

Recovery Lounge

by CryoLounge+™

Smarter Solution for Cold and Heat for Recovery

BENEFITS:

- Great for post workout recovery or general aches & pains
- Provides a unique, 'comfortable cold' experience
- Allows you to target specific areas of the body with cold or heat
- Eliminates the hassles of ice packs, cold tubs, or cold / heat pads

HOW TO USE:

- Start your session by selecting up to 4 cold zones (blue) to target your sore muscles or aches & pains
- Use heat zones (red) in other areas of the body to keep comfortable
- Try the optional Compression feature for a calf massage
- Try the Auxiliary Pad to target hard to reach areas (ex. shoulder or knee)
- Remain fully-clothed in dry clothes

