

Cocoon Wellness Pro System Operating Instructions

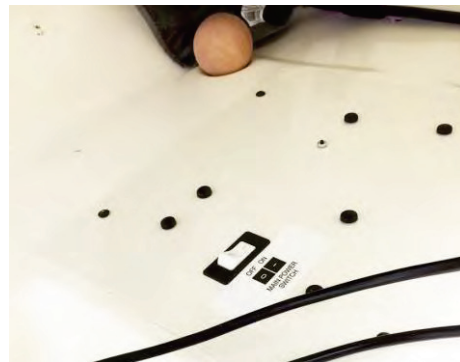
1. Open the hood of the Cocoon Wellness Pro System.



2. Lift up the bed and locate the ON/OFF switch.



3. Turn the unit ON by pressing “1” on the ON/OFF switch (located underneath the bed). Return bed to original position.



4. Make sure a fresh neck drape has been attached to the Velcro strip just above the head area of the hood of the Cocoon POD to keep the heat in the cabinet during your session.



5. Pre-Heat Recommendation: For high heat sessions, pre-heat the Cocoon for eight (8) to ten (10) minutes before starting session (block the head area with pillow to prevent heat from escaping). Follow the instructions in steps 9 and 10 below to start the Cocoon and pre-heat using the highest temperature setting available—the weight management program set at highest (high or hyperthermic) setting.
6. While the Cocoon is heating up, change into your desired session attire.
7. Next, sit on the bed and then lift legs up as you lie down as shown.



8. Once you are comfortably situated inside the Cocoon, reach up and grab the wooden handle (located inside cabinet behind hand ports) and pull the hood down until the Cocoon is fully closed.

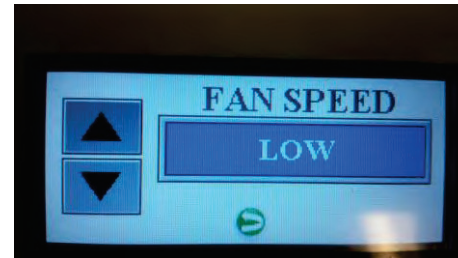
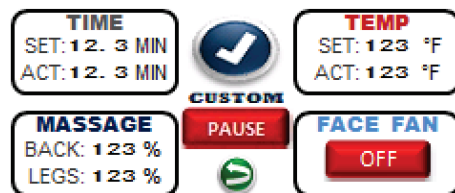


9. Push your hands through the hand ports (located beneath the color touch screen) to access the Cocoon control panel. Start by selecting your session and touching the color icon from one of the following programs:
 - a. Relax (low temperature);
 - b. Wellness (medium temperature);
 - c. Fitness (high temperature);
 - d. Weight Management (hyperthermic temperature);
 - e. Power Nap (low temperature).

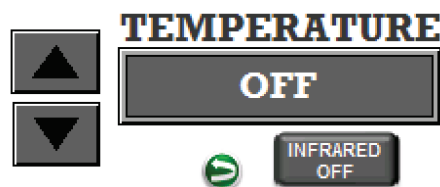


10. Based on the pre-set program you select, the temperature, leg massage intensity and back massage intensity and face fan for your program session will be automatically set. To change any of the pre-sets, simply touch the box for the setting you want to change (temperature, massage or face fan) and make any changes desired.

Note about Time Setting: Your time may be controlled by a T-max timer at the front desk. If your program is not T-Max controlled, you can change the desired time for your session by accessing the control panel engineering screen as explained in the Owner's Manual and changing the time settings.



11. Note: The temperature selection screen will allow you to select either a low, medium or high cabinet temperature and will also allow you to turn the infrared heater ON or OFF.



ADVANCED Cocoon POD Session Tips -

1. **Preheat the Cocoon POD for medium and high heat sessions:** Pre-heating the Cocoon for several minutes before the session begins will insure that users are able to take advantage of the optimal cabinet heat settings right from the program outset.
2. **Hydrate before each high heat session:** It is recommend that users drink six-to-eight ounces of water before a high heat session, and a healthy supplement drink is also a wellness recommendation - see appendix);
3. **Body sessions with cosmetic products:** Apply body product before entering the Cocoon POD in accordance with client’s objectives. Use the “double-sauna-suit” to capture body heat for optimal product results;
4. **Heat level settings:** For programs which use pre-set high heat settings (i.e., WEIGHT MANAGEMENT), if the user becomes uncomfortable with the heat at any point, touch the TEMPERATURE box on the screen and reduce the heat settings to a lower setting: (Off, low, medium, high, hyperthermic or high hyperthermic);
5. **Session time:** You may use the engineering software screen to change any session’s pre-set time as desired — see appendix for instructions for accessing the engineering screen and changing the duration of a session;
6. **Massage vibration settings:** Access the control panel touch screen to change the massage vibration settings during your session if desired;

Post-Cocoon POD session: After each session—(a) Raise the hood of the Cocoon, sit up and swing legs to the side of the bed; (b) Relax and remain sitting for a few minutes before standing up; (c) Remove and dispose of sauna suit, etc. (d) Towel dry, hydrate and drink an additional six-to-eight ounces of water; (e) Wipe down and sanitize the bed surface of the Cocoon, then return the Cocoon POD to closed position.