



SIKA AT WORK

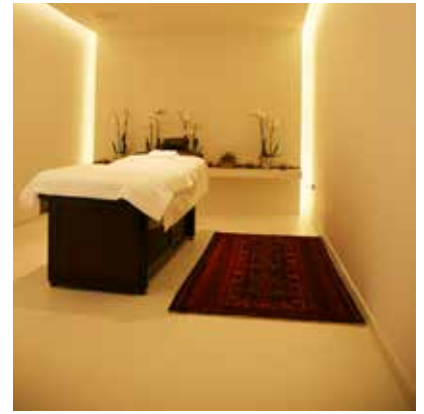
YOGA STUDIO IN GLYFADA, GREECE

FLOORING: Sika® ComfortFloor® Pro

BUILDING TRUST



YOGA STUDIO IN GLYFADA, GREECE



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 (in other words, above body temperature), as via this way the flexibility of the athlete is highly increased. Therefore, in this specific wellness studio, there was a requirement for a floor protection system where constant, controlled temperature and humidity conditions prevail.

PROJECT REQUIREMENTS

A key requirement was the creation of a floor with ecological qualities, friendly to the athlete, soundproof, comfortable and warm, as the body of the athletes during the exercises comes in direct contact with the flooring surface. 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 support the creation of a pleasant, calming atmosphere.

SIKA SOLUTION

Sika® ComfortFloor® flooring 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, colored, mat polyurethane coating Sikafloor®-305 W. The total thickness of the flooring system was approximately 7 millimeters.

PROJECT PARTICIPANTS

Owner: Hot Yoga
Flooring Contractor: KOCHILAS NIKOS Ltd
Sika Organization: Sika Hellas

Our most current General Sales Conditions shall apply. Please consult the most current local Product Data Sheet prior to any use.



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