



The HOCATT (Hyperthermic Ozone and Carbonic Acid Transdermal Technology) is a powerful, multi-modality wellness system designed to deliver maximum detoxification, immune support, and weight loss benefits in just 30 minutes while you sit back and relax. It combines **ozone, steam sauna, carbonic acid, infrared heat, pure oxygen, electrical stimulation (PEMF), frequency-specific microcurrents, and ultraviolet light therapy** into one synergistic session.

Prepare: Before Your Session

- ❖ **Complete the fillable forms** and send them back to our email, bewell@arneclinic.com, or come 15 minutes early so you have time to fill them in at the clinic before your appointment.
- ❖ **Come to your session well hydrated** and continue drinking water afterwards.
- ❖ **Have a light meal or snack** 1-2 hours before your session. Avoid heavy or greasy foods.
- ❖ **Arrive with clean skin**, free of lotions, oils, or makeup.
- ❖ Because we are blocking over an hour for this appointment, **we require 24-hour notice for cancellation** or changes to your scheduled appointment time.

What To Expect: During Your Session

- ❖ We will start you with a bio-impedance analysis (BIA) to assess your baseline health markers.
- ❖ Enjoy a 30-minute HOCATT session featuring multiple therapies for effective fat burning, detoxification, and immune support.
- ❖ Brief consultation with Dr. Arne to go over your BIA results and to create a personalized treatment plan that will help you reach your health goals.
- ❖ Conclude with a 10-minute vibration plate session to enhance lymphatic drainage and circulation.

Aftercare: Post-Session

- ❖ **Don't shower for 4–6 hours** after your session, if possible — this allows the ozone to continue to be absorbed through your skin once you are out of the chamber.
- ❖ **Drink plenty of water** before and after your session to help flush toxins.
- ❖ **Support detox pathways:** Eat clean, nutrient-rich foods and avoid processed or inflammatory items for the next 24 hours.
- ❖ **Take it easy** — detoxing can be powerful. Listen to your body, and rest if needed.
- ❖ **Stay consistent:** Like most wellness therapies, results build over time with regular sessions and healthy lifestyle habits.