

Recovery for high-performance sport

The Athletic performance requires both mental and physical effort: training sessions, matches and away games come in quick succession. In professional sport, rest and recovery play a paramount role, as much as training and effort. If adequately integrated in athletes' preparation programs, they allow not only to achieve top performance in a short time, but also to maintain it in the medium to long term. This is the reason why, today, the actual focus – which makes the real difference in performance and, as a consequence, in the results of sport clubs and teams – is precisely **recovery**.

All-round offer

We've long supported athletic trainers and sport doctors, as well as the best international sport teams. We don't just provide equipment: we are a reference, an all-round partner for the realisation of **effective and practical spaces dedicated to recovery** and to the enhancement of psycho-physical performance.

Revolving around individuals

Our approach to fitness recovery revolves around individuals, their physiology and psychology. A kind of **Wellness that is founded on scientific research and defines bespoke solutions for recovery and self-care**, through products that combine quality and innovation with programs of use that are functional to individual goals. Meeting the needs of professional athletes is the first step in ensuring they make the most out of each performance.

Effective results

We support medical and athletic staff with all of our solutions dedicated to **psycho-physical recovery**: we help them identify the best programs of use to integrate in their athletic preparation routine. Our innovative format ensures the utmost effectiveness of the time devoted to recovery, thanks to the best technologies stemming from Starpool's experience.

The value of recovery

Physical recovery: After physical activity, it is necessary to grant your body an appropriate rest period so that it may activate the necessary processes of reconstruction and regeneration to regain balance and enhance one's capabilities before the next physical effort. However, in the world of professional sport, the calendars are packed with matches and training sessions, which make it difficult for athletes to take the necessary time for physiological recovery. Which is when it is necessary to focus on the quality of recovery - fundamental to restore effective muscle strength.

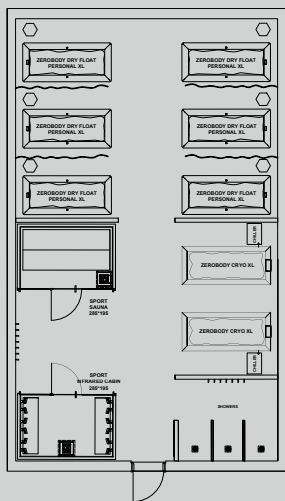
Mental Recovery: Mental readiness, understood as actual training and correct recovery time, can have a significant impact on athletes' sport capabilities: it reduces the risk of injury, increases precision, promotes fast decision-making ability, and favours better sleep and fast recovery after intense physical effort. In particular, **Mindfulness** programs help athletes to manage stress better, as well as maintain good focus and motivation; **conscious breathing** and relaxation, on the other hand, contribute to improving athletic performance in the medium to long term.

Best regards,
Wellness Solutions SIA
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Recovery Lab: <https://www.starpool.com/commercial-wellness/professional-sport/recovery-lab>
 Recovery Lab was designed to meet the needs of sport clubs that want to innovate their Performance Centre with a space entirely dedicated to recovery. Its effectiveness is ensured not only by a careful designing of spaces and by cutting-edge equipment, but most importantly by the definition of programs of use that blend in perfectly in athletes' training schedules, contributing to the improvement of performance.

Recovery Room: <https://www.starpool.com/commercial-wellness/professional-sport/recovery-room>
 Recovery Room is designed for athletes who want to devote a space at home to recovery and preventive care to continue their training and performance enhancement programs. Its effectiveness is ensured by cutting-edge equipment, and by programs of use that are combined with the different training phases, contributing to the improvement of performance.



Recovery Lab Layout 98 m²

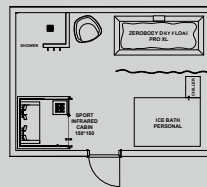
6 pc - Zerobody Dry Float personal XL
<https://www.starpool.com/products/zerobody-dry-float-personal>

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

1 pc - Sport Sauna 285x195
<https://www.starpool.com/products/sport-sauna>

1 pc - Sport Infrared Cabin 285x195
<https://www.starpool.com/products/sport-infrared-cabin>

Therapy: Dry Float - Cold - Heat - Infrared



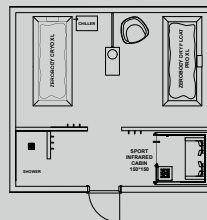
Recovery Room Layout 22 m²

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

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

1 pc - Sport Infrared Cabin 150x150
<https://www.starpool.com/products/sport-infrared-cabin>

Therapy: Dry Float - Cold - Heat - Infrared



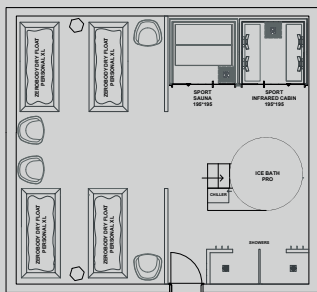
Recovery Room Layout 28 m²

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

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

1 pc - Sport Infrared Cabin 150x150
<https://www.starpool.com/products/sport-infrared-cabin>

Therapy: Dry Float - Cold - Heat - Infrared



Recovery Lab Layout 60 m²

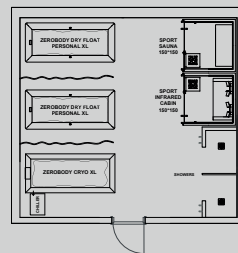
4 pc - Zerobody Dry Float personal XL
<https://www.starpool.com/products/zerobody-dry-float-personal>

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

1 pc - Sport Sauna 195x195
<https://www.starpool.com/products/sport-sauna>

1 pc - Sport Infrared Cabin 195x195
<https://www.starpool.com/products/sport-infrared-cabin>

Therapy: Dry Float - Cold - Heat - Infrared



Recovery Lab Layout 36 m²

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

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

1 pc - Sport Sauna 150x150
<https://www.starpool.com/products/sport-sauna>

1 pc - Sport Infrared Cabin 150x150
<https://www.starpool.com/products/sport-infrared-cabin>

Therapy: Dry Float - Cold - Heat - Infrared

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Dry Float therapy

Zerobody Crio

<https://www.starpool.com/products/zerobody-crio>



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

Zerobody Dry Float personal

<https://www.starpool.com/products/zerobody-dry-float-personal>



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*Cold
therapy*

Zerobody Crio

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



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

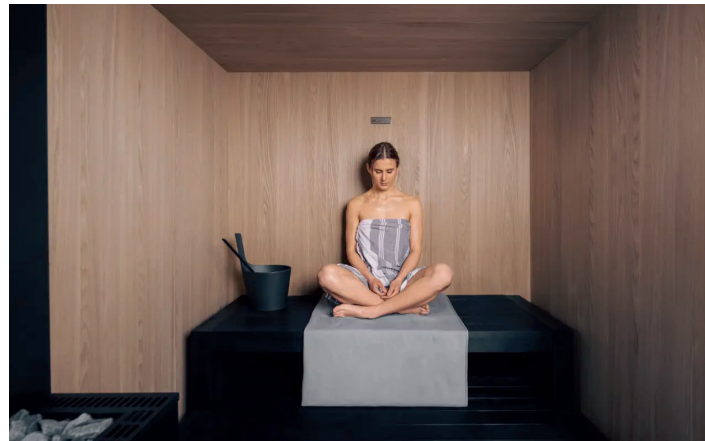
Ice Bath pro

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



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*Heat
therapy*



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

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



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*Infrared
therapy*

Infrared Seat

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



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

Sport Infrared Cabin

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



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Professional Sport brochure & references

Brochure 'Professional Sport' - click the image on the right to open.

Video 'Champions Recover with Starpool' - click the image below to watch.

