

# COCOON IR WELLNESS pro™

*Available exclusively at*

THE  
**SUN**  
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LoveThePod.com

Pain Management | Infrared Heat Therapy | Detox | Weight Management | Massage | Relaxation | Aroma | Himalayan Salt Air



# How Does IT WORK?



## 5 Powerful Programs that Work Synergistically with 9 Innovative Natural Technologies.

### 1 Dry Heat Sauna

The **Cocoon IR Wellness PRO** dry heat sauna feature utilizes a powerful fan and proprietary "air shower" heat port configuration to circulate warm air throughout the body chamber by means of convection. Convection utilizes air currents to warm the air inside the cabinet so the body is heated safely and gradually. The **Cocoon IR Wellness PRO** software control and temperature sensor mechanisms enable the user to adjust the cabinet temperature to any desired level from room temperature to 180 degrees Fahrenheit (82 degrees Celsius). The warmed air flows downward to the body from a hood pattern of ports creating an even, gentle air shower to slowly heat the body for cleansing, beautifying and detoxifying. The dry heat sauna feature provides a myriad of additional health benefits including increasing the metabolic rate, causing the body to burn increased amounts of calories and dilating blood vessels. The body responds to the warm environment by triggering the perspiration process to help maintain a stable core temperature. Sweating is part of the complex thermoregulatory process of the body involving significant increases in cardiac output (stroke volume and plasma volume), heart rate and metabolic rate. When **Cocoon IR Wellness PRO** users undergo high-heat sessions, heat from the ambient air inside the cabinet is absorbed by the body causing the core temperature to rise. The body automatically adjusts for the resulting increase in core temperature via a process called "thermogenesis", which cools the body by the evaporation of sweat. The process consumes approximately .586 Kcal for every gram of water lost in perspiration. Studies have shown that a moderately heat-conditioned person can easily sweat off 500 grams during a single **Cocoon IR Wellness PRO** 25 minute session—consuming about 300 calories! This would be an energy expenditure equivalent to jogging or briskly walking from 2 to 3 miles!

### 2 Infrared

**Cocoon IR Wellness PRO** System includes radiant emitters with (low, medium, high) range of powerful heat the turbo fan system which quietly drives the radiant heat from the top of the body chamber downward to produce a vortex of heat enveloping the user's body. Working together with the dry heat sauna feature, the infrared emitters heat the body directly via a process known as "conversion". The emitted infrared waves or photons are absorbed by cells of the body causing a physical reaction called "resonance" – which stimulates the body's cellular activities including metabolism, blood circulation, heart rate and oxygenation of tissues. The emitters produce infrared waves that vibrate in the same frequency as the body resulting in deeply penetrating heat capable of optimizing the body's natural healing responses. The **Cocoon IR** has 3 gemstones that perform Triple IR™ (3 in 1) for near, mid and far infrared benefits. Here are the benefits of each IR range: **Far Infrared:** detoxification & heart health. **Mid Infrared:** Weight loss & Pain relief. **Near Infrared:** Cell Renewal & Anti-aging.

Schedule your session today online at [www.bookthepod.com](http://www.bookthepod.com)



*Cocoon IR Wellness PRO  
just one (1) 25 minute session—  
consuming about 300 calories! This  
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### 3

#### **Dual Vibration Massage**

Synchronized multiple vibration transducers located under the contour bed can be controlled by the user to achieve the desired level of soothing and invigorating massage. The transducers pulsate in variable surges from a very light touch to a deep penetration of the back and leg muscles. The end result is welcome relief from aches and pain, increased circulation, and complete relaxation. Individualized variable massage motors utilizing two rheostat controls allow for customized massage vibration settings. The undersurface transducers can also be controlled from the touch display control panel, to allow a range of circulatory therapy from delicate massage to deep penetration. One of the primary benefits of massage is to enhance circulation by increasing the blood flow to the targeted area. Massage vibration can also accelerate the recovery process via the elimination of toxins and introducing fresh blood (carrying nutrients including oxygen and glucose) into the muscle, tissues and cells throughout the body. Vibratory massage is also beneficial for enhancing muscle relaxation, cleansing and detoxifying the body, alleviating stress-related disorders and helping provide better sleep.

### 4

#### **Aroma Air & Salt-Air**

The Cocoon IR Wellness PRO's unique Salt-air intake fan system also enables the users to choose from a selection of four different essential oil scents for heightened vigor, health, relaxation, or cleansing. Scented air flows over the body and face and fills the air in the body chamber and Salt-Air if desired. By simply the aroma card to the intake fan with selected oil, the user's olfactory senses will be stimulated for the enhancement of all sessions and improved health, beauty and well-being. The Pure Essential Oils can be used to customize each Cocoon IR Wellness PRO session. Four independent nebulizers allow users to precisely control delicate bursts of aroma and even blend aromas if desired. The numerous benefits of aroma therapy include nourishing, conditioning and moisturizing the skin, relieving stress, curbing appetite and many others for improved relaxation, health, beauty and well-being.

