



## mPulse Preset Programs

Each program is designed to emit the optimal blend of infrared wavelengths – based on 56 clinical studies – to achieve the desired result.

program	duration	infrared	description
<b>cardio</b>	45 min	Near, Mid and Far	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.
<b>detoxification</b>	37 min	Mid and Far	Starts at a high intensity to increase the body's core temperature then reduces to a low, comfortable intensity level. IR combination improves vascular access flow to reach toxins at the cellular level.
<b>pain relief</b>	30 min	Near, Mid and Far	An IR blend provides natural pain relief by reducing inflammation and swelling while near IR LEDs penetrate the tissue to promote cellular repair at a medium, constant intensity level.
<b>relaxation</b>	40 min	Near and Far	Far infrared induces deep relaxation as it relieves muscle tension at a low, comfortable intensity promoting overall stress reduction with regular use.
<b>weight loss</b>	30 min	Mid and Far	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 exercise.
<b>skin health</b>	30 min	Near and Far	A low, constant intensity level penetrates tissue to help with various skin concerns. Near IR LEDs improve overall skin tone, elasticity and firmness promoting anti-aging benefits.
<b>custom</b>	Varies	Near, Mid and Far	Gives you full control of each heater, allowing you to maximize the IR power, output and intensity of each session.

**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.