

# MIND-SYNC™

Harmonic Wellness Lounger

## What is Mind-Sync?

Originally used to treat PTSD in military veterans, the Mind-Sync™'s vibrational sound therapy has been clinically proven to reduce stress and anxiety levels in the over-stimulated mind. One 20-minute session can induce profound levels of relaxation, restoration, and sleep. Clinical studies have shown that repeated use can build new neural pathways, promoting calmer long-term mental states.

## How does Mind-Sync Work?

- Luxurious “ZG” Positioning. The client is placed in a physiologically optimal zero gravity position, minimizing cardiovascular and skeletal stress. High fidelity, noise dampening headphones are provided to eliminate outside distractions. We also recommend the use of an eye pillow and/or a weighted blanket (not included).
- Restore, Meditate, or Sleep. The client can then choose one of six, precisely designed programs of varied lengths on the Mind-Sync's intuitive touch screen.
- Vibro-acoustic sound waves and scientifically composed music soothes and re-routes neural pathways and quiets brain activity.
  - Proprietary, scientifically composed music synchronizes the brain's left and right hemispheres, gently lowering brain activity to the calmer Alpha, Theta, and Delta states (Entrainment).
  - Four channels of precisely delivered, full-spectrum vibro-acoustic sound waves (Quantum Harmonics™) soothe and re-route neural pathways.
- Clinically Proven Stress and Anxiety Reduction. Multiple clinical studies have shown Mind-Sync to have dramatic positive effects on stress and anxiety levels and overall mood state. Repeated use has been shown to also promote positive behavioral change in people with sleep disorders, anxiety issues, and addiction.