

RECOVERY STUDIO

SPORTS RECOVERY & PERFORMANCE



HOTEL
cap negret

WHAT IS A RECOVERY STUDIO?

Recovery is a key factor in athletic performance. Keeping the body in optimal condition allows for continuous training, better competition, and reduced risk of injury.

Recovery Studio is an innovative proposal that integrates state-of-the-art CTN equipment with cutting-edge technology, creating a treatment space designed to offer complete, safe, and highly effective recovery experiences.

Athletes, both professional and amateur, continually demand maximum performance from their bodies. Achieving peak performance requires not only physical work, but also effective recovery solutions.



TREATMENTS AND APPLICATIONS IN SPORTS RECOVERY

CTN e°CABIN

Full-body cryotherapy

Cryotherapy induces a controlled thermal shock that activates the body's natural recovery mechanisms.

It helps to:

- Reduce muscle and joint inflammation
- Relieve post-workout muscle pain
- Speed up recovery after injuries or surgery
- Improve athletic performance
- Promote better sleep quality

It is a 100% electrical treatment, safe and without direct contact, adapted to each athlete's profile.



CTN X°CRYO

Localised cryotherapy

Non-invasive treatment that acts directly on specific areas of the body.

Particularly suitable for:

- Localised inflammation
- Tendinitis, strains and bruises
- Muscle and joint pain
- Recovery from minor trauma

It allows precise action without affecting other areas of the body and complements other recovery therapies.

CTN OxyPro

Hyperbaric oxygen therapy

Increases oxygen levels in blood and even damaged tissues.

Recommended for:

- Accelerating muscle fibre repair
- Reducing recovery time between workouts
- Improving overall endurance and energy
- Optimising mitochondrial function

Widely used in post-injury recovery processes.



CTN LedPro

Red and infrared light therapy

Painless and non-invasive treatment that stimulates cell regeneration.

Benefits for athletes:

- Accelerated muscle recovery
- Reduced pain and inflammation
- Improved cell oxygenation
- Prevention of strain injuries

Short sessions compatible with other treatments.

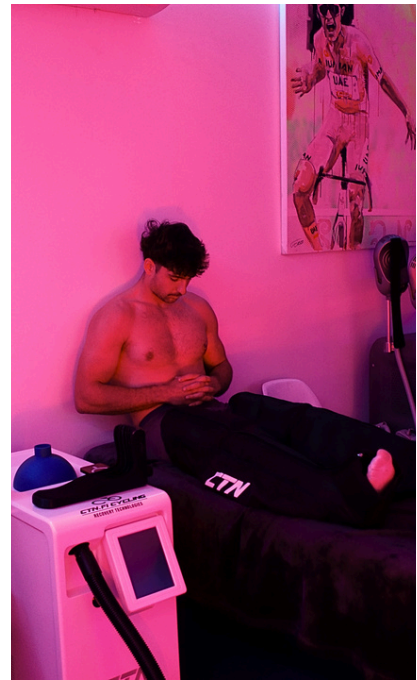
Pressotherapy

Non-invasive treatment that acts directly on specific areas of the body.

Particularly suitable for:

- Localised inflammation
- Tendinitis, strains and bruises
- Muscle and joint pain
- Recovery from minor trauma

It allows precise action without affecting other areas of the body and complements other recovery therapies.



CTN X°GUN

Cold/heat massage gun

Manual device for muscle maintenance.

It allows:

- Deep muscle relaxation
- Pain and inflammation relief
- Improved circulation
- Reduction of stiffness and soreness

Widely used after training or competition.

CTN X^oTONE

Electromagnetic muscle stimulation

Stimulates deep muscle fibres through high-frequency contractions.

In sports recovery, it is used to:

- Maintain muscle mass during rest periods
- Increase strength and endurance
- Improve neuromuscular connection
- Prevent injuries caused by muscle imbalances
- Restore tone without impacting joints

Ideal during rehabilitation or detraining processes.



Recovery Studio is a versatile space that tailors each treatment to the needs of each individual, whether it is to optimise sports recovery or to improve wellbeing and personal care.



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