

Relax to Heal

...with the Vibroacoustic Chair & Brainwave Entrainment



Imagine...sitting comfortably in a chair that acts like an electronic tuning fork to vibrate your whole body. The multi-layered sounds you hear and feel are designed to take your brain and central nervous system into a deeply relaxed-healing state. You're wearing glasses that transform what you hear into mandala-like patterns of light...imagine your brain in balanced harmony.

HELPS WITH

- Stress, sleep, anxiety, depression, addiction, trauma, pain, and more
- Focus, concentration, learning, memory and creativity

ABOUT BRAINWAVE STATES

These are the common names for specific brainwave states; they fall within a range of frequencies:

Beta – concentration and alertness. High levels of beta can cause anxiety.

Alpha – deep relaxation. higher frequencies of alpha = relaxed/focused state.

Theta – dreaming sleep, increased creativity, super-learning, integrative experiences and increased memory.

Delta – dreamless sleep. If alert, a very deep, trance-like, non-physical state. Large quantities of DHEA, the growth hormone, are released – this is natural anti-aging. The body heals and repairs itself, in this state.

READ ABOUT Dr. Thompson's Research and Development at www.ScientificSounds.com

FEES

Session with Therapist: 75 min. consultation for \$120 with Meg Deak MCAT, LPC to determine the right program for you (call 610-504-4830)

Sessions without Therapist: \$25 each

Package: 5 sessions for \$112.50 (10% savings)

Package: 10 sessions for \$200 (20% savings)