

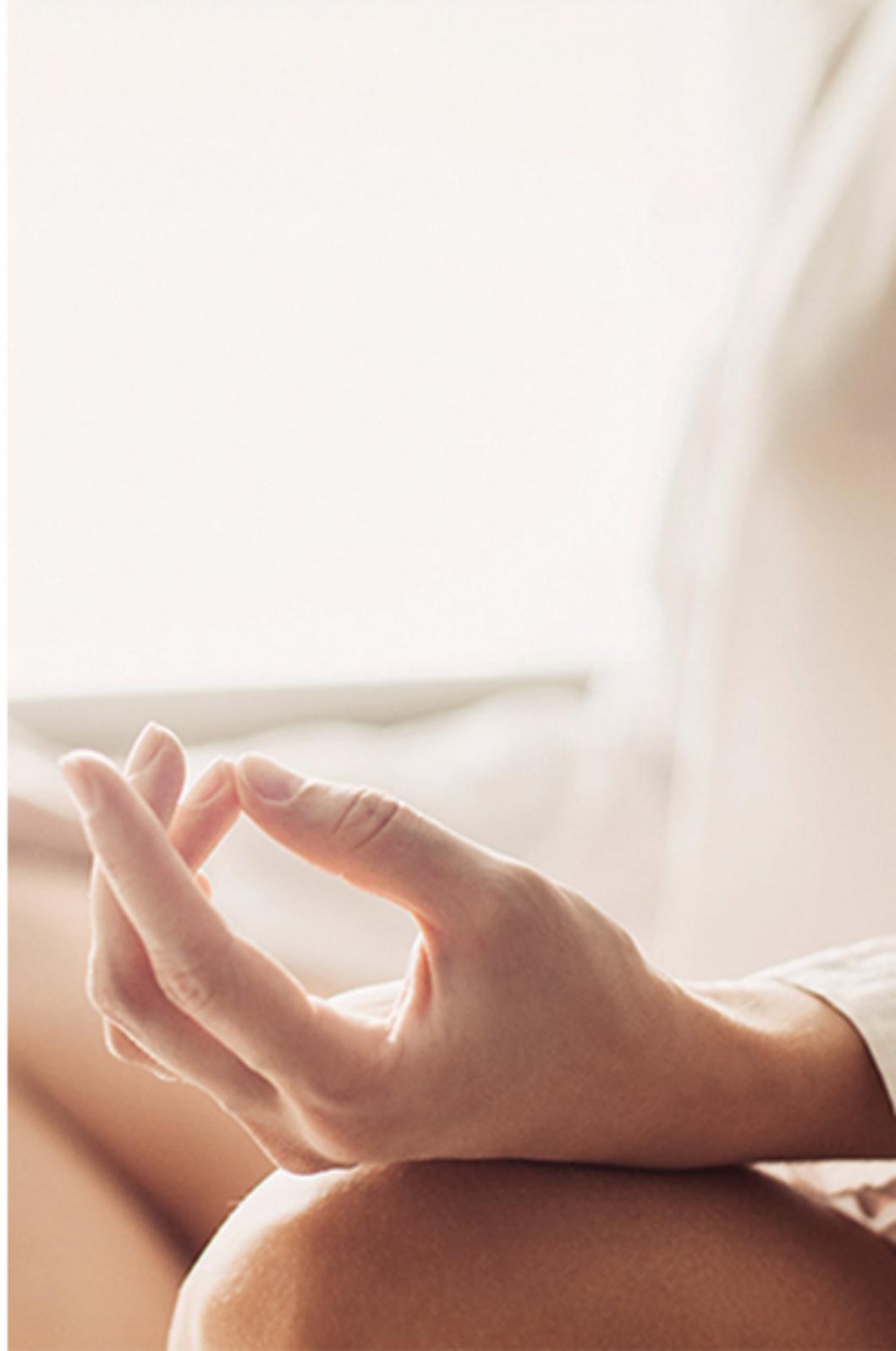
OM.LIFE WELLNESS SPA

press kit

WELCOME TO THE
OM.LIFE

welcome to your wellness spa

om.life is a wellness spa & lifestyle
brand dedicated to healthy living for the
body, mind and spirit.





“OUR MISSION IS TO SUPPORT YOUR
HEALTH THROUGH AFFORDABLE,
EFFECTIVE, HOLISTIC SERVICES.”

OUR STORY

om.life was founded in 2015 by Brianna Egglestone and Anand Sukhadia.

Looking around downtown Jersey City for ways to take care of our health, we found few options - but saw an opportunity to create something special and be able to contribute to our community. Our wellness sanctuary brings everything that we are passionate about - holistic health, modern technology, green living, and spiritual wellness - together in one place.

We combined our professional backgrounds (marketing, advertising, and design) with our industry experience in health and beauty to create the first wellness spa on the East Coast that offers our unique combination of services.



BRIANNA EGGLESTONE & ANAND SUKHADIA
OM.LIFE FOUNDERS



SPACE & DESIGN

Our 2,000 square foot sanctuary blends modern minimalism with environmental sustainability.

We bring the beauty of nature indoors and capture the essences of earth, air, water, and fire by combining modern day technology with natural elements. Preserved botanical art, refurbished wood accents, and natural crystal formations can be found throughout our space and work together to promote an atmosphere of tranquility.

We use atomizing water technology, natural lighting, plant-based beauty & cleaning products, and all of our beverages served at our tea bar are made from organic non-GMO ingredients and alkaline Kangen water.

OUR SERVICES

floatation therapy



whole body cryotherapy



infrared sauna



normatec recovery



health & beauty coaching



kangen water



FLOATATION THERAPY

what is it?

