

# WORKOUT-FREE

## Weight Management & Rejuvenating Wellness

The Healthy Lifestyle System

Red-Light, Infrared  
& Dry Heat POD  
Up to 190°F



**15 Wellness  
Technologies**



## The World's Best Selling Wellness POD

- Promotes Weight Loss & Natural Cleansing
- Helps Manage Chronic Pain & Inflammation
- Burns Calories & Manages High Blood Sugar
- Accelerates Recovery & Relaxing Sleep Management
- Whole Body Vibration Massage Soothes & Boosts Circulation



Better Fitness. Better Wellness. Better Life.

# Self-Automated Relaxation & Fitness For Body and

Cocoon Wellness POD™ is the key to ultimate relaxation and total body wellness. Leaving you with the perfect balance of body and mind.

## 3 Simple Pre-Set Programs to Maximize your Wellness Session

Programs times can be adjusted from  
15 to 30 minutes

LOW  
HEAT

MEDIUM  
HEAT

HIGH  
HEAT

The Self-automated one-touch button activates all 15 Cocoon Wellness technologies. You can choose the program, and then just lay back and enjoy the healthy wellness experience.



LOW  
HEAT

**For Stress Relief,  
Power Naps and  
Better Sleep**

Cocoon Wellness POD™ System is “The Ultimate Relaxation Wellness machine”. On the Low Heat setting, experience 20 minute renew & refreshing power naps to relax and boost mental acuity, alertness and energy levels.

The relaxing experience provides soothing vibration massage with the ideal ambient temperature and personal environment to promote profound relaxation and relief from the stress of the modern day grind.





# Demand for Wellness Services is Soaring.

## WEIGHT MANAGEMENT • HOLISTIC CLEANSE SWEAT • REJUVENATION



### Active Exercise

#### FIT-BED HIIT Program

The **Cocoon Wellness POD™** built-in exercise system is adjustable for most everyone. Fitbed is the new way to enjoy exercise and improve your physical fitness, endurance, toning and firming. The FIT Bed exercise system helps to promote immediate wellness while you become more fit and discover a healthy lifestyle activity for premium wellness.



### MEDIUM HEAT

#### for Flexibility, Toning, Firming, Strength and Endurance — Featuring FitBed™

The **Cocoon Fitness POD™** System can be used to improve fitness by most persons of any fitness level. The Cocoon can help you create a healthier lifestyle, feel more fit and achieve your wellness goal. You can perform active thermal exercise (ATE) with the FitBed's resistance bands for moderate or accelerated fitness, weight management, toning and firming, increased flexibility and energy.

On Medium Heat the Cocoon POD becomes the users' private wellness & fitness sanctuary. Users can customize and control all the functions of their wellness experience, while experiencing soothing relaxation, from within the POD.

**20 to 30 minute sessions are recommended.**

### HIGH HEAT

#### For Weight Management, Super Sweat, Holistic Cleanse and Advanced Fitness

The **Cocoon Wellness POD™** technologies help support holistic change for short and long-term weight management and assist with weight loss goals and maintenance. Weight management requires ongoing lifestyle coaching, nutrition, education and discipline. Only "healthy lifestyle changes"—which include exercise and healthy nutrition—can bring about long-term weight management. The Cocoon POD provides both balanced wellness and an enjoyable fitness system for weight management. It can be the core focus for the wellness lifestyle change that can lead to a better quality life and better fitness for everyone. Sessions can be customized for overweight and out-of-shape individuals, fitness beginners, and elite athletes.

Users can select different Cocoon levels of hyperthermic-fitness and exercise activity for lifetime wellness weight management.

