

# RECOVERY LOUNGE

By

**CryoLounge+**<sup>®</sup>

## FAQS



### WHAT ARE THE BENEFITS OF USING THE RECOVERY LOUNGE?

Targeted cold and heat for anyone with aches & pains, or members who need recovery after a workout, without the hassles of ice packs, cold tubs, or heating pads.

### WHEN / WHERE SHOULD I USE HEAT OR COLD?

Start by targeting areas with cold where you might be experiencing sore muscles or aches & pains and use the heat in other areas to keep comfortable.

### HOW LONG SHOULD I USE THE RECOVERY LOUNGE?

A 15-minute session is recommended, as the guidelines for cold / ice exposure are at least 10-minutes, but not more than 20-minutes.

### SHOULD I USE THE RECOVERY LOUNGE BEFORE OR AFTER A WORKOUT?

Generally, the Recovery Lounge is recommended for post-workout recovery.

### CAN I SELECT ALL COLD OR ALL HEAT?

Of the 6 total zones, a maximum of 4 may be set to either cold or heat. This was done for safety to ensure a “comfortable cold” experience.

### HOW COLD AND WARM DOES THE WATER GET?

As cold as 28°– 40°F ( -2 to +4°C) and as warm as 115° F, (46°C).

### HOW MANY TIMES A WEEK CAN YOU USE THE RECOVERY LOUNGE?

The Recovery Lounge may be used every day if desired.

### WHY DO I SEE MOISTURE ON THE TOP OF THE RECOVERY LOUNGE?

Due to the extreme cold, it's normal for condensation to appear on the cover sheet, and a fan will activate in between sessions to help with this.

### CAN I USE THIS IF I HAVE A SPECIFIC MEDICAL CONDITION?

For any specific medical conditions, we always recommend consulting with a physician prior to use