

Type of issue, Ex. Sleep

Stress Relief & Energy	Cryotherapy	Red Light Therapy (Full Body)	Infrared Sauna	Pressotherapy	Vitamin D Boost 3 min.
Chronic Stress	1x	1x			
Sleep Quality		2x			
Muscle Tension	1x	1x	1x		
Fatigue	1x	1x			1x
Mental Clarity	1x				1x
Detox & Hangover		1x	1x		