See it in action and learn more at [LoveThePod.com](http://LoveThePod.com)



# Infrared Thermofuzion POD

The Cocoon IR Wellness PRO System is the 21st century whole body sauna that can be used as a rehabilitation chamber after space travel or for wellness if desired. Thermofuzion can be defined as the combination of dry heat and infrared heat. The Cocoon IR Wellness PRO System also enables users to control all the functions of their luxurious fitness & Wellness experience from within the POD with the aid of a convenient control panel. Cabinet temperature, intensity and pattern of dual massage vibration, face air intensity levels, manual aroma selection and other features can be easily adjusted by means of the convenient button dials. Five (5) self-automated programs allow users to select the type of session from the following options: **Xpress Energy, Xpress Shape, Xpress Cleanse, Xpress Fitness, Xpress Relax.**

## 5

### *Five Self-Automated Programs*

The **Cocoon IR Wellness PRO** System also offers users the choice of personal wellness sessions. Combined with a healthy diet for the highest level Infrared Thermofuzion results that enhances the enjoyment of each Cocoon IR session.

## 7

### *Cooling Face Air System*

The **Cocoon IR Wellness PRO** System also allows users to adjust the rate and direction of cool airflow lightly upon the face and neck for refreshment and comfort during high heat sessions. A continuous stream of adjustable cool air movement from the lowest level (one) to the highest level (seven) enhances the enjoyment of each Cocoon IR Wellness PRO session.

## 8

### *Ergonomic Contour Bed*

The comfortable vibration massage bed is contoured and padded to provide the most comfortable and ergonomic user experience. Evenly distributed and cushioned support eliminates any pressure points and provides the feeling of floating comfortably in the air. The contoured shape of the bed evenly delivers vibration to all parts of the body and the control panel allows users to target the upper, lower or entire body. Provides soothing relief of body aches and pains, stress reduction and enhanced effectiveness of treatments applied to these areas.

## 6

### *Enriched Air System (Optional)*

The **Cocoon IR Wellness PRO** System can be equipped with air ports to allow the use of enriched oxygen as well as an intake fan for the use of a humidifier or vaporizer allowing for the convenient delivery of inhalation therapies while using the system.





Whole Body Vibration  
Dual Adjustable Controls

Ambient Lights

Purified Air  
Salt-Air & O2 Air  
(Optional)

Dry Heat  
& Infrared Heat

Raised Designer Pedestal  
(Optional)

# 5

**POWERFUL  
PROGRAMS**

**XPRESS ENERGY**

**XPRESS FITNESS**

**XPRESS SHAPE**

**XPRESS RELAX**

**XPRESS CLEANSE**

# 9

## **Multi-Color Ambient Light**

Cocoon IR Wellness PRO body chamber features a combination of red and blue atmospheric colored light. The mood enhancing chromotherapy glow will put the users in a total state of harmony and balance.

**Russian Cosmonauts  
Dr. Valeri Polyakov, M.D. Rehabilitated  
with a dry heat sauna Capsule after  
spending 437 days in outerspace  
orbiting the Moon 1989**



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# Five (5) Innovative Self-Automated Programs

**Users can customize and enhance their Cocoon IR Wellness PRO sessions by selecting from among the five (5) self - automated programs available:**

## Program One (1) Xpress Energy

**Xpress Energy** a duration of 30 minute session program. Provides an ideal beginning cabinet temperature for the relaxing **Cocoon IR Wellness PRO** experience. The medium IR setting for maximum energy temperature of 130 degrees F and high vibration both lower and upper the use of Vigor aroma is suggested for the Vital Energy session. Do not forget to set the face air fan 6 for complete comfort. After the first week of 40 minute sessions, clients have generally acclimated to the warm environment and are ready for higher longer heat sessions of 50 minutes.

## Program Two (2) Xpress Cleanse

**Xpress Cleanse** session is 25 - 35 minutes. Provides an ideal intermediate cabinet temperature for weeks two and three of the **Cocoon IR Wellness PRO** experience. The Xpress Cleanse program provides a medium IR setting with POD temperature of 150 degrees F and complements the use of Cleanse aromas and lower vibration setting medium upper and low lower. Do not forget to set the face air fan 5 for complete comfort. After two to three weeks, clients have generally acclimated to the increased dry heat environment.

## Program Three (3) Xpress Fitness

**Xpress Fitness** 20 - 40 minute program. Provides a maximum POD temperature of 125 degrees F and complements the use of products for a 30 minute session. Do not forget to set the face air fan 6 for complete comfort. After two to three weeks at this temperature, clients have generally acclimated to the heat and will be ready for higher heat sessions.

