



SIKA AT WORK

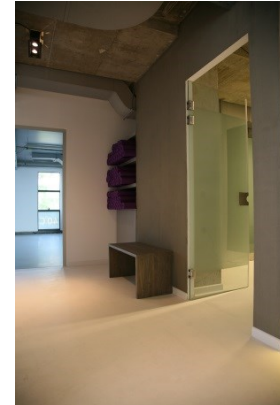
Floor Protection System for Yoga Studio, Glyfada, Athens

FLOORING: Sika® ComfortFloor® Pro

BUILDING TRUST



FLOOR PROTECTION SYSTEM FOR YOGA STUDIO



PROJECT DESCRIPTION

Hot Yoga refers to yoga exercises performed in a heated room at 40°C and 50% relative humidity. Temperature must be at least 38°C in order to maximize the benefits of hot yoga (i.e. be above body temperature), as via this way the flexibility of the athlete is highly increased.

Therefore, in the specific wellness studio, there is a requirement for a floor protection system where constant and controlled temperature and humidity conditions prevail.

APPLICATION DEMANDS

A key requirement was the creation of a floor with ecological character, friendly to the athlete, soundproof, comfortable and warm, as the body of the athletes during the exercises is in direct contact with it. Moreover it should fulfill high hygienic standards and should be easy to clean and maintain. Additionally, the floor should be in harmony with the aesthetics of the whole space and subvene towards the creation of a pleasant atmosphere.

SIKA SOLUTION

Sika® ComfortFloor® Pro System was the ideal choice for the specific requirements and was applied in the reception area, in the locker rooms, in the exercise rooms and in the massage room.

Originally the concrete surface was prepared using mechanical means, followed by thorough cleaning and application of the 2-component, no solvent containing, epoxy resin **Sikafloor®-161**. Afterwards, the adhesive **Sikafloor®-Comfort Adhesive** was applied on the surface in order to bond the elastic rubber mat **Sikafloor®-Comfort Regupol 6015 H**. Sealing of the porosity of the elastic rubber mat was performed using **Sikafloor®-Comfort Porefiller**. The basic layer of the system was the 2-component, low VOC, polyurethane resin **Sikafloor®-330**, which was finally sealed with the 2-component, low VOC, coloured, mat polyurethane coating **Sikafloor®-305 W**. The total thickness of the flooring system was approximately 7 mm.

PROJECT PARTICIPANTS

Owner: **Hot Yoga**

Flooring Contractor: **KOCHILAS NIKOS Ltd**

Our most recent General Sales Terms shall apply.

Please consult the most recent Product Data Sheets prior to any use and processing.



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