# Dundee wellness centre pioneers innovative treatments popular with Six Nations players



A wellness centre in Dundee has introduced innovative health treatments that are gaining attention, including from Scotland’s Six Nations rugby players Matt and Zander Fagerson. The ReNu Wellness Centre, located on North Lindsay Street, offers a range of state-of-the-art therapies aimed at enhancing physical and mental wellbeing.

One of the key offerings at ReNu is a sequence of sessions involving an infrared sauna followed by immersion in a freezing cold chill tub. Unlike traditional saunas that use steam, the infrared sauna employs infrared lights to heat the body. After spending around 30 minutes in the sauna, clients then enter the chill tub, designed to simulate sub-zero temperatures. This combination is claimed to promote recovery, resilience, stress relief, detoxification, improved heart health, and enhanced immunity. Kristeen Geddes, clinical director at ReNu, explained that this treatment regimen helps stimulate energy levels while fostering relaxation. She noted that Matt and Zander Fagerson are enthusiastic users of the sauna and chill tub to maintain their rugby fitness and overall wellbeing.

In addition to these treatments, ReNu has introduced Scotland’s first Rebalance Impulse therapy, a neuroscience-based, non-invasive procedure intended to combat stress, improve cognitive function, and support conditions such as ADHD in children. The therapy involves selecting a personalised programme and wearing monitors and headphones that guide the session based on real-time physiological feedback. The clinical director described it as a modern counterpart to traditional relaxation techniques like yoga and meditation, incorporating light therapy, breathing exercises, and energy point (chakra) focus. After each session, users receive detailed feedback on aspects such as relaxation, sleep quality, muscle tension, and stress levels. The therapy is structured over a series of sessions, each building upon the previous one to optimise outcomes.

The recent expansion of ReNu’s offerings also includes new equipment such as a Rebalance bed, which provides tailored body therapy by tuning into individual needs, and a massage chair designed for precise personal treatment. This new technology is currently unique in Scotland but is also available in global cities including London, Paris, and the United States.

Kristeen Geddes explained the centre’s philosophy, saying: “At ReNu Wellness, we’re redefining how people think about health. We are rebranding and launching with a commitment to cutting-edge, innovative treatments that reflect our approach to health, longevity, and regeneration. With our focus on regenerative medicine, advanced technology, and a holistic philosophy, we are empowering our clients to live longer, healthier, and more fulfilled lives.”

Clients at ReNu can choose to experience individual sessions or engage in longer-term programmes tailored to their personal health goals. The centre strives to blend traditional wellness practices with contemporary technology within a sleek clinical setting.

Visitors to the centre have reported feeling relaxed and rejuvenated after sessions, with the advanced therapies offering a novel approach to mental and physical health care. ReNu Wellness Centre continues to develop its range of services as part of its mission to redefine health and self-care in Scotland.

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

## References

* <https://renuskinclinic.co.uk> - This website confirms the location and services of ReNu Wellness Centre in Dundee, highlighting their focus on innovative and advanced wellness treatments and the opening of ReNu Wellness in April 2025, supporting the article's context about the centre's offerings and philosophy.
* <https://renuskinclinic.co.uk/treatments/skin-treatments/> - Details the range of skin and wellness treatments available at ReNu, emphasizing the use of advanced technology and personalized care, corroborating the article's mention of state-of-the-art therapies for physical and mental wellbeing.
* <https://www.instagram.com/renuskinclinic/> - The Instagram profile of ReNu Wellness Clinic showcases their offerings including infrared sauna, hyperbaric oxygen, Rebalance Impulse therapy, and contrast therapy, directly supporting the article's description of innovative health treatments such as infrared sauna and Rebalance Impulse therapy.
* <https://www.thecourier.co.uk/fp/lifestyle/health-wellbeing/5200102/dundee-wellness-clinic-renu-new-treatments/> - This article features a journalist's personal experience trying out new treatments at ReNu Wellness Centre in Dundee, including equipment also available in London, Paris, and the US, confirming ReNu's unique and advanced treatment technologies as mentioned in the article.
* <https://renuwellnessclub.com/services-4> - Provides detailed descriptions of ReNu Wellness skin and recovery treatments, including advanced therapies and customized plans, supporting the article's claims about the centre’s holistic and tailored approach to wellness and rejuvenation.