



NEW TO ROAR ACTIVE COCKBURN CONTRAST THERAPY SESSIONS

Contrast Therapy Sessions :

Here's everything you need to know about this exciting new offering!

What is the ROAR Snow Room?

The ROAR Snow Room is the latest edition to our Recovery Zone at both ROAR Active Canning Vale and Cockburn (*Coming soon to Bibra Lake). Our Snow Room is a therapeutic space within the gym designed to simulate a snowy environment with extremely low temperatures. The room will provide a unique cold therapy experience.

What is the WHY behind the Snow Room?

As part of our new Recovery space, our Snow Room makes the perfect addition to see you rejuvenate your body using the power of cold therapy and when coupled with hot therapy, their benefits of Contrast Therapy.

What are the benefits of using the Snow Room?

Say goodbye to stress, inflammation, and muscle soreness as you immerse yourself in this unique and invigorating experience. Unwind, refresh and feel the benefits of our new Snow Room, come chill out like never before!

Is your new Snow Room different to using an Ice bath?

Sure is! Thanks to the dry cold of the Snow Room, it makes for an effective cool down after the sweating phase experienced by a Sauna. As the Sauna and Snow Room work in conjunction with each other, a Snow Room allows the entire body to cool down efficiently and gently at a slower pace as opposed to the shock from an Ice bath.

How long should I stay in the Snow Room?

It is generally recommended for women to stay in the Snow Room for 3 to 5 minutes at a time, and 4 to 8 minutes for men. Beginners should start with shorter durations and gradually increase their time as they become more accustomed to the cold. Please note, in the event of a youth aged child, the above times are halved.

*Please note, the duration can vary and will depend on the individual perception of well being and experience.

What hours is the Snow Room operational?

The Snow Room will be available for use during manned Reception hours, as specified by each Club.

How often can I use the Snow Room?

Whilst you are able to use our Snow Room daily, it is advisable to listen to your body. After an intense workout, you might find you use it a few more times across the week.

What should I wear in the Snow Room?

Members should wear appropriate clothing, such as swimwear or athletic wear, before entering the Snow Room. Shoes are required at all times, with the option to wear thongs or slippers recommended. *Strictly no bare feet are allowed.* A towel must also be used at all times.

Is the Snow Room safe for everyone?

While the Snow Room has many proven health benefits and is generally safe for most people, those with certain health conditions should give consideration to this type of recovery and if it is suitable to their body. Always consult with a healthcare professional before starting this type of therapy if you are unsure if it is suitable for you.

How should I prepare for a Snow Room session?

Hydration is the key in preparing for a Snow Room experience. Drinking plenty of water before and after your session is very important. We also advise that you avoid using lotions or oils on your skin before entering.

Are there any side effects?

Some people may experience temporary skin redness, numbness or a tingling sensation. These effects usually subside quickly and are considered very normal. If you experience severe discomfort or prolonged side effects, please consult a healthcare professional.

Can I use the Snow Room if I am pregnant?

It is not recommended for pregnant women to use the Snow Room, under any circumstances.

Do I need to book a session for the Snow Room?

Yes, bookings are essential. Please book the Snow Room as a Contrast Therapy session as you normally would your favourite class or service.

As a Canning Vale member, your ticket to the Snow Room is embedded as part of a 50 minute 'Recovery' session.

As a Cockburn member, booking a Snow Room visit is very easy. Couple it with your Sauna experience and enjoy a 'Contrast Therapy' session.

Can anybody book a Snow Room experience?

Providing you hold a Premium service membership, yes, all Snow Room sessions are included as part of our Premium offering of 'Contrast Therapy' (in the case of Cockburn) and 'Recovery Hub' (in the case of Canning Vale). The number of usages per week will be determined by the membership tier you are on.

Please enquire with our friendly Reception team to find out more.

Can you explain the benefits of combining Hot + Cold Recovery sessions together as Contrast Therapy?

In simple terms, HOT + COLD = DETOX + RECOVER.

HEAT alleviates, relaxes and calms the body whilst the **COLD** strengthens, invigorates and soothes. It is the perfect combination.

What does a typical session look like in the Recovery Zone?

A typical session could look like the following, please note this indicative only and will vary depending on the person.

You would begin with a warm-up phase in the Sauna, this session could last between 20 and 30 minutes in duration. A gentle cool-down session would follow in the Snow Room, again the duration varying on the individual, but as a guide, 3 to 5 minutes for a woman, and 4 to 8 minutes for a male. This routine can be repeated 3 to 4 times in succession, however after this, a 24 hour rest period is recommended.

What does relax and recover mean after a session?

After the intense up and down of your body temperature, your body needs time to rest. We recommend taking advantage of our Member Lounge area to relax the body before leaving our Clubs.

Do I need to stay hydrated after using the Snow Room?

Absolutely! It is extremely important to stay hydrated by drinking water to help your body recover. It is important to drink enough liquid to restore the fluid balance in your body.

Is there an age limit for using the Snow Room?

Our Snow Room is suitable for adults and children aged 14 years* and over. (*parent supervision required for ages 14 to 16 years). In the event you would like to take your child into the Snow Room with you, supervision is required at all times. A valid Premium service membership must also be held by the child.



Can I use the Snow Room after an injury?

Cold therapy can be beneficial for certain injuries, but it is essential to get clearance from a healthcare professional to ensure it is appropriate for your specific condition.

How is the Snow Room maintained and cleaned?

Our Snow Room is regularly maintained and cleaned to ensure a hygienic environment. The room undergoes routine sanitation with temperatures are monitored consistently. Temperature levels in the Snow room are monitored and adjusted as needed, in order to maintain optimal conditions.

Are there any other things I need to know before I use the Snow Room?

Members must ensure they have updated a new waiver to enjoy the benefits of our Snow Room. It is up to the member to follow the instructions provided by our staff regarding the recommended time limit for exposure to cold temperatures. Members are responsible for their own safety while using the Snow Room.