

RECOVERY LOUNGE

By

CryoLounge+



BENEFITS

- Provides temporary relief of minor aches and pains
- Helps relieve muscle soreness, stiffness, and tension
- Temporarily reduces minor swelling or inflammation where applied

HOW TO USE

- Remain fully clothed
- Hit Start, follow the quick safety tips
- Personalize your experience via the touchscreen
- Use cold on sore or achy areas and heat everywhere else for comfort
- Choose up to 4 or 6 zones for cold or heat
- Add the Auxiliary Pad to target shoulders, knees, or other hard-to-reach areas
- Sit back, relax, and enjoy your recovery session

Session Length: 15 minute max per day

PRE- AND POST SESSION CARE

- Before and after your session, please wipe down the seat

Scan & learn how to get started



Pro Tip:

Turn on Contrast Mode for the last two minutes of your session. Make those cold zones hot and hot zones cold!