

What is the COCOON POD?

A personalized 'self-automated' dual sauna and vibration massage system designed for a relaxing, holistic body treatment.

The dual sauna features both Infrared and Dry Heat which temperatures can be set from ambient up to 194°F / 90°C. While your body lies comfortably inside the warm chamber, your head remains outside for your comfort. An adjustable stream of cool air is available for keeping your face and neck comfortable during your session.

Health BENEFITS

- Full body detox
- Immunity system boost
- Sore muscle & joint relief
- Stress reduction & relaxation
- Improve quality of sleep
- Increase energy & endurance
- Weight management
- Improve flexibility & mobility
- Revitalize mental focus & clarity
- Rejuvenate skin's appearance
- Improve skin tone & texture

+ more!



Ultimate Wellness for BODY & MIND

Cocoon sessions help create the perfect relaxation experience for optimum wellness renewal, rejuvenating meditation and other refreshing mindfulness benefits.

In the past, many health and holistic wellness machines have been developed to condition the mind and body to promote wellness, relaxation, beauty and fitness.

Studies have proven the benefits of various technologies and therapy techniques intended to improve mental and physical well being. However, serious limitations have always existed because no machine has been able to achieve the perfect balance of body and mind conditioning. Until the emergence of the new Cocoon Fitness Pod System....

BOOK A SESSION TODAY

Ask us how you can maximize your results!



Tag us!

#MyCocoonPod

COCOON
FITNESS POD™



GREAT THINGS
COME FROM
this
COMFORT ZONE.

COCOON FITNESS POD™

1

Relaxing, Soothing **STRESS RELIEF**

LOW – HEAT

- Recharge with a dual vibration massage
- Loosens muscles & relieves tension
- Rejuvenating power nap & better sleep
- Revitalize mental focus & enhance clarity

2

Advanced Body **FIRMING & TONING**

MEDIUM – HEAT

- Helps burn calories
- Accelerates fitness results
- Targets core, upper & lower body
- Builds lean muscles & reduces body fat

3

Natural Weight Loss **DETOX & PURIFY**

HIGH – HEAT

- Dry heat sauna helps remove toxins
- Infrared heat helps your body heal
- Complements exercise & diet programs*
- Improves mobility & full body recovery

*Always consult with your physician before beginning any health program.



**3 – IN – 1
WELLNESS
TECHNOLOGY
FOR BETTER
Results
IN LESS TIME.**



Relax, Refresh **RECHARGE**



Aromatherapy: Choose your Essential Oil scent for increased vigor, health, relaxation, or cleansing



Halotherapy: Pure Himalayan Salt Crystal purifies air to improve overall health, seasonal allergies & respiratory conditions

Effective, Long-Term Results:

You'll feel more relaxed and rejuvenated after just one Cocoon session. With continued use, typically 1-3 sessions per week, you will see a significant improvement in the overall way you look & feel. The Cocoon will change your life!

**STEP
INTO
HEALTH
FOR
YOUR
WHOLE
BODY.**