## Program Four (4) Xpress Shape

**Xpress Shape** a duration of 30 minute session program. Provides an ideal beginning cabinet temperature for the relaxing **Cocoon IR Wellness PRO** experience. The high IR setting for maximum energy temperature of 130 degrees F. and high vibration both lower and upper the use of Cleanse & Vigor aromas is suggested for the ideal Xpress Shape session. Do not forget to set the face air fan 7 for complete comfort. After the first week of 40 minute sessions, clients have generally acclimated to the warm environment and are ready for higher longer heat sessions of 50 minutes.

## Program Five (5) Xpress Relax

**Xpress Relax** 30 - 120 minute program. Provides the ideal extended cabinet temperature for weeks four through five of the relaxing **Cocoon IR Wellness PRO** experience with No IR set. The Xpress Relax program provides a low POD temperature of 120 degrees F. and complements the use of Relax aroma products for a 30 minute session. Do not forget to set the face air fan to 3 for complete comfort. After four to five weeks at this temperature, clients have generally acclimated to the high heat environment.

\*all session lengths may not be available



# Which COCOON wellness pro™ Program Is Best For You?



When using The Cocoon Wellness Pro's Relax, Wellness or Power Nap Programs, just take off your shoes and climb in with your street clothes or wear any comfortable clothing you choose.

**RELAX**

Time : 15 min

Temp: Low

Massage: Light

**WELLNESS**

Time : 15 min

Temp: Medium

Massage: Mild

**FITNESS**

Time : 15 min

Temp: High

Massage: Strong

**POWER NAP**

Time : 15 min

Temp: Low

Massage: Light

**WEIGHT MANAGEMENT**

Time : 15 min

Temp: Hyperthermic

Massage: Intense

## Program Protocol | In Service Room

### Step 1: SlimLine Product

Apply SlimLine AminoStim Spray over entire body.  
 Apply SlimLine Cellminate Cream cosmetic body product to the areas of concern. Apply SlimLine Slender Serum cosmetic body product over entire body (excluding the face and neck).

\* For Fitness & Weight Management Programs



### Step 2: Double Comfort

#### Disposable Sauna Suit +

##### Bunny Suit

Slip into the Disposable Sauna Suit and put on the cloth Bunny Suit over the Sauna Suit.

\* For Fitness & Weight Management Programs



### Step 3: Select Program

#### & Adjust Settings

Choose the program that most closely matches your objectives and adjust the pre-sets as desired.

\* At Home: Use SlimLine Exfoliation Scrub

# Enjoy your first session at a special introductory price!





## Cocoon IR Wellness PRO Can Naturally Promote Automatic Weight Loss & Improves your Health through Detoxification

The **Cocoon IR Wellness PRO** Fitness & Wellness System promises users a totally new weight loss experience by incorporating state-of-the-art features in an "Whole Body" treatment system. **Cocoon IR Wellness PRO** provides a complete "metabolic solution" to help users lose weight and keep it off safely and naturally. **Cocoon IR Wellness PRO** sessions are both enjoyable and highly beneficial because the **Cocoon IR Wellness PRO** System overcomes the biggest problem with traditional diets: The "set point". Traditional diets fail in the long run because dieting slows calorie burning and lowers the "set point" (explained in detail below). When combined with a normal, balanced diet, **Cocoon IR Wellness PRO** sessions provide effective and long-lasting weight loss benefits quickly and easily and because both calorie burning and the metabolism are stimulated. All the user has to do is recline and relax in the luxurious cocoon of the **Cocoon IR Wellness PRO** System and set the controls for the duration of the session and heat level. The **Cocoon IR Wellness PRO** state-of-the art weight loss program is then administered automatically. Metabolic stimulation results in marked reductions in both of body weight and "set point" over time (10-12 months) for proven, lasting weight loss benefits.

### Set Point Theory

The body's stubborn resistance to maintain the "normal" body weight "set point" matches or surpasses the stability of most of our other physiological variables. The body weight "set point" resists change and responds to any decrease in food (caloric) consumption with a matching lowering of the "set point" and decrease in calorie "burning" in order to preserve energy and prevent perceived starvation. Conversely, the body responds to any increase in calories consumed with a matching rise in "set point" and increase in calorie "burning" of more calories to prevent the imbalance of increased fat content and weight gain.

The reason over 90% percent of all traditional diets fail is simple. When a person goes on a low-calorie diet, the body thinks it is being starved. The "famine response" kicks in and the body attempts to become more efficient at storing fat by slowing down the metabolism. When a person stops the unrealistic low-calorie diet, the body's metabolic "set point" remains lower (in response to the decrease in calories consumed during the diet). Therefore, when "normal" (i.e., healthy) consumption calories is restored, the dieter will regain the weight he or she lost even faster (even though they may still be eating less than before the diet). This phenomenon is also known as "yo yo dieting".

