

WELLNESS PROGRAMS

The wellness programs are designed to emit the optimal blend of infrared wavelengths—based on 56 clinical studies—to achieve the desired result.

PLEASE NOTE

Once you begin a program, the duration and temperature are not adjustable as they are pre-programmed to deliver the best result. Preset programs range between 46–55°C.

The pre-heat function allows you to begin the program at the recommended temperature of 45°C. To stop a program, return to home screen.

If you prefer to tailor the experience, you can create a custom program. Please see page 15 for further information or use the quick mode function.



DETOXIFICATION



PAIN RELIEF



WEIGHT LOSS



ANTI-AGING



RELAXATION



CARDIO

QUICK INFRARED GUIDE FOR CUSTOMISATION

NEAR INFRARED

Cell Health / Immunity
Skin Purification
Pain Relief

MID INFRARED

Pain Relief
Improved Circulation
Weight Loss

FAR INFRARED

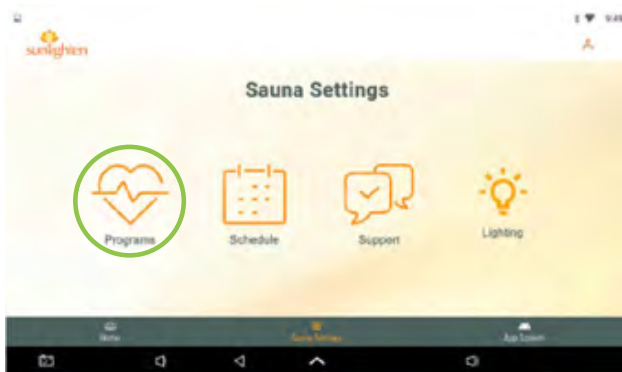
Weight Loss
Detoxification
Reduced Blood Pressure

SAUNA SETTINGS



SCREEN 16

The **SAUNA SETTINGS** page is selected by tapping Sauna Settings on the bottom-screen bar and is home to all of your sauna’s basic information and configuration.



SCREEN 17 - 18.1 to 18.6

Your mPulse comes with **WELLNESS PROGRAMS** pre-programmed in your Android Control Pad, each one focused on different benefits of use in their configuration as follows.



DETOXIFICATION

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.



WEIGHT LOSS

Starts at a high-intensity level 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 exercise.

SAUNA SETTINGS



RELAXATION

Far, mid, and near-infrared combination induces deep relaxation as it relieves muscle tension at a low, comfortable intensity promoting overall stress reduction.



PAIN RELIEF

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.



ANTI-AGING

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.



CARDIO

Starts at a high intensity to increase heart rate and cardiac output, then lowers the intensity to sustain heart rate level. Circulation increases promoting healthy blood pressure.