



WELLTRACK

Fitness & SPA Products

📍 Door No: 928, PRG-03, Puthanpurakkal Road
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INTRODUCTION

Our earth was created as a clean planet and people lived healthier and longer. Gradually, earth became contaminated and this affected the lives of its inhabitants. Industrialization was revolution in economic terms but, it was accompanied by unwanted by-productions like water and air pollution.

We have been gifted with beautiful bodies. but it is our responsibility to maintain them. Our lifestyle become hindrance in leading a healthy life.

Dust, pollution, water contamination etc. produce toxins in our body. The food we eat is adulterated as chemical fertilizers are used in the cultivation of crops. The colours, spices and chemicals in the junk food we eat also cause the build up of toxins in our bodies. As toxins get deposited in different parts of our bodies, we grow weaker unless detoxification take place

Tumors grow in our bodies. Cancer, diabetes, asthma and other ailments can wreak havoc with our lives.

Normally sweating is a detoxification process, but today people lead busy lives in the comfort of home and office and seldom find time for exerting energy. There are about 16 lac pores on human body, but they get blocked because of pollution. This can create pressure on the kidneys for detoxification.

Welltrack bathing concept has on offer a solution through steam baths. Branded **Welltrack**, these steam baths make you sweat which can boost your immune system and increase your metabolism. They can provide relief from sinus, joint pains, asthma, cold etc.

BENEFITS OF STEAM, SAUNA & ICE BATH.

1. Relieves the tension build-up and various forms of stress.
2. Gives people a soothing and relaxing effect most especially after hard day's work.
3. Not only relaxes the muscles but also emotional mood more stable and happy.
4. The warm effect to the body can relieve various ailments such as arthritics, muscle pain etc.
5. Surely, benefits the old people since joint pains and other body grains can be relieved.
6. Helps reduce weight for those who are fat and in need of losing fats.
7. The excessive sweating due to the heat effect eventually makes the body release toxins and other negative energies.
8. Also regulates and stimulates the flow of blood and makes metabolism work faster.
9. Makes the skin looks fresh, young and truly healthy.
10. Gives a lot of Self - Confidence due to the good effects made on personal appearance.
11. Reduce muscle soreness and fatigue: Allowing for more consistent training and performance.
12. Prevent injury: By giving the body time to repair and rebuild tissues. Improve mental clarity and resilience: Essential for maintaining focus and motivation.
13. Optimize overall health: By reducing inflammation and boosting the immune system.



STEAM BATH

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Model: ST-06

- Input power :230v
- Fully Automatic unit
- Digital display and time.
- Capacity: 6KW
- Stainless steel
- Auto dry run cut of
- Tank drain facility
- Automatic temperature control

SAUNA BATH



- Imported pine wood paneling
- Analogue temperature and time meters
- Glass door with wooden handle
- Sand timer, wooden bucket
- Digital display ,time and temperture setting

ICE BATH

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- **Safe:** Engineered for reliable use with temperature control and safety mechanisms.
- **Efficient:** Rapid cooling system reduces setup time and maintains consistent water temperature.
- **Science-Driven:** Backed by proven research in cold therapy and recovery methods.
- **Easy-to-use:** Simple setup, minimal maintenance, and user-friendly design.
- **Accessible:** Designed for both professional facilities and personal recovery at home.
- **Advanced Water Treatment:** Our systems use ozone and UV treatment, along with a double filtration system (PPM mesh and stainless steel mesh), to keep water clean and bacteria-free. This means you don't have to worry about the water or change it after every session.



Our Solutions

Welltrack offers a complete, tailored approach to recovery. We provide a full line of solutions, including our complete ice bath setups, steam baths, and saunas, designed for effective and accessible wellness.

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