



## mPulse Preset Programs

Your health is literally at your fingertips with 6 one-touch, health programs. Each program will automatically set the heaters to emit the optimal blend of wavelengths – based on third-party research studies – to achieve the desired result.

program	duration	wavelengths	cabin temperature	description
<b>cardio</b>	45 min	Near, Mid and Far	Medium/High	As the body cools itself, there is an increase in heart rate, cardiac output and metabolic rate.
<b>detoxification</b>	37 min	Mid and Far	Low	Detox can be used as a tool to help relieve symptoms AND as a preventive tool to increase overall health.
<b>pain relief</b>	30 min	Near, Mid and Far	Medium	Heat activates neurological, vascular and metabolic mechanisms to mediate the transmission of pain.
<b>relaxation</b>	40 min	Near and Far	Low	Relax in comfort with an invigorating deep tissue sweat.
<b>weight loss</b>	30 min	Mid and Far	Medium/High	Studies have shown that a 30-minute infrared sauna session can burn up to 600 calories.
<b>skin health</b>	30 min	Near and Far	Low	Infrared heat easily penetrates human tissue to help with acne, eczema, psoriasis, burns, cuts and more.
<b>custom</b>	Varies	Near, Mid and Far	Varies	Custom gives you full control of the heaters, allowing you to maximize the intensity and power of your sauna.

It is important to note: The heater programs, and studies they are based on, are set using infrared wavelengths - not cabin temperature. Each program will take you through a variety of heater intensities and cabin temperatures. Do not be alarmed by any unexpected temperature changes. The efficacy of the program derives from the surface temperatures of the individual heaters, not the air temperature.