

WELLNESS

BY RESOLVE 

REVITALISE YOUR BODY | REJUVENATE YOUR MIND | RENEW YOUR SPIRIT

Discover a new world of unparalleled wellness at our boutique studio where cutting-edge therapies and serene surroundings converge to elevate your wellness journey.

Designed with your well-being in mind, our boutique offers a curated selection of advanced treatments, including Hyperbaric Oxygen Therapy, Whole Body Red Light Therapy, Infrared Sauna and Cold Plunge Therapy, all aimed at enhancing your physical and mental vitality.

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Revitalise your body and mind with Cold Plunge Therapy.

This invigorating treatment involves immersing yourself in cold water, reducing inflammation, enhancing circulation, and boosting the immune system.

Ideal for athletes and wellness enthusiasts, Cold Plunge Therapy alleviates muscle soreness, speeds up recovery, and sharpens mental focus by stimulating the release of endorphins.

Experience the refreshing and rejuvenating effects of cold immersion, and elevate your wellness journey with this powerful and exhilarating therapy.

Reclaim your vitality and resilience with the transformative benefits of Cold Plunge Therapy.

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Renew your body and mind with Infrared Sauna Therapy at our luxury wellness boutique.

This detoxifying experience involves you stepping into our luxury, infrared, single person sauna for your complete privacy and relaxation.

Unlike traditional saunas, infrared saunas use gentle, penetrating heat to detoxify the body, reduce stress and promote relaxation of the mind and body. The impact on circulation, metabolism and cortisol can improve your stress levels, aid faster recovery from sport and exercise, improve sleep and leave your skin more radiant.

Experience the rejuvenating and revitalising effects of dry sauna therapy for elevated physical and mental health.

Experience the rejuvenating benefits of Whole Body Red Light Therapy (RLT).

This innovative treatment uses red and near-infrared light to penetrate deep into your skin, stimulating cellular regeneration and collagen production.

RLT not only enhances skin health, reducing wrinkles and fine lines but also works much deeper; alleviating pain and inflammation by promoting muscle recovery and reducing oxidative stress throughout the body. Ideal for athletes, those seeking youthful, radiant skin and people who are keen to ensure that every cell within their body is working as well as it can. RLT is a non-invasive therapy that supports overall wellness.

Discover the transformative power of red light and elevate your health and wellness regimen with this cutting-edge treatment.

Discover the healing power of Hyperbaric Oxygen Therapy (HBOT).

Breathing pure oxygen in a pressurised chamber significantly increasing oxygen levels in the blood, tissues, and organs.

This therapy accelerates the healing of injuries, reduces inflammation, and enhances cognitive function. Evidence for its effectiveness in supporting Whether you're recovering from surgery, seeking to boost your immune system, or aiming to improve mental clarity, HBOT offers profound health benefits.

Experience the revitalising effects of pure oxygen and embark on a journey to enhanced physical and mental well-being with our state-of-the-art hyperbaric oxygen therapy.

Elevate Your Wellness Journey with Our Curated Packages
At Wellness By Resolve, we've designed specialised wellness packages to meet your health, performance, and recovery goals. Each package combines cutting-edge therapies to deliver scientifically backed results in a serene, professional setting.

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ANTI-AGING PROTOCOL

Rejuvenate from the inside out, targeting visible and cellular aging. Rediscover youthful energy and glow with this focused combination.

HYPERBARIC OXYGEN THERAPY

30 mins

RED LIGHT THERAPY

15 mins

£65

WELLNESS

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LONGEVITY PROTOCOL

Ideal for those seeking to optimise long-term health and vitality. Extend your life and healthspan by supporting cellular repair, detoxification, and vitality.

HYPERBARIC OXYGEN THERAPY

30 mins

INFRARED SAUNA

20 mins

COLD PLUNGE

10 mins

RED LIGHT THERAPY

15 mins

£100**WELLNESS**

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PERFORMANCE PROTOCOL

Maximise athletic performance and endurance with rapid recovery and muscle optimisation. Perfect for athletes and high-performers looking to gain a competitive edge.

HYPERBARIC OXYGEN THERAPY

45 mins

INFRARED SAUNA

20 mins

COLD PLUNGE

10 mins

RED LIGHT THERAPY

15 mins

£125

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RECOVERY PROTOCOL

Accelerate healing and repair after intense activity or injury.
Tailored for those needing a comprehensive recovery solution.

HYPERBARIC OXYGEN THERAPY

60 mins

INFRARED SAUNA

20 mins

COLD PLUNGE

10 mins

RED LIGHT THERAPY

30 mins

£155

WELLNESS

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GROUP WELLNESS

Our wellness studio is perfect for small groups, whether you're unwinding with friends, celebrating a special occasion, or enhancing recovery as a team of athletes. With space for up to five guests at a time, you can share the benefits of our therapies. Ideal for relaxation, rejuvenation, or targeted recovery, our studio provides the perfect setting to focus on wellness together.

For all group booking enquiries, including athlete recovery sessions, please email us at hello@wellnessbyresolve.co.uk. We'd love to help you plan your visit.

You'll find our wellness studio at 295 Lichfield Road, Mere Green, Sutton Coldfield, our private entrance is to the rear of MK Reformed.

To ensure you can enjoy your full session time, we kindly ask that you complete your medical questionnaires and consent forms before arrival.

We provide luxury amenities to enhance your experience, simply bring your swimwear, and we'll take care of the rest.

We look forward to welcoming you soon and helping you feel revitalised, rejuvenated, and restored.

WELLNESS

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INVESTMENT GUIDE

‘Investing in your health is the greatest wealth you can build.
Nothing is more valuable than a body and mind that thrive.’

WELLNESS

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INVESTMENT GUIDE

TARGETED PROTOCOLS

ANTI-AGING

Rejuvenate from the inside out, targeting visible and cellular aging.

£65

LONGEVITY

Extend your life and health span by supporting cellular repair, detoxification, and vitality.

£100

PERFORMANCE

Maximise athletic performance and endurance with rapid recovery and muscle optimisation.

£125

RECOVERY

Accelerate healing and repair after intense activity or injury.

£155

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INVESTMENT GUIDE

SINGLE SESSIONS

BLOCK OF 5 | 10 | 15 | 20

WHOLE BODY RED LIGHT

15 MINS £20
30 MINS £40

£95 | £180 | £255 | £320
£190 | £360 | £510 | £640

HYPERBARIC OXYGEN

30 MINS £60
45 MINS £90
60 MINS £120

£285 | £540 | £765 | £960
£425 | £810 | £1145 | £1440
£475 | £900 | £1275 | £1600

INFRARED SAUNA

20 MINS £20

£95 | £180 | £255 | £320

COLD PLUNGE

10 MINS £15

£70 | £135 | £190 | £240

CONTRAST THERAPY

30 MINS £30

£140 | £270 | £380 | £480

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INVESTMENT GUIDE

COURSE BENEFITS

BLOCKS OF 5 AND 10 SESSIONS

AT EACH SESSION YOU CAN ENJOY:

- COMPLIMENTARY CANNED WATER
- ADAPTOGENIC COFFEE

BLOCKS OF 15 AND 20 SESSIONS

AT EACH SESSION YOU CAN ENJOY:

- COMPLIMENTARY CANNED WATER
- ADAPTOGENIC COFFEE
- JUICE SHOT
- DISCOUNT VOUCHER TO SHARE WITH A FRIEND

Sessions to be used within 2 calendar months from the time of purchase.

Non Transferrable.

Full T&C's on booking platform.

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IF YOU'RE READY TO OPTIMISE YOUR HEALTH



SCAN HERE TO BOOK

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