

# 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!*

## NOT RECOMMENDED FOR USE

Anyone with one or more of the following conditions, or with a condition upon which heat or massage would have an adverse effect, should consult a medical provider prior to use.

- Heart or circulatory problems
- Hypertension
- Open wounds
- Infections
- Poor skin condition
- Poor sensation to cold or heat

- Neurological disorders or nerve damage
- Diabetes
- Deep vein thrombosis
- Malignant tumors
- Raynaud's syndrome
- Any hypersensitivity to cold or heat

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