**20 to 30 minute sessions are recommended.**

# Ultimate Fitness & Wellness — Lay Back, Relax & Enjoy Your Session



## PRESENTING THE Cocoon Wellness POD FEATURES

### Dry Heat Air System

The **Cocoon Wellness POD™** dry heat air system utilizes an “air shower” heat port that creates a circulating vortex of warm air throughout the body chamber by means of convection. The air inside the cabinet is heated gradually, evenly and safely. The **Cocoon Wellness POD™** software enables the user to adjust the cabinet temperature to any desired level, ranging from ambient room temperature up to 192 degrees Fahrenheit (90 degrees Celsius). The warmed air flows downward to the body while fans draw the warm air currents equally in a flow that creates the desired temperature level and increases core (body) temperature. As the body responds to the warm chamber environment, the relaxing release of body heat triggers exercise-like sweat and cleansing perspiration that helps maintain a stable core

#### Calorie Indicator

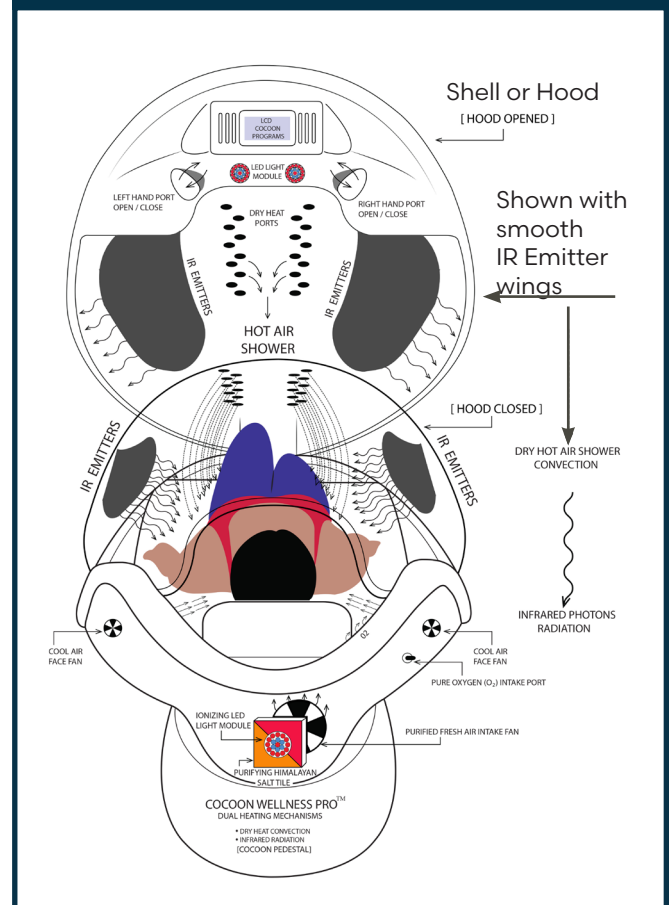
The **Cocoon Wellness POD™** software includes a wellness option for tracking and displaying calories burned during Cocoon POD’s thermal weight management sessions.

#### Calories Burned

390



### Cocoon Wellness POD™ System Features



#### PLEASE ENTER YOUR WEIGHT IN LBS

123

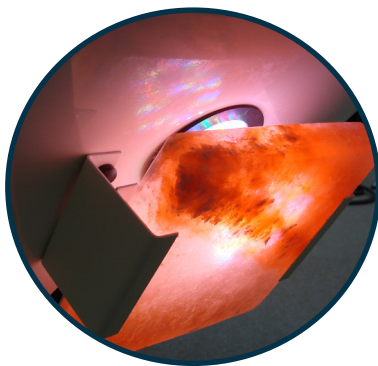




# Discover Better Fitness — Better Wellness — Better Life.

## Aroma System

The **Cocoon Wellness POD™** aroma system enables the users to choose essential oil scents for heightened **vigor, health, relaxation**, or **cleansing**. Scented air flows over the body and face and fills the air in the body chamber. The user's olfactory senses will be stimulated for the enhancement of all sessions. The numerous benefits of aroma therapy include improved relaxation, health, beauty and total well-being.



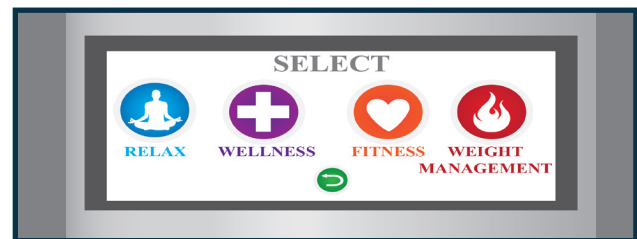
## Himalayan Pure Ionic Crystal Salt

**Cocoon Wellness POD™** users can experience the benefits of traditional salt caves found in Europe and salt rooms which have recently emerged across the United States. A 6" x 6" tile of Himalayan pure ionic crystal salt is mounted near the air intake fan to provide clean and refreshing salt air. Salt air has long been practiced as a traditional holistic wellness experience and the Cocoon POD becomes the user's very own salt cave, to relax, recharge and rejuvenate!



