



SELF-GUIDED INSTRUCTIONS

The Ultimate Recovery Circuit

Welcome to The Ultimate Recovery Circuit at Tara's Touch & Wellness.

You have **90 minutes reserved exclusively for your Circuit experience**. Please keep an eye on your time as you move through each station so you have enough time to complete your experience, get dressed, clean your stations, and lock up before leaving.

Please do not enter the suite before your appointment time.

1. ENTER THE BUILDING

Come in through the main front door of the building.

The building is usually open between approximately **8:30 am and 6:00 pm**.

If the front door is locked, there is a lockbox located **to the right of the front door when you are facing it**.

If you are coming outside normal building hours and need the building lockbox code, please text Tara at **818-489-2703** before your appointment.

3. RETURN THE KEY

Once you have entered your suite, **immediately return the key to the lockbox**.

Please close the lockbox securely and scramble the numbers.

This keeps the key safely available if you need it again during your appointment.

2. GO UPSTAIRS TO SUITE 201

Go upstairs to **Suite 201**.

The Ultimate Recovery Circuit is located in **Studio A**.

There are lockboxes mounted on the wall to the right of the suite entrances.

The top lockbox is for Studio A.

If you need access to the suite, you should have already received the Studio A lockbox code with your reservation information.

Use the key to unlock the suite.

4. GRAB YOUR GRAY BASKET

When you enter the room, **grab one of the gray baskets located to the left as you enter**.

Take the basket with you into the lobby.

You will use this basket for your clothing and personal belongings during your Circuit.

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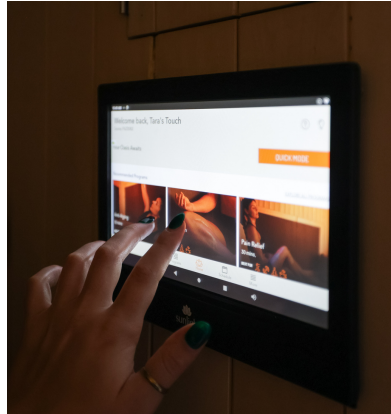
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5. START PREHEATING THE SAUNA



Do this first so the sauna can warm up while you complete the other three stations.

Tap the sauna screen to wake up the system.



Select: **PROGRAMS**

Choose one of these three recommended programs:

Detox • 38 Minutes

Pain Relief • 30 Minutes

Relaxation • 40 Minutes

Choose whichever program feels most appropriate for what your body needs that day.

When the sauna asks if you would like to preheat, select: **YES**

Set the preheat time to: **60 MINUTES**

Then let the sauna preheat while you complete **MOVE, COMPRESS, and RESTORE.**

Do not start your sauna session yet.

You will press **START SESSION** when you are ready to enter the sauna.

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6. STEP 1: MOVE

Vibration Plate • 5 Minutes



Head to the **MOVE** station.

Remove your **shoes and socks**.

If the machine isn't on, there is an on/off switch located at the bottom of the back right side of the machine.

You want your bare feet directly on the **Naboso pad**. The textured surface helps provide additional sensory input through your feet and enhances the neurological component of the experience.

Step onto the vibration plate.

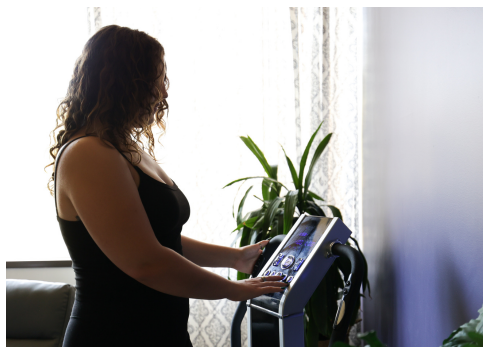
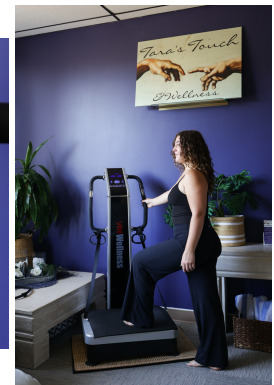
Press: **P**

Continue pressing P to choose an intensity level from 1 through 6.

1 = Most Mild

6 = Most Intense

Choose a level that feels comfortable for your body.



Then press: **START**

The program will run for **5 minutes**.

Keep a slight bend in your knees and allow your body to relax into the vibration. Feel free to stretch and gently move while you are on the machine.

When the program finishes, step off carefully.

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7. STEP 2: COMPRESS

Compression Therapy • Up to 30 Minutes

Choose the compression option you would like to use:

Boots, Hips, or Arms

Put on your selected compression garment and sit comfortably in the anti-gravity chair.

Connect the hoses securely.

On the control unit:

1. Choose your attachment type: **Legs, Hips, or Arms.**
2. Choose your intensity. It is always best to start at a lower setting and increase the intensity to your liking as you move through the session.
3. Set the timer for **30 MINUTES.**
4. Press **START.**



To recline, pull the handle located on the **right side of the chair** and gently press yourself backward.

This allows you to enjoy the chair's reclined, anti-gravity position while you receive compression.

For an even more relaxing experience, use the provided eye mask.

Then simply relax.

SHORT ON TIME?

If you are running behind during your 90-minute reservation, this is the easiest station to shorten.

You may reduce your compression session from 30 minutes to 15 minutes so you still have enough time to complete the remainder of your Circuit.



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8. STEP 3: RESTORE

Red Light Therapy • 10 Minutes



When your compression session is complete, grab **one blue and white striped towel**.

Please use just one towel per session.

If you need an additional towel, you may rent one for **\$4**, or you are always welcome to bring an additional towel with you.

In the dressing room, hang your towel on the hook to the right of the panel.

