

# RelaxWell POD Deluxe Pre-Set Programs



## **Energy** 65°F for 30 minutes

High intensity whole body massage with heated bed, Vigorous aromatherapy, Red facial & body lights.



## **Meditation** 100°F for 30 minutes

Low intensity whole body massage, Relaxation aromatherapy, Low cooling face fan, Blue/Green/Yellow facial & body lights.



## **High Hyperthermic** 90°F for 30 minutes

Max intensity back massage and Low intensity lower body massage with heated bed, Vigorous aromatherapy, Intense cooling face fan, Red/Blue/Yellow facial & body lights.



## **Relief** 74°F for 30 minutes

High intensity whole body massage with heated bed, Relaxation aromatherapy, Medium cooling face fan, Red/Yellow facial & body lights.



## **Weight Management** 65°F for 30 minutes

High intensity whole body massage with heated bed, Cleansing aromatherapy, Intense cooling face fan, orange facial and body lights.



## **Brighten** 150°F for 30 minutes

Medium intensity whole body massage with heated bed, Cleansing aromatherapy, Medium cooling face fan, Red/Blue/Green/Yellow facial & body lights.



## **Sunshine** 44°F for 30 minutes

Low intensity whole body massage with heated bed, Health aromatherapy, Medium cooling face fan, Red/Blue/Green/Yellow facial & body lights.



## **Core** 74°F for 30 minutes

High intensity whole body massage with heated bed, Vigor aromatherapy, Moderate cooling face fan, Green & Red facial & body lights.



## **Beauty Care** 65°F for 30 minutes

Medium intensity whole body massage with heated bed, Cleansing aromatherapy, Moderate cooling face fan, Blue/Green facial & body lights



## **Cleanse** 155°F for 30 minutes

High intensity whole body massage with heated bed, Cleansing Aromatherapy, Medium cooling face fan, Green/Yellow facial & body lights.



## **Celimate** 74°F for 30 minutes

High intensity whole body massage with heated bed, Cleansing aromatherapy, Medium cooling face fan, Red/Yellow facial & body lights



## **Power Nap** 44°F for 15 minutes

Low intensity whole body massage with heated bed, Relaxation aromatherapy, Low cooling face fan, Blue facial & body lights.



## **Body Wrap** 65°F for 30 minutes

High intensity whole body massage with heated bed, Cleansing aromatherapy, Moderate cooling face fan, Red/Blue facial & body lights.



## **Stone Massage** 44°F for 30 minutes

Low intensity whole body massage with heated bed, Vigor armoatherapy, Moderate cooling face fan, Red/Blue facial & body lights.



## **Condition** 83°F for 30 minutes

High intensity whole body massage with heated bed, Relaxation aromatherapy, Moderate cooling face fan, Red/Green facial & body lights.



## **Massage** 65°F for 30 minutes

Medium intensity whole body massage with heated bed, Cleansing aromatherapy, Moderate cooling face fan, Red/Blue/Yellow facial & body lights.



## **Wellness** 140°F for 30 minutes

Medium intensity whole body massage with heated bed, Health aromatherapy, Moderate cooling face fan, Red/Blue/Green facial & body lights.



## **Fitness** 74°F for 30 minutes

High whole body massage with heated bed, Cleansing aromatherapy, Medium cooling facial fan, Blue/Green/Yellow facial & body lights.



## **Relaxation** 44°F for 30 minutes

Low whole body massage with heated bed, Relaxation aromatherapy, Moderate facial fan, Green facial & body lights.



## **Pre/Post Massage** 65°F for 30 minutes

Medium whole body massage with heated bed, Cleansing aromatherapy, moderate cooling facial fan, Red/Blue Facial & Body lights.



## **Pre-Heat** 135°F for 10 minutes

Heated bed, Moderate facial fan, Red Facial & Body lights.