared-seat>

Infrared Seat



<https://www.starpool.com/products/glamour-sauna>

Glamour Combi Sauna



<https://www.starpool.com/products/sport-infrared-cabin>

Sport Infrared Cabin

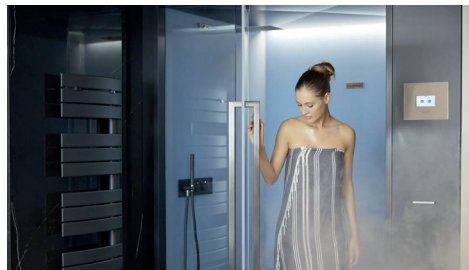
STARPOOL

Steam Shower



<https://www.starpool.com/products/shade-steam-shower>

Shade Steam Shower



<https://www.starpool.com/products/soul-steam-shower>

Soul Steam Shower



<https://www.starpool.com/products/sweet-steam-shower>

Sweet Steam Shower

STARPOOL

Experience Shower



<https://www.starpool.com/products/shower-one>

Shower One



<https://www.starpool.com/products/shower-head>

Shower Head



<https://www.starpool.com/products/tropical-rain>

Tropical Rain



<https://www.starpool.com/products/summer-storm>

Summer Storm



<https://www.starpool.com/products/warm-breeze>

Warm Breeze

STARPOOL

*Reaction
Therapy*



<https://www.starpool.com/products/ice-bath>

Ice Bath



<https://www.starpool.com/products/ice-fall>

Ice Fall



<https://www.starpool.com/products/cold-breeze>

Cold Breeze



<https://www.starpool.com/products/cold-storm>

Cold Storm



<https://www.starpool.com/products/cold-rain>

Cold Rain

STARPOOL

Pool



<https://www.starpool.com/products/relax-pool>

Relax Pool



<https://www.starpool.com/products/family-pool>

Family Pool



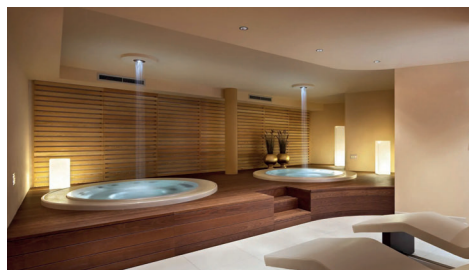
<https://www.starpool.com/products/cold-pool>

Cold Pool



<https://www.starpool.com/products/saltwater-pool>

Saltwater Pool



<https://www.starpool.com/products/hot-tub>

Hot Tub



<https://www.starpool.com/products/hot-tub/air-bath>

Air Bath

STARPOOL

Relax



<https://www.starpool.com/add-value-to-relax>

Salt Wall



<https://www.starpool.com/products/i-con-relax>

I.Con Relax



<https://www.starpool.com/products/starlongue>

Starlongue



<https://www.starpool.com/products/starlit>

Starlit



<https://www.starpool.com/products/sweetchair>

Sweetchair (infrared)



<https://www.starpool.com/products/bridge-lounger>

Bridge Lounger



<https://www.starpool.com/products/synua-lounger>

Synua Lounger



<https://www.starpool.com/products/daybed>

Daybed

STARPOOL

Health Innovation



<https://www.starpool.com/products/zerobody-dry-float>
Zerobody Dry Float



<https://www.starpool.com/products/zerobody-cryo>
Zerobody Cryo



<https://www.starpool.com/products/wellness-coach>
Wellness Coach



<https://www.starpool.com/products/molecular-hydrogen-booster>
Molecular Hydrogen Booster



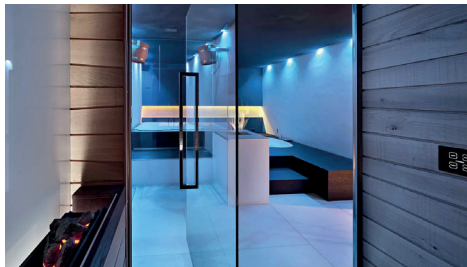
<https://www.starpool.com/products/photobiomodulation>
Photobiomodulation



<https://www.starpool.com/products/ice-bath>
Ice Bath

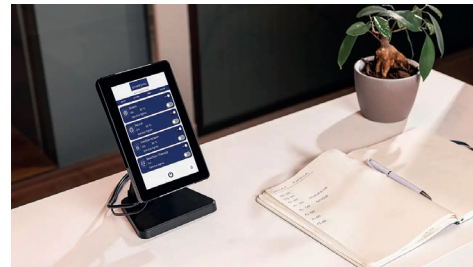
STARPOOL

Smart Technology



<https://www.starpool.com/products/smart-technology>

Green Pack



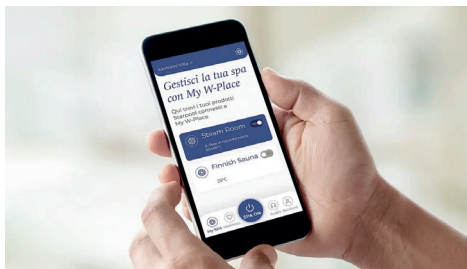
<https://www.starpool.com/products/smart-technology>

Eco Spa Technology



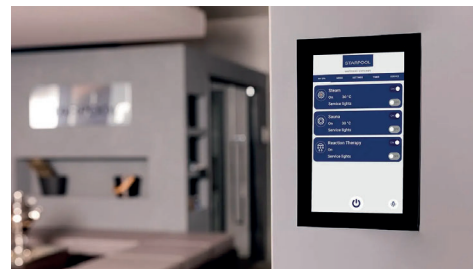
<https://www.starpool.com/products/smart-technology>

Sim 4.0



<https://www.starpool.com/products/smart-technology>

My W-Place



<https://www.starpool.com/products/smart-technology>

Home Spa Technology

STARPOOL

Extra Components



<https://www.starpool.com/products/extra-components>

Spa Accessories



<https://www.starpool.com/products/extra-components>

Textiles



<https://www.starpool.com/products/extra-components>

Cosmetic Products



<https://www.starpool.com/products/extra-components>

Scent Diffusers



<https://www.starpool.com/products/extra-components>

Detergents



<https://www.starpool.com/products/extra-components>

Fragrances

STARPOOL

*Home Wellness
brochure*



Brochure 'Starpool Home Wellness' - click the image to open.