Abnormal, restrictive low-calorie diets often cause the body to lose both muscle mass and fat in equal amounts. This is because the body breaks down and consumes both fat and its own muscle tissue to provide the needed energy for survival. When a dieter stops the low-calorie diet (and does not do anything to stimulation of the metabolism), the person will eventually re-gain the excess weight. When this happens, the weight regained is generally more fat than muscle. This is particularly bad because muscle is active, metabolic tissue which burns calories and fat is not. The dieter ends up with extra (fat) weight, a lower metabolic rate and a lower "set point". Fortunately, regular sessions in the **Cocoon IR Wellness PRO** Fitness & Wellness System can reverse this outcome!

Schedule your session today online at [www.bookthepod.com](http://www.bookthepod.com)





## How Does the Cocoon IR Wellness PRO System Solve the Set Point Problem?

### Thermogenesis = Increased Calorie Burning:

Sweating is part of the complex thermoregulatory process of the body involving significant increases in cardiac output (stroke volume and plasma volume), heart rate and metabolic rate. When **Cocoon IR Wellness PRO** users undergo high-heat sessions, heat from the ambient air inside the cabinet is absorbed by your body causing your temperature to rise. Your body automatically modulates the resulting increase in core temperature via a process called "thermogenesis". The process which ultimately cools the body by the evaporation of sweat consumes approximately .586 Kcal per gram of water lost in perspiration. Studies have shown that a moderately heat-conditioned person can easily sweat off 500 grams during a single **Cocoon IR Wellness PRO** session consuming about 300 calories! This would be the equivalent energy expenditure of running from 2 to 3 miles! A highly heat conditioned person can sweat off from 600 to 800 Kcal during an **Cocoon IR Wellness PRO** session without adverse effects. This would be equivalent of running 3 to 6 miles! Almost all calories burned are eliminated as heat through your skin. This may seem hard to believe, but scientists will tell you that about 75% of the calories burned during traditional physical exercise such as running are lost through the skin as heat via perspiration. That is why you sweat during **Cocoon IR Wellness PRO** sessions and when you exercise! You are dissipating the excess heat your core has built up through your skin a process which burns calories equivalent to aerobic exercise! Note: Some of the weight lost in a **Cocoon IR Wellness PRO** session will be water weight loss, which will be regained when you re-hydrate. But the calories burned and weight lost due to the thermogenic effect are gone forever!

### Thermal Treatments = Physical Stress = Aerobic Exercise

When the body heats up in the **Cocoon IR Wellness PRO** chamber, the heart rate increases to pump blood away from internal organs to the skin. In the skin, the blood is cooled by perspiration and then returned to cool the body core. The accelerated heart rate induced by thermal therapy is a form of workout for the heart and circulatory system. Heat stresses the body, which goes through physiological changes as a result. Physical stress is good, within limits. All exercise, in fact, is a form of stress. If you do not physically stress and exercise the body, it deteriorates. The **Cocoon IR Wellness PRO** utilizes dry heat because scientific research has shown that the dry heat sauna's effect on the receptive passive body cardiovascular system constitutes aerobic exercise and is conducive to good sports training. **Cocoon IR Wellness PRO** treatments can serve as a substitute for active movement/physical exercise and burn approximately equivalent amounts of calories for the time period utilized.

### Increased Metabolic Rate

**Cocoon IR Wellness PRO** sessions cause increased metabolic rate in a manner similar to physical activity. As your body heats up in the hot environment of the **Cocoon IR Wellness PRO** chamber, your basal metabolic rate will increase about 6% for each degree your body temperature rises. An increased rate of metabolism causes you to burn more calories during your **Cocoon IR Wellness PRO** session and for hours afterwards due to the "after-burn" effect.



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## Thermal Stress Acclimatization

When users experience the dry heat and thermal stress of Cocoon IR Wellness PRO sessions, they will gradually become acclimatized to the heat and sweat progressively more and more profusely. Initially, most people sweat an average of about 1.5 liters per hour during moderate exercise. After regular Cocoon IR Wellness PRO use for several weeks, it is not uncommon for a user to double their rate of sweating! It is not unusual, therefore, for a heat conditioned person to sweat off as much as 3.75 liters per hour! The acclimatization process results in an increase in cardiac output and blood plasma and diminished loss of salt in the sweat, which are all significant exercise and fitness benefits.

## Stimulates Fat Catabolism for Increased Fat Burning

The Cocoon IR Wellness PRO's thermal convective dry heat (H) features naturally stimulate the catabolism of fat (the phase of metabolism when complex compounds break into simpler ones) via increased circulating oxygen in the bloodstream. Heightened fat catabolism results from heightened oxidation increasing the burning of fat, which results in more effective, healthier and long-term weight loss results.