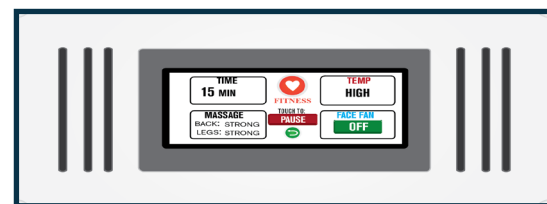
## Touch Screen Control Panel

The Cocoon POD also features a (color) touch screen display and state-of-the-art —software.

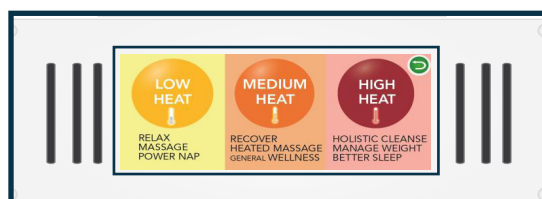


## Pre-Set Cocoon POD Programs

The user-friendly **Cocoon Wellness POD™** software includes choice of a simple program menu of **Low • Medium • High Heat**. Users can also select custom programs or create their own customized settings for **Pre** and **Post Fitness Workout** sessions. All programs can be modified to personalize and change the session time, duration, heat levels, and massage intensity as desired.



## Cocoon Wellness POD Programs

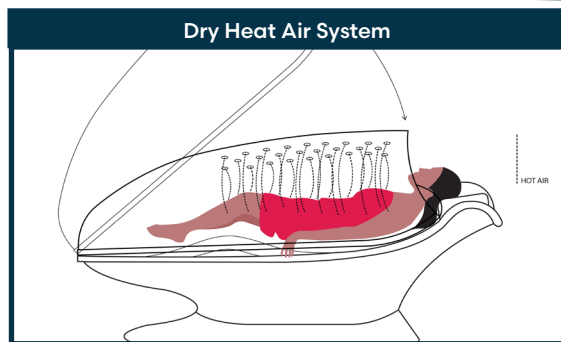
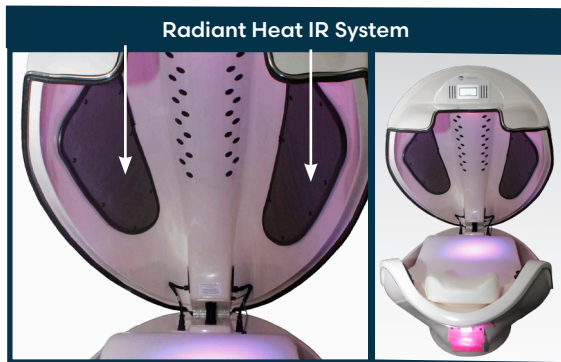


# Experience the Perfect Balance of Body & Minc

## Radiant Infrared Heat System

The **Cocoon Wellness POD™** includes a radiant heating feature. Users can use radiant heat system separately or together with dry heat air.

Many users enjoy radiant infrared heating because it heats the body without heating the air inside the Cocoon chamber. When the radiant heat is used without the dry heat air system, the air inside the cabin remains relatively cool without heating the air itself.



## Relaxing **Workout-Free** Weight Management

The combination of a dry heat air convection system and radiant heat is a unique wellness feature of the Cocoon Wellness POD.

## Soothing Vibration Massage BED



Synchronized multiple vibration transducers located under the contour bed can be controlled by the user to achieve the desired level of soothing and invigorating back and leg massage. Individualized variable massage motors allow for customized massage vibration to the back, legs or both. In addition, the massage settings can be adjusted to low, mild, strong, intense and maximum vibration. Users can experience their own personal vibratory massage levels for stress relief, relaxation, soothing muscles, better sleep or power naps.



