



INFRARED SAUNA  
+ COLD PLUNGE  
STUDIOS



# SWEATHOUZ

visit [sweathouz.com](https://sweathouz.com)

## Size

+/- 1,500-2,200 SF

## Ideal Co-Tenancy

- Whole Foods, Trader Joe's, Orange Theory Fitness, Massage Envy, European Wax Center, F45, full service gyms and boutique fitness studios

## Space Criteria

- Minimum width of 20 feet
- Minimum 4" sanitary waste line
- Minimum 1.5" cold water supply line
- Minimum 400 amp/ 220 V, 3-Phase electric

## Markets

New Jersey trade areas South of Route 280

## About Sweathouz

Sweathouz is a cutting-edge wellness studio that offers a unique and rejuvenating experience through its state-of-the-art equipment and infrared sauna technology. With a focus on enhancing overall well-being, Sweathouz provides services such as infrared sauna sessions, cold plunge therapy and a dedicated recovery room. Their infrared technology helps relax the body, improve circulation, boost heart health and aid in faster recovery. By prioritizing self-care and providing innovative services, Sweathouz aims to help individuals live a balanced life and feel their best. Additionally, Sweathouz is proud to be a leading contrast therapy studio in the market, offering unparalleled expertise and a comprehensive range of contrast therapy treatments.

## Submit Sites To:

Robert Mackowski  
Ph. 732-724-4089  
[rob@piersonre.com](mailto:rob@piersonre.com)

**PIERSON**  
COMMERCIAL REAL ESTATE®