## Stimulates Hypothalamic Weight Control for Sustained Lowering of the "Set Point"

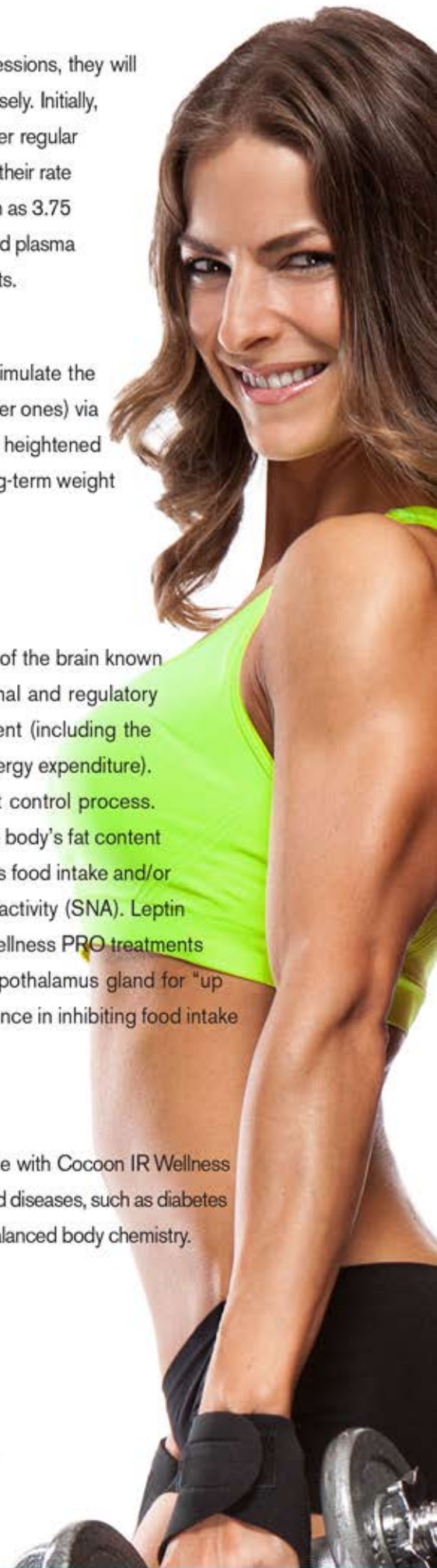
The mechanism of the body weight 'set point' is believed to be located in the section of the brain known as the hypo-thalamus gland. The hypothalamus plays a central role in many hormonal and regulatory functions in the body, including regulating the process of the body's fat mass content (including the determination of the need for food intake by appetite stimulation or suppression or energy expenditure). A recently discovered hormone called leptin helps the hypothalamus perform its fat control process. Leptin is secreted by the body's fat cells and circulates in the blood in proportion to the body's fat content percentage. Leptin acts on its receptors present in the hypothalamus and either inhibits food intake and/or increases caloric energy expenditure as needed via stimulation of sympathetic nerve activity (SNA). Leptin also modulates other functions in various tissues via modulation of SNA. Cocoon IR Wellness PRO treatments promote increased circulation of the leptin hormone in the blood to stimulate the hypothalamus gland for "up regulation" of the SNA nervous system. The Cocoon IR Wellness PRO System's influence in inhibiting food intake can therefore play a major role in helping users maintain long term weight loss.

## Reduced Risk of Primary Obesity-Associated Diseases

Achievement of sustainable weight loss and lower fat content of body mass index possible with Cocoon IR Wellness PRO treatments will significantly minimize the risks of suffering from primary obesity-associated diseases, such as diabetes II, hypertension, cardiac ischemia, etc as well as the slowing of the aging processes and balanced body chemistry.



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## Weight Loss Medical Study

A recent comprehensive weight loss medical study undertaken in Russia has shown that the use of therapeutic and complex rehabilitation technologies of the **Cocoon IR Wellness PRO** System are of tremendous benefit to the rehabilitation of obese and overweight individuals. Permanent weight reduction and maintenance also reduces the likelihood of patients suffering obesity-associated diseases, such as type II diabetes, hypertension, cardiac ischemia, etc. A number of critical clinical parameters were evaluated in the study, including clinical, psychological, psychophysiological and biochemical parameters. The study observed measurable improvement throughout the experimental group indicating long-term reduction in weight and fat mass percentage as well as reductions in anxiety, anger, and depression.



