CLAIMS

1. A wellness room (1), comprising:
    i. a chamber or room (3) comprising at least three side walls, a base (5e) connected to a roof (5f) via said side walls; at least a heating system (17) incorporating far-infrared heating element;
    ii. characterized in that said wellness room (1) further comprising
    iii. at least a misting mechanism (15) in the chamber or room (3), configured to disperse mist containing therapeutic materials including mangrove extract, brass extract, or the combination thereof;
    iv. wherein the heating system (17) is configured to emit far-infrared heat to raise the internal temperature of the chamber to a therapeutic level, and misting mechanism (15) is configured to disperse fine mist containing mangrove extract, brass extract, or a combination thereof, thereby providing simultaneous heat and therapeutic mist exposure within the chamber (3).

2. The wellness room (1) as claimed in Claim 1, wherein said misting mechanism (15) comprising at least a nozzle or array of nozzles positioned at the roof or other areas in the chamber or room (3); and a reservoir (15a) for storing the therapeutic materials.

3. The wellness room (1) as claimed in Claim 1 or 2, wherein the mangrove extract comprising compounds including polyphenols, flavonoids, or the combination thereof.

4. The wellness room (1) as claimed in Claim 1 or 2, wherein said heating system (17) comprising at least a heat source layer for heat generation, at least a thermal conduction layer for conducting heat received from the heat source layer, a heat release layer for releasing heat from the heat conduction layer to the environment in the wellness room (1).

5. The wellness room (1) as claimed in Claim 4, wherein said heat source layer employs electric heating elements, photothermal conversion materials, or chemical heat sources, for transferring thermal energy to the conduction layer; the thermal conduction layer comprising conductivity materials including graphene composites,

tourmaline, copper, aluminum alloys, boron, hydrogen, magnesium, iron, lithium, manganese, titanium, carbon, zinc, or brass, or the combination thereof; and the heat release layer comprising far-infrared emitting materials.

6. The wellness room (1) as claimed in Claim 4 or 5, wherein the heating system (17) further comprising at least a temperature control system to regulate heat output, maintaining a temperature range of 40°C to 65°C with an accuracy of ±0.5°C.

7. The wellness room (1) as claimed in Claim 1, further comprising a light therapy system (13) configured to emit light with adjustable intensity and a spectrum of colours.

8. The wellness room (1) as claimed in Claim 1 or 7, further comprising sound therapy system (11) configured to emit ambient sounds, music, or therapeutic audio.

9. The wellness room (1) as claimed in 7 or 8, further comprising at least one chair.

10. The wellness room (1) as claimed in 7 or 8, further comprising a control panel (19) configured to manage the operation of the heating system (17), misting mechanism (15), light therapy system (13), and sound therapy system (11).

11. The wellness room (1) as claimed in claim 1, further comprising storage compartments (21) integrated into the walls or base of the room for storing items.

12. The wellness room (1) as claimed in claim 1, further comprising at least a door (7) and at least one window (9) to facilitate access and natural lighting.