## Ergonomic Contour Bed

The vibration massage bed is ergonomically contoured and padded with foam cushioning to provide the most comfortable and ergonomic user experience. Evenly cushioned support eliminates any pressure points and provides the feeling of floating comfortably on air.

## Cooling Face Air System

The **Cocoon Wellness POD™** System allows users to adjust the rate and direction of cool air flow upon the face and neck for comfort during high heat sessions. A continuous stream of adjustable cool air enhances the enjoyment of each Cocoon session. Aroma therapy enhances and Himalayan salt freshens the cool air with a salt air breeze.



# A Healthy Wellness Lifestyle System

## Natural Shell Design

The natural and futuristic design of the Cocoon is considered a design masterpiece, and has been awarded international awards. The robust fiberglass shell has a germicidal gel coat that resists stains and polishes to a beautiful glossy finish for greater durability and tremendous heat insulating qualities superior to plastics or acrylics.

## Enriched Air System

The **Cocoon Wellness POD™** includes air intake ports which can be used to enrich the POD air with optional relaxation and wellness accessories such as air-enrichment oxygen concentrators, aroma nebulizers, ultrasonic humidifiers or vaporizers.

## FitBed™ H.I.I.T. Exercise Band system

The **Cocoon Wellness POD™** includes a patented built-in exercise fitness system featuring dynamic resistance bands with cushioned grips. Users can perform simple and high intensity interval exercises while enjoying their Cocoon session ('Active Exercise'). Exercise bands may be easily changed to provide from low to high resistance for all levels of fitness sessions, from out-of-shape to elite professional.



## Ambient Mood Chromo-Lights

The Cocoon chamber features two (2) colorful red and blue mood enhancing chromo-light modules to illuminate and provide soothing ambiance, relaxing serenity and beautiful aesthetics.



(Shown with Optional—  
Gemstones)

## Cocoon Deluxe Wellness POD Red-Light Body Chamber System

The Cocoon Deluxe Wellness Pod includes the beautiful and enhancing feature of six light modules of red and one blue in the body chamber system.



# A Workout-Free System that Promotes a Healthy Wellness Lifestyle

## Ultimate Relaxation, Active Fitness & Premium Wellness For Body & Mind



In the past, many health, beauty and holistic wellness machines have been developed to condition the mind and body to promote fitness, wellness, relaxation and beauty. Studies have proven the benefits of various technologies intended to improve mental and physical well being. However, limitations have always existed because no machine has been able to achieve the perfect balance of body and mind fitness & wellness. Until the emergence of the new Cocoon Wellness POD System...



"I love it so much that I have been coming in every week religiously to do my 3 weight management sessions per week for the past 4 weeks. I have lost over 20 lbs.... It has truly been a life changer for me."

—Patricia G.,  
Trew Balance Member



## Relaxation & Mindfulness — Fitness & Wellness Renewal

**Cocoon Wellness POD™** sessions help create the perfect fitness & relaxation experience for optimum wellness renewal, rejuvenating meditation and other refreshing mindfulness benefits. The **Cocoon Wellness POD™** can help you feel and enjoy the vital connection between mind and body for improved mental focus and acuity. With soothing massage vibration, aromatherapy and peaceful calm, the Cocoon transforms every session into your own ultimate renewal wellness sanctuary. The built-in exercise system is designed for a lifetime of enjoyable fitness improvements and a healthy activity lifestyle.

### 15 Wellness Technologies in a Personal Fitness & IR Sauna POD

1. Dynamic Dual Dry Heat
2. Infrared Radiant Heat
3. Vibration Massage
4. Ergonomic Contour Bed
5. Cooling Face Air System
6. Aroma Therapy
7. Himalayan Pure Ionic Salt
8. Red & Blue Chamber Ambient Chromo-Lights
9. Fit-Bed™ Exercise System
10. 3 Pre-Set Programs
  - Low - Relax, Light Massage & Power Nap
  - Medium - Recover, Heated Massage & Wellness
  - High - Holistic Sweat, Manage Weight & Better Sleep
11. 4 eScapes™ Interactive Guided Imagery Sets
  - Fitness Courses • Positive Inspiration
  - Relaxation Images • Weight Management
12. Enriched Air O2 Optional
13. Gemstones Optional
14. 6 Chromolights Optional
15. Music and entertainment while you lay back & enjoy!





