

TOTALFUSION

WELLNESS PROTOCOL

This protocol is designed to guide you through a restorative cycle of hot and cold therapies to promote deep recovery, relaxation and wellness. Please dry off before entering saunas and shower before entering pools.

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1. **INFRARED OR TRADITIONAL SAUNA** 10 MINUTES
2. **COLD PLUNGE** 1 MINUTE
3. **STEAM** 10 MINUTES
4. **COLD SHOWER** 30 SECONDS
5. **HOT SPA** 10 MINUTES
6. **COLD PLUNGE** 1-4 MINUTES

REPEAT AS DESIRED, STAY HYDRATED, & FINISH ON THE COLD.