Undress and place your clothes and personal belongings inside your gray basket.

When you are ready, stand naked in front of the red light therapy panel.

For the best exposure, position yourself approximately: **6–9 inches away from the panel**.



Eye protection is available if your eyes are particularly sensitive to bright light.

At minimum, **please keep your eyes closed while facing the panel**.

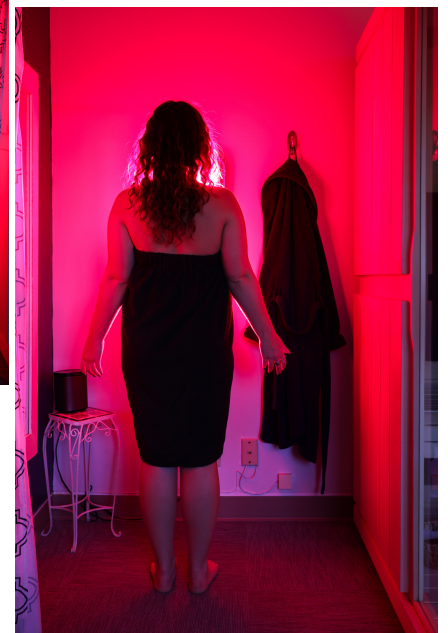
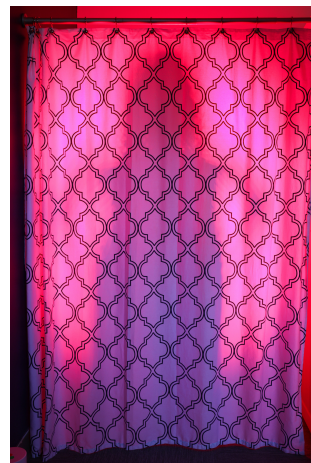
Using the remote:

1. Select **10 minutes**.
2. Press **START**.

You may face the panel for the entire session or slowly turn yourself throughout the 10 minutes so different areas of your body receive the red and near-infrared wavelengths.

For example, you may alternate between your front, back, and sides.

Relax and allow the light to do the cellular work.



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9. STEP 4: RELEASE

Full-Spectrum Infrared Sauna

When your red light session is complete, wrap yourself in your towel and head to the sauna.

The sauna should still be **preheating** from the program you selected when you first arrived.

When you are ready to get in, simply select:

START SESSION

That's it! Your previously selected program will begin.

There is no need to choose another program or go through the preheating process again.

Enter the sauna, get comfortable, and relax.

Your recommended programs are:

Detox • 38 Minutes

You may not have time to complete the entire session.

Pain Relief • 30 Minutes

Relaxation • 40 Minutes

You may not have time to complete the entire session.

Stay in the sauna until your program finishes or until you need to end it in order to stay within your **90-minute reservation**.

If you need to finish early, simply select: **END SESSION**



Listen to your body throughout your sauna experience. You are always welcome to exit early if you feel overheated, lightheaded, uncomfortable, or simply feel complete.

Make sure you are well hydrated before your session, and please feel free to hydrate while you are in the sauna.

If you become too warm, you can always open the sauna door to cool down.

Remember, hotter is not necessarily better. Heat is secondary to receiving the benefits of the full-spectrum infrared wavelengths. The goal is to be comfortably warm enough to relax and enjoy your experience.

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10. GET DRESSED + RESET YOUR SPACE

When your sauna session is complete, exit carefully.

Use your towel to wipe yourself down.

Place your used towel in the **laundry hamper**.

Get dressed.

Then please take a few minutes to reset the Circuit for the next guest.

Using the disinfecting spray and a clean towel:

- Wipe down the station equipment you used.
- Spray the sauna with the sauna spray where you sat or laid.
- Wipe down the sauna pillow.
- Wipe down your gray basket.
- Return all equipment to its original place.
- Make sure the compression equipment is neatly arranged and rehung.
- Make sure the eye mask and accessories are returned.
- Leave the space clean, organized, and ready for the next person.

11. RETURN YOUR BASKET

Stack your clean gray basket back in its designated place near the front door.

Double-check that you have all of your personal belongings before leaving.

12. LOCK UP WHEN YOU LEAVE

Retrieve the Studio A key from the lockbox.

Use the key to lock the suite door behind you.

Return the key to the lockbox.

Close the lockbox securely and **scramble the numbers**.

Please double-check that the suite door is locked before leaving.

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IMPORTANT: YOUR 90-MINUTE RESERVATION

You have **90 minutes reserved for your Ultimate Recovery Circuit experience.**

Please be mindful of the clock throughout your session.

Your reservation needs to include:

- Your Circuit
- Changing
- Cleanup
- Resetting the equipment
- Locking the suite

If you begin running short on time, we recommend reducing your **COMPRESS** session from 30 minutes to **15 minutes** rather than rushing at the end.

You can also shorten your **RELEASE** session by selecting **END SESSION** in the sauna.

Please be completely finished with the space by the end of your reserved time so it is ready for the next guest.

NEED TO USE THE RESTROOM?

The restroom key is located near the suite door.

Before stepping into the hallway, **make sure the suite door is unlocked before allowing it to close behind you.**

If you accidentally lock yourself out, don't worry.

You can use the Studio A lockbox key to let yourself back inside.

Please return the restroom key to its designated place when you are finished.

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YOUR CIRCUIT AT A GLANCE

MOVE

Vibration Plate • 5 Minutes

COMPRESS

Boots, Hips, or Arms • Up to 30 Minutes

RESTORE

Red Light Therapy • 10 Minutes

RELEASE

Full-Spectrum Infrared Sauna

MOVE. COMPRESS. RESTORE. RELEASE.

Take your time. Listen to your body. Enjoy your experience.



CONTACT INFORMATION

Tara Lewallen via text (818)489-2703