# Newquay spa introduces Nordic Cycle wellness initiative



A new wellness initiative in Newquay aims to promote health through extreme temperature changes, based on a technique known as the "Nordic Cycle". This method involves alternating between hot and cold therapies, which its proponents believe may help alleviate various everyday ailments.

Located at Saunassa Spa, which was established by Zoey Cotton in 2022, this approach utilises a wood-fired sauna, hot tubs, and three distinct cold plunge baths to facilitate these therapeutic sessions. Cotton, who has noted positive impacts on both her own well-being and those of her visitors, describes the experience as transformative.

In her statement to CornwallLive, Zoey explained, "I used to be constantly wired, mentally and physically. This process has flipped my quality of life on its head." She revealed that individuals participating in the Nordic Cycle have reported significant improvements in conditions such as back pain and burnout, with some now "swearing by cold water immersion." Additionally, Cotton noted enhancements in her guests' stress management and mental focus as a result of the therapy.

The sauna and plunge baths are intended to create an authentic environment where participants can not only seek health benefits but also engage socially, fostering connections in a time when community ties are considered increasingly important. Cotton remarked, "Once you feel the benefits, it’s hard to go back!"

While numerous accounts suggest that cold water therapy can bolster immune system function and alleviate muscle pain and stiffness post-exercise, the healthcare provider Bupa notes that much of the supporting evidence remains limited and primarily anecdotal. Nevertheless, Bupa emphasises that the absence of robust scientific backing does not negate the potential benefits of such therapies.

Overall, the Nordic Cycle at Saunassa Spa represents a growing trend in wellness practices that explore the potential of contrasting thermal experiences to enhance physical and mental health.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://saunassa.co.uk> - This website supports the information about Saunassa Spa in Newquay, offering a Nordic Cycle experience with wood-fired saunas and hot tubs, facilitating alternating hot and cold therapies for overall wellness. It details the spa's facilities and benefits.
* <https://www.visitnewquay.org/things-to-do/saunassa-nordic-spa-p3557303> - This page provides details about Saunassa Nordic Spa, including its location in Newquay and the variety of wellness facilities offered, such as wood-fired saunas and hot tubs, which contribute to the Nordic Cycle experience.
* <https://www.bupa.co.uk/health-information/encyclopedia/cold-shower-therapy> - Although not explicitly mentioned, Bupa provides information on cold water therapy, which is part of the Nordic Cycle. This supports the idea that cold water can have various health benefits, despite limited scientific evidence.
* <https://www.scandinaviansauna.com/sauna-benefits> - This website discusses the benefits of sauna therapy, which is a crucial component of the Nordic Cycle. It highlights improvements in circulation and stress relief, aligning with the wellness outcomes mentioned in the article.
* <https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/what-is-stress.htm> - This resource from Mind explains stress management benefits, which are also reported by participants in the Nordic Cycle therapy at Saunassa Spa. It underscores the mental health improvements achievable through wellness practices.