## Cocoon IR Wellness PRO: The Ultimate Fitness & Wellness Machine

The **Cocoon IR Wellness PRO** System delivers luxurious automated fitness and does the workout for you! We have been taught all our lives that “nothing comes free”—but **Cocoon IR Wellness PRO** is the exception to the rule that fitness requires hard work. By simply reclining in the luxurious **Cocoon IR Wellness PRO** and setting the controls for the duration of your session and the heat level, your body will automatically receive the myriad of cardiovascular and physiological benefits incident to exposure to thermal stress. Although the cardiovascular benefits are the most important, **Cocoon IR Wellness PRO** sessions can also address the other four components of physical fitness (strength, endurance, flexibility and body composition):

## CARDIOVASCULAR ENDURANCE

Experts agree that this is the most important part of fitness! Achieving a conditioned heart and lungs will supply your body with vital oxygen, give you more energy and make you a healthier, leaner machine. Cardiovascular endurance is improved by doing some form of aerobic exercise. The activity should be continuous and the exercise session should ideally last longer than 12 minutes. In order to improve cardiovascular endurance, aerobic exercise should ideally be performed at least three times per week and 20 minutes per session. Examples of traditional aerobic exercises include swimming, running, biking, and climbing stairs. But amazingly enough high heat sessions in the **Cocoon IR Wellness PRO** System also provide cardiovascular fitness training. How is this possible when users undergo sessions while reclining comfortably on their backs?

## Increased Heart Rate

When the body heats up in the **Cocoon IR Wellness PRO** chamber, to prevent dangerous increases in core temperature the body engages its wondrous cooling system utilizing the circulatory system and the skin. Sensitive nerve endings in the skin quickly release a neurotransmitter called acetylcholine. More than two million sweat glands are called into action and the perspiration process begins. During the course of a 15-minute high heat session, the average person can expect to sweat away about 4 cups (1 liter) of fluid. In addition, the heart rate increases to pump blood away from internal organs to the skin. In the skin, the blood is cooled by perspiration and then returned to cool the body core. The accelerated heart rate induced by thermal therapy is a form of workout for the heart and circulatory system. Heat stresses the body, which goes through physiological changes similar to those resulting from traditional exercise like jogging as a result. The **Cocoon IR Wellness PRO** utilizes dry heat because scientific research has shown that the effect of exposure to dry heat on the receptive passive body cardiovascular system constitutes aerobic exercise and is conducive to good sports training. **Cocoon IR Wellness PRO** treatments can serve as a substitute for active movement/physical exercise and burn equivalent amounts of calories as most traditional exercise for the time period utilized.



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## Sweating Burns Calories

Sweating is part of the complex thermoregulatory process of the body involving significant increases in cardiac output (stroke volume and plasma volume), heart rate and metabolic rate. When **Cocoon IR Wellness PRO** users undergo high-heat sessions, heat from the ambient air inside the cabinet is absorbed by the body causing your temperature to rise. The body automatically modulates the resulting increase in core temperature via "thermogenesis". The process which ultimately cools the body by the evaporation of sweat consumes approximately .586 Kcal per gram of water lost in perspiration. Studies have shown that a moderately heat conditioned person can easily sweat off 500 grams during a single **Cocoon IR Wellness PRO** session consuming about 300 calories! This would be the equivalent energy expenditure of running from 2 to 3 miles! A highly heat conditioned person can sweat off from 600 to 800 Kcal during an **Cocoon IR Wellness PRO** session without adverse effects. This would be equivalent of running 3 to 6 miles! Almost all calories burned are eliminated as heat through your skin. This may seem hard to believe, but scientists will tell you that about 75% of the calories burned during traditional physical exercise such as running are lost through the skin as heat via perspiration. That is why you sweat during **Cocoon IR Wellness PRO** sessions and when you exercise! You are dissipating the excess heat your core has built up through your skin- a process which burns calories equivalent to aerobic exercise! Note: Some of the weight lost in a **Cocoon IR Wellness PRO** session will be water weight loss, which will be regained when you rehydrate. But the calories burned and weight lost due to the thermogenic effect are gone forever!

## Increased Metabolic Rate

**Cocoon IR Wellness PRO** sessions cause increased metabolic rate in a manner similar to traditional physical exercise. As the body heats up in the hot environment of the **Cocoon IR Wellness PRO** chamber, the basal metabolic rate will increase about 6% for each degree the body temperature rises. An increased rate of metabolism causes the user to burn more calories during their **Cocoon IR Wellness PRO** sessions and for hours afterwards due to the "after-burn" effect.

## Acclimatization

When users experience the dry heat and thermal stress of **Cocoon IR Wellness PRO** sessions, they will gradually become acclimatized to the heat and sweat progressively more and more profusely. Initially, most people sweat an average of about 1.5 liters per hour during moderate exercise. After regular **Cocoon IR Wellness PRO** use for several weeks, it is not uncommon for users to double their rate of sweating! It is not unusual, therefore, for a heat conditioned person to sweat off as much as 3.75 liters per hour! The acclimatization process results in an increase in cardiac output and blood plasma and diminished loss of salt in the sweat, which are all significant exercise and fitness benefits.

## Improved Cardiovascular Efficiency

Scientific research has shown that a 16-minute dry heat sauna session three times per week for six weeks significantly improved cardiovascular efficiency in a group of college students. Recommendations for duration and frequency of **Cocoon IR Wellness PRO** sessions range from 25-60 minutes per session, three to four times per week, so users should experience improvements in cardiovascular efficiency even greater than was seen with the college students enrolled in this study.





