

ONE
Personal Wellness

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PERSONAL WELLNESS

Your wellness. Your pathway.
Your ONE.

Membership designed around you and your potential.

A DIFFERENT APPROACH

Wellness, made personal.

ONE is a members-only personal wellness destination. We make advanced wellness technologies easier to understand, easier to access and easier to make part of your routine.

Your membership begins with a clear starting point, a recommended Wellness Pathway and ongoing reviews so your experience can evolve with you.



Start with you.

Before choosing therapies, we establish a simple baseline and understand what you want from your membership.

01 Online Wellness Pathway Assessment

02 Complimentary Discovery Experience

03 InBody Body Composition Scan

04 Blood Pressure Check

05 Goals & Lifestyle Conversation

06 Your Recommended ONE Pathway



Six pathways. One purpose.

Your pathway gives your membership direction while allowing it to evolve as your goals and priorities change.

ENERGY

Designed to support everyday vitality, energy production and resilience, combining therapies that help you feel more restored and ready for the demands of daily life.

YOUR CORE THERAPIES

- Hyperbaric Oxygen Therapy
- Photobiomodulation (Red Light) Therapy
- Far Infrared Sauna

RECOVERY

For those wanting to prioritise physical recovery, circulation and reset. Your sessions are selected to support the body after exercise, busy periods or physical strain.

YOUR CORE THERAPIES

- BTL Lymphastim
- Hyperbaric Oxygen Therapy
- Whole Body Cryotherapy

RESTORE

A gentler pathway focused on slowing down, recharging and creating space for recovery. Ideal when relaxation, restoration and a more balanced routine are the priority.

YOUR CORE THERAPIES

- Far Infrared Sauna
- Photobiomodulation (Red Light) Therapy
- BTL Lymphastim

LONGEVITY

A proactive pathway centred on maintaining wellbeing over time. It combines regular measurement with therapies selected to support healthy ageing and long-term wellness habits.

YOUR CORE THERAPIES

- Hyperbaric Oxygen Therapy
- Photobiomodulation (Red Light) Therapy
- BTL Lymphastim

BALANCE

Created to support relaxation, circulation and a calmer rhythm. This pathway brings together therapies that encourage you to pause, reset and make recovery part of your routine.

YOUR CORE THERAPIES

- Air Relax Compression Therapy
- Far Infrared Sauna
- Photobiomodulation (Red Light) Therapy

PERFORMANCE

For members focused on physical capacity, training and recovery. Your pathway combines advanced wellness technologies with regular measurement to support your personal performance goals.

YOUR CORE THERAPIES

- Hyperbaric Oxygen Therapy
- Whole Body Cryotherapy
- Photobiomodulation (Red Light) Therapy

Because wellbeing is about real life.

Most people are not trying to become elite athletes. They want to feel capable, independent and well enough to enjoy the life they have - and the life still ahead of them.

I WANT TO...

- climb the stairs without feeling completely drained
- sleep better and wake feeling more refreshed
- have the energy to work, socialise and still have something left for myself
- look after my parents or family without forgetting my own wellbeing
- travel, walk around a new city and enjoy the whole day
- keep up with my children or grandchildren
- recover better after exercise, busy weeks or long days
- feel stronger, more confident and more comfortable in my body

What ONE can support

- A clearer starting point through regular measurement and review
- A routine built around your personal priorities, not somebody else's
- Consistent time for recovery, relaxation and physical wellbeing
- Access to advanced wellness technologies in one place
- A reason to stay proactive rather than waiting until you feel run down
- Progress that can evolve as your life, goals and needs change

ONE is not about perfection. It is about helping you keep doing the things that matter to you.

Advanced wellness therapies.

A carefully selected range of technologies, assessments and restorative experiences - all available within ONE.



THERAPIES & ASSESSMENTS

Air Relax Compression Therapy | BTL Emsculpt Neo | BTL Emsella | BTL Lymphastim | Far Infrared Sauna | Hyperbaric Oxygen Therapy | InBody Body Composition Scan | Localised Cryotherapy | NAD+ Home Support | Photobiomodulation (Red Light) Therapy | PNOE Metabolic Testing | Whole Body Cryotherapy | Zero Gravity Massage Chair

Choose your level of support.

Every level includes the ONE membership foundations. Choose the number of core therapy sessions that best fits your routine.

ACCESS 4 CORE SESSIONS / MONTH £95 per month	ADVANCE 6 CORE SESSIONS / MONTH £145 per month	SIGNATURE 8 CORE SESSIONS / MONTH £195 per month	CONCIERGE 10 CORE SESSIONS / MONTH £245 per month
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EVERY MEMBER RECEIVES

Monthly InBody scan | Monthly blood pressure check | Progress reviews | 90-day Pathway Evolution | Member rates on additional therapies | Discounted workshops & events

More than therapies.

ONE is designed to feel welcoming rather than clinical. Come for your session, take time to reset, learn more about your body and make personal wellness part of a routine that feels calm, considered and sustainable.

A calm members-only environment

Time to relax before or after sessions

Complimentary coffee & refreshments

Guest speakers & wellness workshops

ONE Collective events



Go further when you want to.

Members can add specialist assessments, programmes and non-core services at preferential member rates.

PNOE Metabolic Analysis	Resting and active metabolic assessment.
NAD+ Home Support	Home-use NAD+ options for members who want to include NAD+ within their wider wellness routine.
BTL Emsculpt Neo	Technology-led body and muscle programme.
BTL Emsella	Non-invasive pelvic floor stimulation programme.
Wellness Programmes	Structured programmes around specific wellness goals.

ONE

PERSONAL WELLNESS

YOUR NEXT STEP

Find your ONE.

Take your free Wellness Pathway Assessment online, or book your complimentary Discovery Experience and come and experience ONE for yourself.

START YOUR JOURNEY

www.onepersonalwellness.com

ONE Personal Wellness | Belfast

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