Floating gives the body a rest, the mind a quiet space, and the spirit a place to be free. The practice involves entering into a sensory deprivation tank where the body experiences zero gravity by becoming buoyant in 10 inches of clean, filtered, therapeutic Epsom salt water that is the same temperature as your body.

how does it work?

As you lay in the water, your body floats effortlessly, and all light and sound slowly fade away. By focusing on your breath (or nothing at all), the brain will naturally drift into a dream-like theta state. With 90 minutes of zero gravity, your body can relax, decompress, and re-align.

what are the benefits?

Floation therapy is an ideal practice for those that are sleep deprived, work long hours, and need to re-charge. Scientific studies have shown that floating naturally lowers stress hormones, releases endorphins, and gives the mind a clear space - effects that can last for days. It also has amazing beauty benefits such as detoxification, magnesium absorption, and gives the skin a nice afterglow.

“...LIE DOWN AND LET THE WATER CARRY YOU WHILE MENTAL CLUTTER FALLS AWAY..” - HARPER’S BAZAAR

WHOLE BODY CRYOTHERAPY

what is it?

Whole body cryotherapy is a non-invasive cooling treatment that activates the nervous system so your body can do what it does best - recover, repair, and restore.

how does it work?

When the body is surrounded by dry cool nitrogen inside the cryotherapy chamber, with an average temperature of -240°F, the skin sends a signal to the brain that causes the blood to rush back to the vital organs. This causes the blood to circulate, flushing out unwanted toxins and enriching it with oxygen, nutrients, and enzymes. At the end of the 2-3 minute treatment, the body slowly begins to raise its core temperature back to normal.

what are the benefits?

Many world-class athletes and celebrities praise whole body cryotherapy. It immediately elevates the body's physical performance and contributes to your overall well-being. Some of the most well-known benefits are increased blood circulation, energy, strength, and concentration.

“...WOW...WHOLE-BODY AWESOMENESS...” - NY MAG

INFRARED SAUNA

what is it?

Inspired by the sun, this effective natural therapy helps you de-stress, detoxify, and purify. Our sauna delivers infrared therapies that reach every part of your body with constant gentle heat to expel toxins that other saunas can't.

how does it work?

In an infrared sauna, every minute counts. Our infrared sauna delivers near, mid, and far-infrared wavelengths at a consistent output. Which means that you get to experience the health benefits faster and the treatments are more effective than those found using a traditional sauna. Being in our infrared sauna is about more than just sweating - it's a quiet place to relax, reflect, and focus on you.

what are the benefits?

Some of the clinically backed therapeutic effects of using an infrared sauna are stress relief, relieving pain, shrinking belly fat, purifying your skin, boosting your immune system, and increasing energy.

“...IT MOBILIZES AND BURNS FAT...HELPS WITH WEIGHT LOSS...DETOXIFICATION AS WELL..” - GOOP

NORMATEC RECOVERY

what is it?

Experience the world's elite athlete's best-kept recovery secret with the NormaTec air pressure massage technology. Say goodbye to sore legs, muscle discomfort, and long recovery times.

how does it work?

NormaTec uses Sequential Pulse Technology that contains three key techniques - pulsing, gradients, and distal release to maximize the rehab benefits. By delivering pulsing compression, gradient pressure, and distal release, the NormaTec Recovery System provides your muscles everything that it needs to recover.

what are the benefits?

Mimicking the muscle pump of the legs and arms, this technology greatly enhances the movement of fluid and metabolites out of the limbs after an intense workout. Starting at the feet, hands, or lower hips the system works its way inward zone-by-zone massaging the limbs and mobilizing fluid out of the extremities. And lastly, it releases the hold pressures to prevent backflow and so the limbs can gain maximal rest time.

HEALTH & BEAUTY COACHING

what is it?

Our 6-month program is ideal for those looking to increase their energy, get glowing skin, reveal their natural body weight, and obtain tools that never go out of style for creating overall well-being.

how does it work?

Our role is to help you identify the lifestyle choices, possible food sensitivities, and environmental factors that may be creating discomfort and imbalance. We will give you simple, easy-to-follow guidelines that fit your budget and can be implemented right away so you can start feeling good again.

what are the benefits?

Each 6-month program is customized based on your lifestyle preferences, personality, and health & beauty goals. During the program, you will work together with Brianna or Anand to identify the areas in your life that are unbalanced, design a recovery plan for your body, mind, heart, and spirit, and create a path in which your health can be maintained naturally over time.

KANGEN WATER

what is it?

The Kangen water system removes harmful chemicals, chlorine, and fluoride from tap water and creates ionized alkaline and acidic waters depending on your needs.

how does it work?

With Kangen innovative water technology you can create safe water for drinking, cooking, cleaning, gardening, pet care, personal care, and beauty. Because we believe that everyone should have access to the cleanest water on the planet, we offer a free two-week supply to each of our guests.

what are the benefits?

The importance of water for our health cannot be overstated - it's essential. What's less well-known is that certain types of water are better for our bodies than others. Drinking ionized alkaline water has multiple health and beauty benefits, including more youthful looking skin, staying hydrated, and maintaining a balanced body pH. Unlike most filtration systems, Kangen water keeps naturally occurring minerals such as calcium, sodium, potassium and magnesium intact.

“I USE A KANGEN WATER FILTER FOR DRINKING WATER...NEVER BOTTLED WATER.” - JILLIAN MICHAELS

— YOU ARE INVITED —

Book your free session today.

The best way to know something is to experience it firsthand. Our services are unique and we are happy to host you and one friend or family member. Call us at 212.206.0009 or email info@om.life to book your complimentary session.

CONTACT

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