

Pause Woodland Hills Announces Planned October 2026 Opening

New Ventura Boulevard destination brings modern recovery, wellness, and self-care experiences to one of Los Angeles' fastest-growing communities

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[Pause Woodland Hills](#) today

announced plans to open a recovery and wellness studio at 21526 Ventura

Boulevard in Woodland Hills, CA in October 2026. The location will offer float therapy, LED light bed therapy, whole-body cryotherapy, compression therapy, infrared sauna, contrast therapy, and a hydration lounge to residents of Woodland Hills and the surrounding West San Fernando Valley.

Services are available à la carte, in multi-session packages, or through monthly memberships. Each service is presented in a private suite.

"Woodland Hills is an active, health-conscious community that understands the importance of investing in health and wellness," said the Pause Woodland Hills leadership team. "Our goal is to make recovery and self-care a consistent, enjoyable part of everyday life for our guests."

A Comprehensive Approach to Recovery and Wellness

According to the company, each treatment modality is designed to serve a specific purpose. Float Therapy involves floating in a tank of body-temperature water infused with 1,200 pounds of Epsom salt, which the company says is intended to shift the nervous system into a deeply restorative state in the absence of light, sound, and gravity.

Its full-body LED Light Bed uses red, green, and blue wavelengths intended to support skin health, reduce inflammation, and boost cellular energy. Cryotherapy is a three-minute full-body cold treatment intended to reduce inflammation and relieve pain, and Compression therapy uses controlled pressure intended to improve circulation and reduce fluid buildup in the legs and hips.

Infrared Saunas heat the body directly rather than the surrounding air for faster recovery and more effective detox at a comfortable temperature, while Contrast Therapy alternates sauna with cold plunge, combining heat and cold for a recovery response neither achieves alone.



Pause Woodland Hills

Its Hydration Lounge offers a menu of restorative nutrient infusion services including customizable formulations administered by licensed staff.

Opening During an Exciting Time for Woodland Hills

The October opening coincides with a period of growth in Woodland Hills and Warner Center, where new residential, retail, dining, hospitality, fitness and entertainment developments are underway. The proposed 52-acre Rams Village at Warner Center — anchored by the Los Angeles Rams' planned permanent headquarters and training facility — is expected to bring substantial development to the area.

Plans for the Rams Village development include more than 3,000 residential units, nearly two million square feet of retail, office, hospitality and entertainment space, and about 10 acres of public parks and gathering areas. "As Woodland Hills continues to grow, more people will be living, working, training and spending time throughout the West Valley," said the Pause Woodland Hills leadership team. "We wanted to be part of that growth by offering recovery and wellness services to the community."

Pause Woodland Hills will serve local residents and welcome professionals, athletes and visitors from neighboring communities, including Calabasas, West Hills, Tarzana, Encino, Reseda, Winnetka, Canoga Park, Hidden Hills, Agoura Hills and the wider West San Fernando Valley. The grand opening date is scheduled to be announced in September.

About Pause Studio

Pause Studio was founded in 2014 after its founders began exploring alternative wellness therapies, including float therapy. The company opened its first location in Venice, California, in 2016. Pause has since expanded to offer infrared sauna, cold plunge, contrast therapy, nutrient hydration, LED light therapy and other services, and has awarded more than 100 franchise territories nationwide.

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