

OUR PHILOSOPHY

At HEAT, we've developed a transformative wellness experience grounded in three vital pillars: sweat, sculpt, recover. Working together, biohacking treatments help your body detoxify, optimize, and heal at the cellular level – to leave you glowing from the inside-out.

COMPLETE PRICE LIST

INFRARED SAUNA

Intro Offer 30 Min, Buy 1 & Bring a Friend for Free – 42 €

IR Sauna 30 Min

Single Session – 42 €

5 Sessions – 195 €

10 Sessions – 370 €

IR Sauna 60 Min

Single Session – 54 €

5 Sessions – 250 €

10 Sessions – 470 €

IR Sauna 45 Min

Single Session – 48 €

5 Sessions – 225 €

10 Sessions – 420 €

Bring a friend to any session – 25 €*

**The additional fee will be charged upon arrival.*

LPG MASSAGE

LPG Face 30 Min

Single Session – 79 €

5 Sessions - 359 €

10 Sessions - 689 €

LPG Body 60 Min

Single Session – 139 €

5 Sessions – 629 €

10 Sessions – 1209 €

LPG Body 45 Min

Single Session - 119 €

5 Sessions – 539 €

10 Sessions – 1039 €

LPG Body & Face 75 min

Single Session - 180 €

5 Sessions - 809 €

10 Sessions - 1559 €

EMBODY

30 min – 155 €

30 min x 6 – 850 €

MASSAGE

25 min Neck & Back Massage – 79 €

50 min Massage – 119 €

75 min Massage – 169 €

90 min Massage – 199 €

DEEP TISSUE MASSAGE

25 min neck and back - 90€

50 min massage - 137€

75 min massage - 194€

90 min massage - 228€

HEAT BODY SCULPTING

60 min Body Sculpting - 145 €

5 Sessions 60 min - 650 €

10 Sessions 60 min - 1260 €

75 min Body Sculpting - 165 €

5 Sessions 75 min - 740 €

10 Sessions 75 min - 1435 €

THE HEAT FACE WORKOUT

45 min Single Session – 119 €

5 Sessions – 536 €

10 Session – 1039 €

COMPRESSION THERAPY

Intro Offer Compression Therapy 10 min – Buy 1

& Bring a Friend for Free

10 Min Single Session – 29 €

20 Min Single Session – 39 €

40 Min Single Session – 45 €

CRYO FACIAL

Single Session – 19 €

CC COMBO (Cryo + Compression)

20 Min Single Session – 49 €

BUCCAL

(Intra-oral massage) Release tension and stress in the lower face and jaw by massaging the inside and outside of the cheeks, leaving you with a sculpted, refreshed look. 15 min – 50 €

PRX-T33

A minimally invasive skin treatment that combines trichloroacetic acid (TCA) with hydrogen peroxide. Designed to improve skin texture, reduce wrinkles, and rejuvenate the skin without causing peeling or downtime. 30 min – 195 €

PEELING + MASK

Removes dead skin cells through exfoliation, followed by a nourishing mask to hydrate and rejuvenate the skin. 15 min – 35 €

NEW HEAT MEMBERSHIPS

Introducing the all-new HEAT Membership Program, featuring exclusive prices on studio treatments and products, and savings of up to 129 € per month.

SHOP HEAT COLLECTION

Sweat, sculpt and recover from anywhere with our line of exclusive products. Used between treatments or as a daily wellness ritual, the HEAT system is as easy as 1-2-3.



Sweat - Energize & Glow
HEAT Infrared Sauna Blanket

Sculpt - Detoxify & Depuff
HEAT Ionic Body Brush



Recover - Refresh & Restore
HEAT All-Natural
Electrolyte Powder

HEAT Cryo-Ball

