



REVIVE

BY KING BEATS



REVIVE RITUAL · LEVEL 1 · BEGINNER

The First Reset

Gentle heat, easy cold and plenty of rest. For your first visits.

STEP		MIN	NOTES
1	 Shower and salt scrub	6	Rinse, gentle scrub, then rinse off fully.
2	 Magnesium pool	8	38 to 40°C. Ease in, head above water.
	 REST + HYDRATE	3	<i>Out slowly and sip some water.</i>
3	 Infrared sauna	12	50 to 55°C. The gentlest heat. Lie back.
	 REST + HYDRATE	5	<i>Sit, sip water, let your breath settle.</i>
4	 Ice room	5 to 10	Around 0°C. Dry cold, ease in and build up to 10.
	 REST + HYDRATE	6	<i>Warm up naturally. Refill your water.</i>
5	 Traditional sauna	10	90 to 95°C. Lower bench feels milder.
	 REST + HYDRATE	5	<i>Step out, sip water, rinse off.</i>
6	 Ice bath	1 to 2	8 to 10°C. Slow breaths. Out any time.
	 REST + HYDRATE	8	<i>Towel on, tea or water at the bar.</i>
7	 Red light	7	Eyes closed. Sit back and unwind.
8	 Shower and change	8	Warm rinse, then head out refreshed.
Total		90	Cold steps counted at the longer time.

NEW TO THE ICE BATH?

Start with 30 to 60 seconds. Shorter is fine. Build up over a few visits.

LISTEN TO YOUR BODY

Dizzy or unwell? Leave and tell our team.
Pregnant or have a heart condition? Check with your doctor first. Sip water all session.
16+ (16 and 17 with guardian consent).

KEEP IT PURE

Shower before the pool and plunge. Head stays above the water. No oils, lotions or scrub in the water. Towel down on every bench.

A guide only, not medical advice. Questions? Ask our team or email revive@kingbeats.fitness



REVIVE

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REVIVE RITUAL · LEVEL 2 · THREE ROUNDS

The Deep Reset

Three rounds of hot and cold, finished warm. For confident regulars.

STEP		MIN	NOTES
1	 Shower and salt scrub	4	Rinse, scrub, then rinse off fully.
2	 Traditional sauna	15	Round 1. 90 to 95°C. Settle in.
	 REST + HYDRATE	2	Step out, sip water, rinse off.
3	 Ice bath	2 to 3	8 to 10°C. Long, calm exhales.
	 REST + HYDRATE	5	Sit, breathe, let your body settle.
4	 Infrared sauna	12	Round 2. 50 to 55°C. Lie back, switch off.
	 REST + HYDRATE	2	Water break before the cold.
5	 Ice room	10	Around 0°C. Dry cold. Keep moving, breathe.
	 REST + HYDRATE	4	Warm up naturally. Refill your water.
6	 Traditional sauna	10	Round 3. A shorter final heat.
	 REST + HYDRATE	2	Step out, sip water, rinse off.
7	 Ice bath	2 to 3	Last cold round. Out any time.
	 REST + HYDRATE	4	Towel on, rinse before the pool.
8	 Magnesium pool	5	38 to 40°C. Float and unwind.
	 REST + HYDRATE	2	Out slowly and sip some water.
9	 Red light	4	Eyes closed. Slow it all down.
10	 Shower and change	3	Quick rinse, out by the 90.
Total		90	Cold steps counted at the longer time.

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16+ (16 and 17 with guardian consent).

KEEP IT PURE

Shower before the pool and plunge. Head stays above the water. No oils, lotions or scrub in the water. Towel down on every bench.