## MUSCULAR STRENGTH

To address the "strength" component of fitness activities, activities utilizing your body weight or additional weights or resistance force the body to adapt to the activity. The muscles are used for performing activities which are initially difficult but become easier as the muscles adapt to the new activity. To increase muscular strength, participants are encouraged to perform exercises using greater resistance and perform from one to two "sets" of the exercise from 6 to 10 times ("repetitions"). Muscles get stronger as they work past the point of fatigue (when the muscles have very little or no stored energy left to continue performing work). Muscular strength is needed for activities that require above normal effort. Having poor muscular strength increases the chance of getting hurt when doing activities that require above normal strength. Also, it must be remembered that it takes time to allow the body to adapt to increased resistance. Muscular strength is addressed with **Cocoon IR Wellness PRO** sessions by incorporating the simple strength exercises explained in the owner's manual utilizing the users' own body weight to perform the exercises.

## MUSCULAR ENDURANCE

Muscular endurance is concerned with the amount of force produced by the muscles over a certain period of time. With muscular endurance activities the muscles are generally performing the same action over and over again. Muscular endurance is closely related to both muscular strength and cardiovascular endurance. This is because in order to perform aerobic exercise long enough (at least 15 minutes) to benefit the heart and lungs, the exerciser also needs adequate muscular endurance to be able to exercise continuously for the required period of time. Muscular endurance is generally improved by using less resistance (i.e., lighter weights) and performing the exercise at least 15 times. Muscular strength is also addressed with **Cocoon IR Wellness PRO** sessions by incorporating the simple muscular endurance exercises explained in the owner's manual utilizing the users' own body weight to perform the exercises.

## FLEXIBILITY (STRETCHING)

"Flexibility" is defined as the "looseness" or elasticity of the muscles and joints, which allows the joint to move through a full range of motion. Most experts agree that this category is usually the most neglected part of fitness regimens. Poor flexibility increases the risk of injury and it also inhibits peak performance. It is a good idea to warm the muscles in a hot environment (such as the **Cocoon IR Wellness PRO**) or by gently undergoing a cardiovascular activity such as walking or cycling before engaging in flexibility exercises.

## BODY COMPOSITION

"Body composition" is defined as the percentage of body fat compared to lean body tissue (or "lean mass"). Lean mass consists of muscle, water, internal organs and bones. Body composition is considered a health problem if body fat percentage is outside the 5-30% range. Your weight on the bathroom scale means nothing unless you know your percent body fat. Also, don't be misled by the standard height/weight charts used for decades by the insurance industry. For many people, such as athletes, they are meaningless because they do not take body composition into account. **Cocoon IR Wellness PRO** sessions help users burn exclusively fat without the loss of lean mass characteristic of traditional diet plans which restrict calories and cause the loss of equivalent amounts of both fat and lean mass.







## Himalayan Crystal Salt-Air Intake Fan

**Cocoon IR Wellness PRO** users can experience the benefits of traditional salt caves in Europe and salt rooms which have recently emerged across the United States in cities such as New York, Orlando, Naples, Florida, Boulder, Colorado, Chicago, Los Angeles and Minneapolis. The salt air or "halotherapy" experience is designed to mimic salt caves, which have long been considered therapeutic in Eastern Europe. Halotherapy is a pain-free alternative treatment that uses dry sodium chloride to help relieve respiratory problems such as sinusitis, hay fever, asthma, allergies and bronchitis. Research has shown that a salt environment can also help skin conditions such as psoriasis and eczema in addition to a wide range of respiratory ailments, including colds, asthma, allergies and bronchitis. For healthy individuals, salt therapy improves the immune system and improves one's sense of well being. Halotherapy chambers or "salt rooms" have been designed to provide a relaxing and healthy experience for visitors. The walls and ceilings are typically coated with special salt- generally from the Himalayan mountains or other European salt caves (Himalayan salt contains 84 minerals and trace elements). Salt is also usually scattered a few inches deep on the floor. Some facilities use special "salt generators" which grind the salt into very tiny breathable particles and blow it into the air. **Cocoon IR Wellness PRO** users can experience the same health benefits as salt caves and salt rooms simply reclining and relaxing in the comfort of the **Cocoon IR Wellness PRO** chamber.

### DURATION OF SALT THERAPY TREATMENT

Salt therapy is most prevalent in Russia and Eastern Europe, where doctors have routinely prescribed it for over a decade. While every service is beneficial, multiple sessions allow most people to experience a period of remission from their conditions.

\*The list of conditions and the suggested number of consecutive sessions, as used in Russian clinics and health spas. These numbers should not be treated as prescribed medical standards, but rather as suggested guidelines for treatment based on research (see citation below). Sessions should be attentive to their own unique needs/conditions and make decisions about treatment based on the way their bodies respond.



