



**COCOON**  
FITNESS POD™

## IT'S WHAT'S **INSIDE** THAT COUNTS

Combining both dry heat and infrared heat with vibratory massage, aromatherapy, and salt air for the ultimate body transformation and relaxation experience.

### DRY INFRARED HEAT

The three levels of near, mid and far-infrared lighting work to deliver a dry heat treatment that can be set from ambient to 194°F / 90°C. The infrared lighting treatment is like stepping into a dry sauna. Exposure to dry heat accelerates heart rate, speeding the circulation of blood, typically doubling the flow of blood through the body. Exposure to dry heat speeds metabolism efficiently, allowing your body to use calories consumed for energy instead of storing them as fat. Especially during fall and winter, joints become stiff and muscles tighten and ache. Through exposure to infrared heat, joints become more supple, muscles are relieved, and body flexibility increases. The sweat induced by dry heat exposure opens pores to release toxins and accept treatments more efficiently. Lastly, dry heat induces an undeniable relaxation with an enveloping, hugging heat: a perfect setting for meditation and release of the day's worries.

### VIBRATION MASSAGE

Experience full body vibrational massage therapy with a dual wave massage vibration system. Vibration is one of the five classical massage strokes that hails from ancient civilizations. Therapeutic vibrations exert a small, rhythmic force that travels deeply within the body cavity to exert small pressure waves on resistant muscles that feel tight. Gentle forces stretch the muscle until it reaches relaxation. The machine vibration employed by the Cocoon is even more effective than a massage therapist for this technique.

### PURE HIMALAYAN SALT CRYSTAL

For centuries, doctors have encouraged the use of Himalayan salt treatments to improve lung health and skin condition. When inhaled, Himalayan salt travels through sinuses and respiratory system to cleanse, absorb unhealthy moisture, remove mucus, and kill bacteria. Himalayan salt is anti-inflammatory, anti-bacterial, and can help fight upper respiratory conditions, seasonal allergies, sinusitis and bronchitis. Himalayan salt therapy helps to improve common skin conditions and diseases, like eczema, psoriasis and acne. Salt therapy also reduces stress, as it produces negative ions that boost the immune system and reduce chronic stress and fatigue.

# Ultimate Wellness for BODY & MIND

## COCOON FITNESS POD™

### HOW IT WORKS

#### DRY HEAT AIR WELLNESS SYSTEM:

The Cocoon Pod dry heat air system utilizes a powerful proprietary “air shower” heat port that creates a circulating vortex of warm air throughout the body chamber by means of convection. The air inside the cabinet is heated gradually, evenly and safely.

The Cocoon Pod software enables the user to adjust the cabinet temperature to any desired level, ranging from ambient room temperature up to 194°F / 90°C. The warmed air flows downward to the body while fans draw the warm air currents equally in a flow that creates desired temperature level and increases core (body) temperature.

As the body responds to the warm chamber environment, the relaxing release of body heat triggers the cleansing perspiration process that helps maintain a stable core temperature.

The Cocoon Pod software includes a wellness option for tracking and displaying calories burned during its thermal weight management sessions.

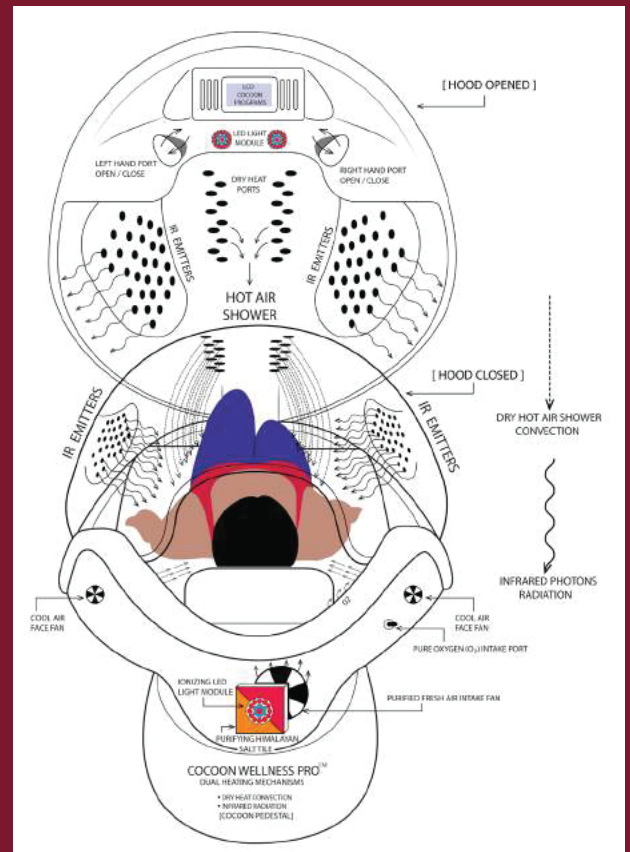
#### CALORIE INDICATOR:

Calories Burned

390



### Wellness Technology FEATURES



PLEASE ENTER  
YOUR WEIGHT IN LBS

123



## BOOK A SESSION TODAY

Ask us how you can maximize your results!



Tag us!

#MyCocoonPod