**BLUE SETTINGS**  
Broad Spectrum Gentle Effect  
95 °- 104° *Safest for Extended Use*

* All Purpose Health Support + Immunity + Energy Booster +Regenerative Sleep

**GREEN SETTINGS**  
Surrounding Warmth 113°- 122°  
*Cycles of 2 hours or more*

* Improves Cardiovascular + Respiratory Function +Blood Pressure + Blood Sugar Regulation
* Female Cycle + Hormone Balancing +Muscle Pain Relief +Improved Relaxation

**GOLD SETTINGS**  
Deeply Penetrating Warmth  
131°-140° *9 to 90 minute sessions*

* Joint+ Muscle Pain Relief
* Exercise Recovery + Tissue Repair
* Stress, Anxiety +Trauma Relief
* Profound Relaxation
* Mood Elevation
* Enhanced Surgical Recovery

**RED SETTINGS**  
Deep Heat 149°-158°  
*Power sessions of half hour to one hour*

* Maximum Detoxification
* Natural Weight Loss
* Fights Invading Infections
* Enhances Sexual Vitality
* Improves Circulation + Blood Purification
* Environment + Bedding Sanitizer