

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.

REVITALISE YOUR BODY | REJUVENATE YOUR MIND | RENEW YOUR SPIRIT

WELLNESS

BY RESOLVE ®

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. Our cold plunge systems are smart, meaning you can track the impact your session has on your body in real time with your wearables, the only system in the world that allows you to see what's happening inside while you plunge!

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.

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 enhances skin health, reducing wrinkles and fine lines,
and alleviates pain and inflammation by promoting muscle
recovery and reducing oxidative stress. 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. 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.

WELLNESS

RESOLVE

WELLNESS

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.

WELLNESS
BY RESOLVE ®

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

WELLNESS

BY RESOLVE ®

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

WELLNESS

BY RESOLVE ®

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

WELLNESS

BY RESOLVE ®

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

WELLNESS

BY RESOLVE ®

WELLNESS MEMBERSHIPS

Tailored for those committed to their health, our memberships offer regular access to our services at a preferential rate, helping you make wellness a consistent part of your lifestyle.

Access to your choice of therapies with packages designed to suit your needs. The easiest way to prioritise and commit to your wellness journey.

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

RESOLVE

WELLNESS

IF YOU'RE READY TO OPTIMISE YOUR HEALTH



SCAN HERE TO BOOK

WELLNESS

BY RESOLVE [®]

@WELLNESSBYRESOLVE

HELLO@WELLNESSBYRESOLVE.CO.UK

0121 517 0811

295 LICHFIELD ROAD, SUTTON COLDFIELD, B74 4BZ

WELLNESS
BY RESOLVE ®