

Thermal Sanctuary Chicago

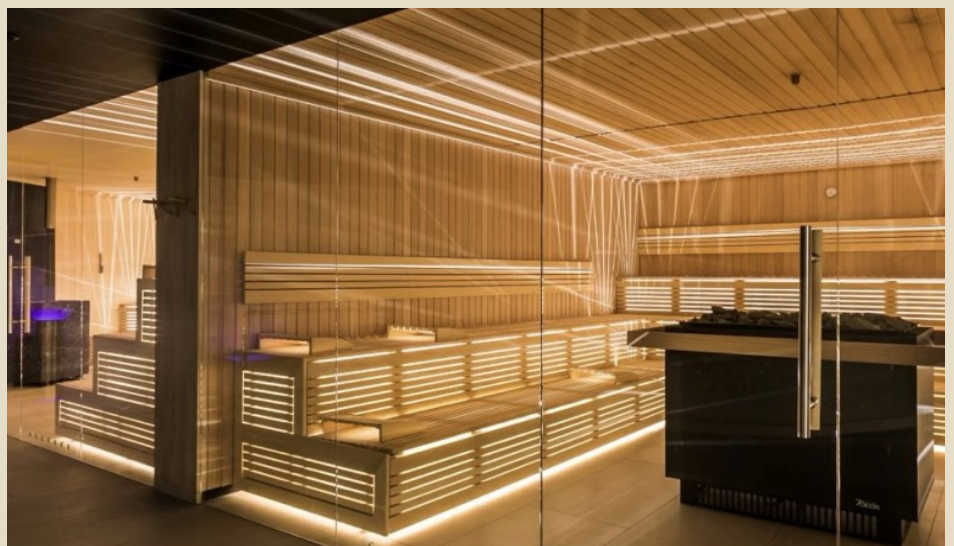
An authentic European-styled wellness experience in the heart of the city

Coming to Chicago | Winter 2028

Positioned as an oasis in the heart of Chicago, we will promote wellness, relaxation, and connection, inspired by centuries-old practices that have rejuvenated the mind and body throughout Europe. Each visit will invite guests to unwind, detoxify, and embrace a holistic approach to well-being, while embracing our community and connecting with others.

We're building a world-class facility

- 70,000+ square feet in the heart of Chicago
- Large scale (80+ person) & multiple smaller saunas
- Traditional Hammam
- Multiple cold plunges
- Massage rooms
- Yoga studios
- Restaurant & cafe
- Education & training theater for health-related seminars and meetings
- and more....



Heart-Health
Social Connection
Improved Sleep
Muscle Recovery
Skin Health
Stress Relief

Designed with intention, our space will honor the nature of Nordic tradition and Eastern minimalism. Featuring a biophyllic design, natural woods, stone, running water, and abundant light will provide the perfect space to reconnect with yourself and with others.

European wellness is the next evolution in fitness for health-minded individuals



The benefits of sauna are well documented by the Mayo Clinic and have been in existence for more than 2,000 years. Coupled with the revolution in artificial intelligence that will transform workforce efficiency, there will be more personal time to do the things we enjoy. Sauna has been gaining media attention recently. A *Wall Street Journal* article explored the growing social and community aspects of sauna, while other outlets like *National Geographic* continue to highlight sauna's role in promoting long-term health and vitality.

Despite this growing interest, the need for wellness experiences remains clear. According to the National Center for Health Statistics, only 24.2% of U.S. adults met the recommended physical activity guidelines in 2020.

Dr. Rhonda Patrick, a biomedical scientist, recently stated on the Joe Rogan Podcast that sauna provides sedentary people with the positive effects of a cardio workout without having to do typical cardiovascular exercise.

The U.S. is experiencing a national health crisis, where the cost of healthcare is skyrocketing, yet most of the focus is on curing ailments rather than preventing them from happening in the first place. Saunas are proven to offer a compelling, low-barrier entry point to support physical and mental well-being, which benefit both the active and those who are more sedentary among us. Incorporating European-style wellness can promote healthier lifestyles and become a platform from which to educate the public on other healthy-lifestyle benefits as well.



*A prominent Chicago Family Office is providing key investment for the project, and core shares are still available.
For investment and partnership opportunities, please contact Scott Garner or Chris Schmeltz.*

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