# 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.





- 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



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

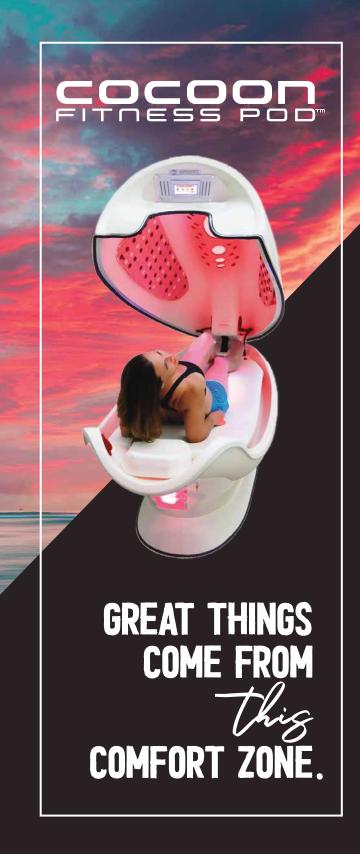
In the past, many health and holistic wellness machines have been developed to condition the mind and body to promote wellness, relaxation, beauty and fitness.

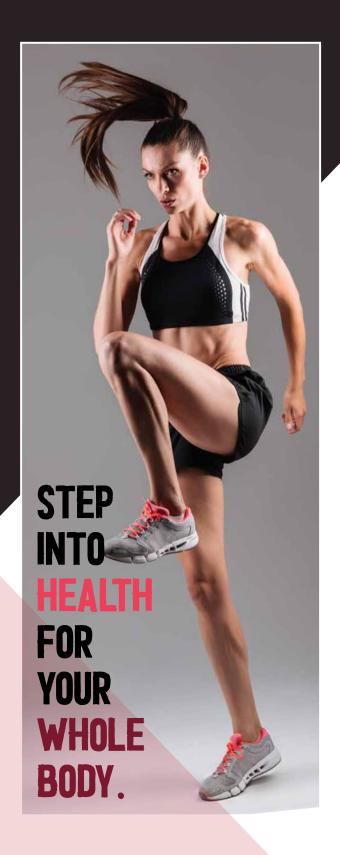
Studies have proven the benefits of various technologies and therapy techniques intended to improve mental and physical well being. However, serious limitations have always existed because no machine has been able to achieve the perfect balance of body and mind conditioning. Until the emergence of the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

## **BOOK A SESSION TODAY**

Ask us how you can maximize your results!







### COCOON FITNESS POD

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 Addanced Body FIRMING & TONING

#### MEDIUM - HEAT

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

Natural Weight Loff 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

Kesnils IN LESS TIME.



- 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!