# RELAXING Scenes & Virtual Wellness Images



## eScapes Interactive Guided Imagery Wellness

The smart wellness software includes a series of motivational images and messages conducive to body and mind wellness applications. The user can select from eScapes™ imagery for entertainment, information and visual enhancement of their wellness goals.

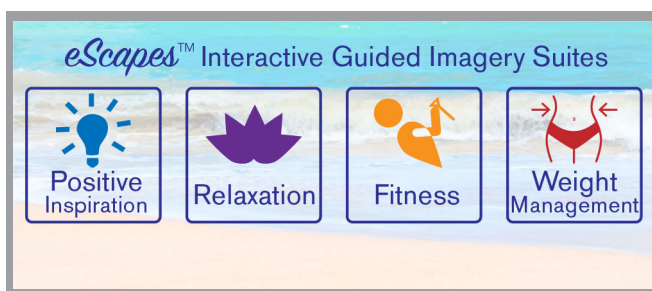
The **Cocoon Wellness POD™** is the first fitness & wellness pod system in the world to integrate virtual wellness imagery with physical fitness & wellness modalities. The **Cocoon eScapes™** entertainment images enables users to be in the moment and guide the mind and body to promote overall well-being. Interactive guided imagery complements a variety of fitness & holistic wellness programs with specific exercises, and mood enhancing images.

### Fitness & Wellness Applications:

**Stress Management, Better Sleep, Weight Management, Fitness Programs, Body & Mind Well-Being and Enhanced Peak Athletic Performance.**

#### Virtual Guided Imagery

Featuring relaxation scenes, fitness exercises, informational guidance, and positive words to augment and shape your Cocoon experience.



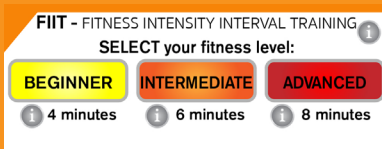
4 Suites of Guided Relaxation Imagery for your own serene escape or visual adventure. Choose from Beachscapes, Floralscapes, Night Sky or Desert Scapes.



2 Positive Inspiration suites to encourage and guide you to be in the moment on your mindfulness wellness journey.



3 Levels of Guided Exercise Fitness Routines that can be performed in a controlled heat environment to tone and firm the body



2 Weight Management informational suites to help you succeed in achieving and assisting your weight loss goals.





# Exercise Fitness System - Premium Wellness Activity for Weight Management & Intense Interval and High Heat Fitness Training



(Shown with  
Optional—  
Gemstones)



"A few minutes of training at an intense capacity produces muscle changes comparable to several hours of running or bike riding."  
McMaster University, Hamilton, Canada



**TONE • BURN • CONDITION**  
"Twice the Results - Half the Time"

## Integrated FitBed™ H.I.I.T. Exercise System

**FIIT - FITNESS INTENSITY INTERVAL TRAINING** ⓘ

**SELECT your fitness level:**

<b>BEGINNER</b>	<b>INTERMEDIATE</b>	<b>ADVANCED</b>
ⓘ 4 minutes	ⓘ 6 minutes	ⓘ 8 minutes

Fit-Bed FIIT Training menu screen

**FIIT - Advance Level**

1. Rowing
2. Bicep Curls
3. Leg Raises
4. Front Arm Raises
5. Arm Crossovers
6. Reverse Curls
7. Stomach Crunches
8. Flutter Kicks

