



The Top Ten Wellness

Features for the
Ultimate Healthy Home



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At Sesshu Design, we create WELL Designed™ homes that go beyond aesthetics to support health, relaxation, and peak performance. Our Ecoluxe Design Process integrates cutting-edge wellness features that enhance both beauty and well-being. Here are the top 10 must-have features that top athletes, high-level executives, and health-conscious homeowners are incorporating for a truly health-optimized home.

1. Infrared Saunas

Known for their deep-penetrating heat, infrared saunas promote detoxification, improve circulation, reduce muscle soreness, and support relaxation.

2. Steam Rooms

Providing moist heat, steam rooms help with respiratory health, skin hydration, and overall relaxation, making them a favorite for stress relief and recovery.

3. Cold Plunge Pools & Hydrotherapy

Used by athletes and biohackers, cold plunges reduce inflammation, enhance circulation, and speed up muscle recovery.

4. Circadian Rhythm Lighting

Smart lighting systems mimic natural light cycles to support the body's natural sleep-wake cycles and overall well-being.

5. Advanced Air & Water Filtration

Eliminate toxins, allergens, and contaminants for cleaner, healthier living.

6. Dedicated Wellness & Meditation Spaces

Create tranquil areas for yoga, breathwork, or mindfulness to recharge body and mind

7. EMF Protection

Reduce exposure to harmful electromagnetic fields with shielding paints, grounding, and smart design, supporting better sleep and reduced health risks.

8. Wellness-Optimized Kitchens

Featuring steam ovens, under-counter refrigeration, filtered water stations, and well-organized pantries to make healthy cooking effortless.

9. Indoor-Outdoor Living

Large glass walls, courtyards, indoor gardens, and natural materials that connect homeowners to nature, enhancing mental and physical well-being.

10. Hyperbaric Oxygen Chambers

Used for recovery, cognitive enhancement, and anti-aging, these chambers help increase oxygen levels in the body for overall cellular regeneration.