MINISTRY OF PUBLIC HEALTH OF THE RUSSIAN FEDERATION, Halotherapy Application in Treatment and Rehabilitation of Respiratory Diseases, Methodical Recommendation No. 95/111, Moscow 1995 Methodical recommendation was discussed and approved by the Scientific Board of the Institute of Pulmonology of the Russian Federation. Clinical-Research Respiratory Center, St. Petersburg – Doctors A.V. Chervinskaya, S.I. Kononov, O.V. Strashnova, N.G. Samsonova Institute of Pulmonology of the Russian Federation, Moscow – Doctors A.G. Chchalin, I.D. Apulcina, I.E. Furman, A.A. Bondarenko, M.V. Samsonova



# Discover the Power of Triple IR™

## Infrared Heat

The Cocoon IR has 3 gemstones that perform Triple IR™ (3 in 1) for near, mid and far infrared benefits. The benefits of each IR range are: **Far Infrared: Detoxification & Heart Health.** **Mid Infrared: Weight Loss & Pain Relief.** **Near Infrared: Cell Renewal & Anti-aging.**

The Triple IR™ system located on the wings inside the hood of the Cocoon raises the core body temperature up with the perfect deep warmth called resonance that last for hours after your session. After burn and enhanced metabolic activity will continue up to 4 to 12 hours after the session ends.

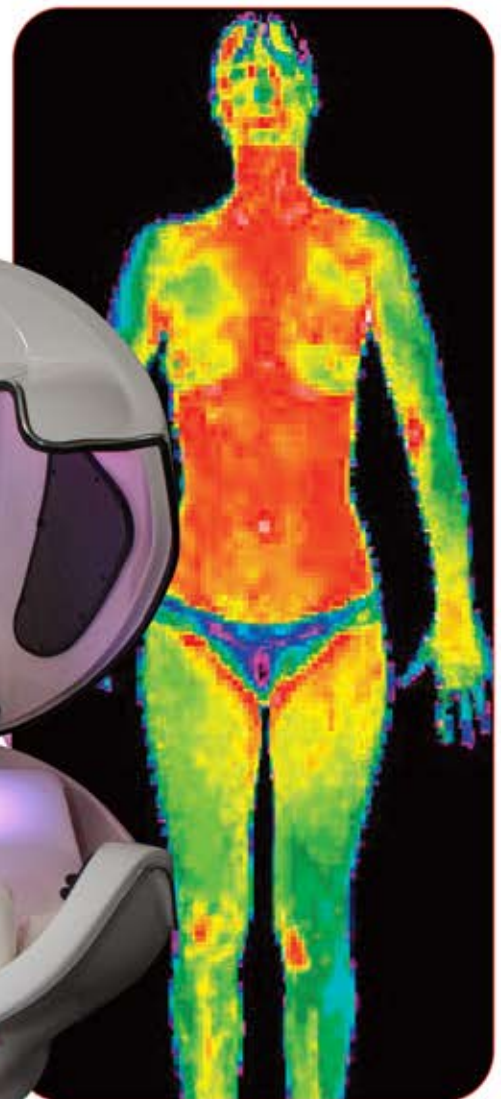
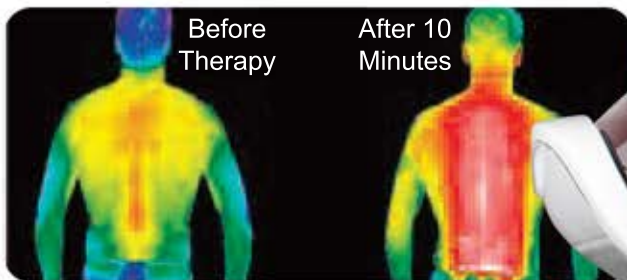
## JADE Comfort Mat

Cocoon IR Wellness PRO features the JADE Comfort™ Mat (96 Pure Jade Gemstones; 5 cm / 2 inches diameter each) enhance relaxation and complement all wellness services.

JADE STONE consists of two separate distinct minerals, jadeite and nephrite. Jadeite is very tough and resistant because of its tight growth of tiny interlocking grains. Nephrite is even tougher, due to its composition of fibrous crystals bonded in a tough compact mass. Jade is a natural conductor of far infrared (FIR) rays in the wavelength (8,000 nm) harmonious with the human body. Jade emits cleansing negative ions and contains vital elements. Pure natural Jade has the ability to emit far-infrared waves of 8,000 nm – 14,000 nm. This produces a deep-penetrating warmth for relaxation, recharge, and relief.

### The Benefits of Triple IR

- Far IR: Detoxification & Heart Health
- Mid IR: Weight Loss & Pain Relief
- Near IR: Cell Renewal & Anti-Aging



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