



DESERT BRONZE

TANNING • WELLNESS • REJUVENATION

Cocoon IR  
Wellness



## WHAT IS IT?

A luxurious, full body powered massage system, ergonomically situated within a pod of thermal active energy, creates a revitalizing, rejuvenating and relaxing experience for the mind, body and spirit – Enter the Cocoon Wellness Pro.

Whether you have just made the commitment to improve your health and the way you look and feel – or are seeking to achieve the next level in your quest for peak performance, the Cocoon Wellness Pro offers a myriad of physical and psychological benefits.

*The Cocoon Wellness Pro System is “The Ultimate Relaxation Wellness machine”. Thermo Relaxation provides soothing vibration massage with the ideal ambient temperature and personal environment to promote profound relaxation and relief from the stress of the modern day grind. 15 to 30 minute sessions are recommended.*

## FAQ

### What will Cocoon sessions do for me?

Cocoon Wellness Pro sessions provide you with a private sanctuary to enjoy a relaxing, full body massage in a warm, soothing environment. The Cocoon is “The Ultimate Wellness and Relaxation Machine” and makes instantly available to you a multitude of health and wellness benefits, such as relaxation, calorie burning & weight loss, aroma therapy, and rejuvenation via halotherapy (salt air therapy).

### How do i control the Cocoon Wellness Pro System?

You can select from four convenient pre-set programs (Relaxation, Wellness, Fitness, and Hyper-thermic) that utilize different temperature and time pre-sets for your convenience. A Custom option is also available which allows you to adjust all the settings to your liking. During your session you can easily change the pre-set values for the location and intensity of your

whole body massage as well as your time and temperature

### Who should use the Cocoon Wellness Pro System?

Users should speak with their doctors before using the Cocoon POD and any questions should be directed to a medical professional.

The Cocoon Wellness Pro System has a weight limit of 350 lbs. Women who are pregnant and members who is sensitive to heat (i.e., conditions such as erythema ab igne, etc.) or dehydrated should not use the Cocoon Wellness Pro System. All users should be hydrated and drink plenty of water before and after use.

### What is the duration of a typical Cocoon Wellness Pro session and how often should it be used?

Cocoon session generally range from 15 to 60 minutes depending on the

business model and goals of the user. Users may exit the Cocoon Wellness Pro at any time prior to the expiration of their session. At many locations, Cocoon sessions are activated from the front desk. The Cocoon Wellness Pro System will automatically shut off at the conclusion of each session.

The manufacturer recommends beginning with lower temperatures and shorter sessions.

### Can I use the infrared heating feature separately from the dry heat feature?

With the Cocoon POD you can use the infrared (IR) and traditional dry (sauna) heat features separately or in combination. This allows you experience all the benefits of both modalities for the ultimate in synergy and efficiency.

**Have more questions? Call or stop by anytime!**