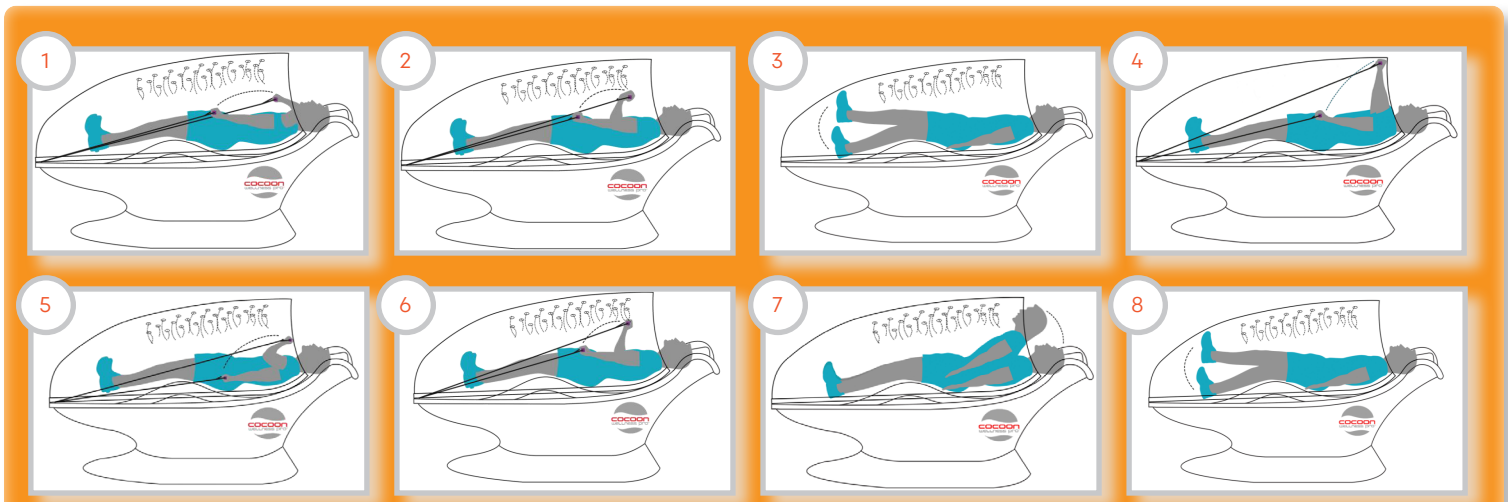
**Grab your Handles!**

Countdown to workout ↓

FIIT-Advanced Level menu screen

The **Cocoon Wellness POD™** includes a patented built-in exercise fitness system featuring dynamic resistance bands of two different resistance levels with cushioned grips. With the FIT-Bed Guided Imagery Workout sessions, users can perform High Intensity Interval Training (H.I.I.T) exercises in high heat ('Active Thermal Exercise') for improved fitness and heat acclimation. Exercise resistance bands can be quickly changed for all fitness levels, from out-of-shape to elite professional. Cocoon hyperthermic-fitness exercise encourages a healthy lifestyle to help users experience enhanced fitness and wellness benefits.

## Advanced Level Training Routine



# Ultimate Fitness & Wellness & Relaxation Workout-Free Weight Management

Better Fitness • Better Wellness • Better Life

**15 Wellness  
Technologies**



\*Designer Pedestal Optional



Display

Visor

Oxygen

Gemstones

## Technical Specifications

**Body Chamber (Shell):** Professional-grade fiberglass;  
germ-resistant gel coat.

**Color:** Soft White

**Warranty:** One year parts, Two years for body chamber.

Made in the USA Protected by US Patents

**Weight:** 260 lbs/118 kg

**Height Closed:** 39"/99 cm **Height Open:** 82"/210 cm **Length:** 89"/226 cm

**Widest Point:** 35"/89 cm **Narrow Point:** 22"/56 cm

**Pedestal Height:** 7"/17.8 cm \*Optional

**Voltage:** 110V or 220V 50/60 Hz **Amperage:** 15 Amp / 20 Amp

## Optional Features

- Deluxe Chamber 6 Module Ambient Chromo-Light Serene Mood System
- Radiant IR Gemstones are Optional as shown
- Portable Oxygen Condenser for Enriched-Air
- Display Bracket for Tablet, Phone, Movies, Music, or iPad
- Privacy Visor & Matching Handles
- Raised Designer Pedestal, Matching Design



© Wellness-USA, Inc. • Minneapolis Minnesota USA CWP 25.1117.1.U



Better Fitness • Better Wellness • Better Life

Cocoon Wellness POD™ is not a medical device, it is not for medical purposes and makes no medical claims. Cocoon Wellness POD has not been evaluated by the FDA and is not for any medical purpose whatsoever. Cocoon Wellness POD™ is a general wellness, relaxation and fitness system.

Total Body Fitness, Wellness & Relaxation