

Total Body Transformation System

COCOON

USER INFORMATION

1 Remove shoes, accessories & change clothes as necessary.

2 Select program. Relax and enjoy.

3 To stop your session at anytime, lift hood.

REFRESH & HYDRATE



Before & after each session.

RELAXATION ATTIRE

Relaxation – LOW HEAT

Wear street clothes or gym attire.



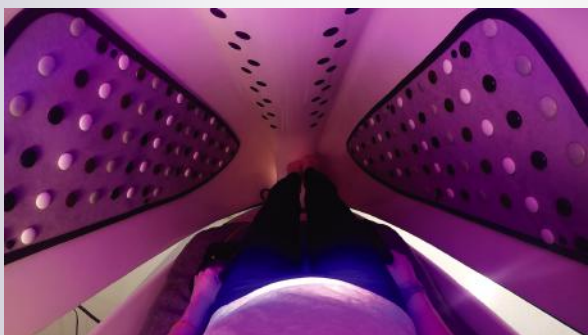
Fitness, Firming & Toning – HIGH HEAT

Wear gym attire, double sauna suit or bathing suit.

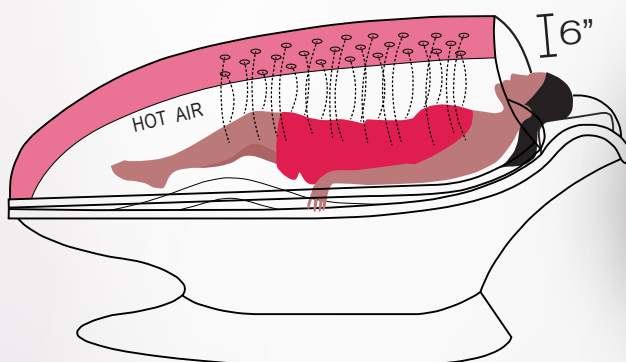
Lay a towel on the massage bed.

CAUTION:

- Do not touch the heated IR stones on the sides.
- Torso should not be within **6 inches** of the dry heat ports in the top of the hood.
- If you are wearing plastic or vinyl clothing, **cover the clothing** with a towel or wear a t-shirt to avoid heating the plastic.



IR Stones



6-Inch Clearance



CONTRAINDICATIONS

DO NOT USE if you have any of the following conditions or check with your physician:

- Pregnant
- Active Cancer
- Implants
- Outfitted with Pacemakers or Defibrillators
- Diabetes
- In Poor Health
- Intoxicated
- Insensitive to Heat
- Cardiovascular Disease
- High Blood Pressure

NOTE: Discontinue your session if you become dizzy, nauseated or experience irregular heartbeat.

Relax & Enjoy Your Cocoon Fitness POD Session!