



CARDIO

- 45 min
 - Near, Mid and Far Infrared
 - Starts at a high intensity to increase heart rate and cardiac output, then lowers to sustain heart rate level. Circulation increases to promote healthy blood pressure.
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DETOXIFICATION

- 37 min
 - Mid and Far Infrared
 - Starts at a high intensity to increase the body's core temperature, then reduces to a lower intensity level. Mid and far infrared combination improves vascular access flow to reach toxins at the cellular level.
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PAIN RELIEF

- 30 min
 - Near, Mid and Far Infrared
 - A far and mid-infrared blend provides natural pain relief by reducing inflammation and swelling while near-infrared penetrates the tissue promoting cellular repair at a medium, constant intensity level.
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RELAXATION

- 40 min
 - Near, Mid and Far Infrared
 - Far, mid, and near infrared combination induces deep relaxation as it relieves muscle tension at a low, comfortable intensity, promoting overall stress reduction.
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WEIGHT LOSS

- 30 min
 - Mid and Far Infrared
 - Starts at a high intensity to stimulate the cardiovascular system, then reduces to a medium level. As the body works to cool itself, there is an increase in heart rate, cardiac output, and metabolic rate, similar to aerobic exercise.
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ANTI-AGING

- 30 min
- Near, Mid and Far Infrared
- A low, constant intensity level penetrates tissue to help with various skin concerns. Near infrared improves overall skin tone, elasticity, and firmness, promoting anti-aging benefits.