POWER NAPPING WITH SPA.WAVE

Gharieni Spa.Wave – The Binaural Acoustic & Dynamic Stimulation is a computer-controlled acoustic and vibrational therapy that trains the brain to relax and benefit from deep relaxation techniques. Using specific vibrations and binaural audio frequencies, the Spa.Wave System makes it possible for even the busiest minds to achieve deep levels of relaxation in a 30 or 60 minute therapy session. Similar to meditation, specific sounds slow down mental activity and vibrational frequencies act specifically on the energy centers (chakras) of the body.

The foundational therapy is the Quantum Harmonic audio therapy. It delivers symptom-reducing and resilience-building multi-layered programs through stereo headphones. The Spa.Wave system can be combined with other treatments, be self guided, thereby not needing the presence of a therapist. For the pure Spa.Wave experience no therapist is necessary.

The system was developed by American scientists to treat post-traumatic stress disorders (PTSD) of American veterans. With the Spa.Wave System Gharieni offers this technology to the world of Spa and Wellness.
IMPROVES SLEEP QUALITY & QUANTITY
POWER NAPPING & DEEP RELAXATION IN SHORTEST TIME
SUPPORTS TREATMENT OF POST-TRAUMATIC STRESS DISORDERS (PTSD)
SUPPORTS TREATMENT OF ANXIETY & PANIC ATTACKS
REMoval of MENTAL BLOCKAGES
INCREASED CREATIVITY
REDUCTION OF STRESS & MOOD SWINGS
SUPPORTS THE IMMUNE SYSTEM
INCREASES THE ABILITY TO CONCENTRATE
SCIENTIFICALLY PROVEN
- Read more on p. 9
IMPROVES SLEEP QUALITY & QUANTITY
NO THERAPIST NEEDED
HELPs TO REDUCE SIGNS OF DEPRESSION & CHRONIC PAIN
SUPPORTS TREATMENT OF ANXIETY & PANIC ATTACKS

BRAIN WAVES
IT’S ALL ABOUT FREQUENCIES

The human brain contains approximately 100 billion neurons and brain cells communicate via electrical signals. Current science & technology does not allow to detect individual neuron activity at that level due to their minute size. However, existing technology can witness overall patterns of brain activity and allow scientists to determine how neurons inside the brain are firing at any given moment. Overall brain activity has shown that it has a pulse or even a beat, similar to the heart function. These brain pulses, or brainwaves, happen at a variety of speeds. During deep sleep, for example, the brain pulses about 3 times per second. During high-focused thinking, the brain might pulse as much as 50 times a second.

Different brainwave frequencies have been shown to correspond to different “states of mind”. Slow brainwaves feel more relaxing and introspective. Fast brainwaves can be a sign of concentration or stress. Although brainwave frequencies exist across a wide range, the following 4 groups are particularly interesting:

**Beta waves**
Frequency: 30 to 12 Hz

**Alpha waves**
Frequency: 12 to 7.5 Hz
Relaxed state. Deep relaxation and light meditation.

**Theta waves**
Frequency: 7.5 to 4 Hz
Light sleep, including REM dream state. Deep meditation.

**Delta waves**
Frequency: 4 to 0.5 Hz
Deep sleep, dreamless state. Automatic self-healing.
SYNCHRONIZATION OF BRAIN WAVES
USING AUDIO- AND VIBRACOUSTIC STIMULATION

AUDIO STIMULATION
Binaural sounds (binaural: lat. with both ears) are a psychoacoustic phenomena that is perceived when two sounds with slightly different frequencies are applied separately via the left and right ear. The brain automatically generates a third frequency, which results from the difference between the two original carrier frequencies. With the help of these frequencies it is now possible to specifically influence the different frequency ranges in the brain, as the neurons automatically try to adapt to the external frequency. These sound frequencies, when precisely delivered, create synchronizations between the left and the right hemisphere. This process is called brainwave entrainment. These binaural sounds are embedded in relaxing, specially composed music and work in a frequency range that is not perceptible to the human ear.

VIBRACOUSTIC STIMULATION
The second important feature of the Spa.Wave experience is the technology of pure synchronized sinewaves that are delivered through tactile transducers embedded in the surface of the spa table itself. Perceived as gentle vibrations which affect the energy centers of your body, this sinewave frequencies multiply and accelerate the brainwave entrainment process.

The Spa.Wave System offers a complete experience of impulses from audio and vibrational frequencies to calm the body and mind and bring both into a relaxed state.
EVERYTHING AT A GLANCE
THE SPA.WAVE-PROGRAMS

Easily controlled via a touch screen, pre-programmed treatments are 30 or 60mn in length.

**Spa.Wave Gentle**
60-minute program. A combination of lighter and deeper vibrations designed for both relaxation and chakra balancing. Multi-channel frequencies designed to resonate with the body’s energy centers and to enhance the massage experience. An audio journey to attain a deep, relaxed state.

**Spa.Wave Touch**
30-minute program with light vibrations designed to enhance the massage experience with gentle, relaxing music, tones and natural sounds.

**Spa.Wave Deep**
30-minute program with deeper multi-channel vibrations for a more intense physical experience with an orchestrated deep relaxation audio program of musical notes, tones and natural sounds.

**Spa.Wave Energy**
60-minute vibration program designed to balance the body’s energy centers, while music, tones and natural sounds help deliver a relaxed mental state.
SPA.WAVE
PROGRAM SEQUENCE

1. All programs start in **BETA STATE** (attentive and awake),

2. After a short time the brain reacts to the frequencies and reaches the **ALPHA STATE** (deep relaxation)

3. Dream-like activities take place in the **THETA STATE**. From there, the individual programs are designed to continue in different intensities into the

4. **DELTA STATE**. Just a few moments in this deep, dreamless sleep state allow the brain to release endorphins, serotonin and melatonin.

5. Upon completion of treatment, the brain returns to the original **BETA STATE** with a renewed sense of energy, refreshment and rejuvenation.
Turn your treatment room into an atmospheric place to relax. Just as music or vibration have an influence on our body and mind, visual influences like colors also have a great effect on our mind.

### CHROMATHERAPY

#### COLOURS & THEIR EFFECTS

**RED**
Revitalizes, activates blood circulation, energizes, promotes vitality and creativity.

**ORANGE**
Enhances moods, positive thinking, and desire for physical and mental exploration.

**YELLOW**
Liberating and awakening personal power and awareness, extroverted, bright, stimulates healing.

**GREEN**
Harmony and regenerative, hopeful, soothes, creates balance within the rhythm of life.

**PURPLE**
Relaxes and renews, awakens meditative time, place and being, spiritual aspects.

**BLUE**
Celestial and peaceful, cooling, calming, quieting, and cleansing.

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Offering ultimate comfort and cocooning effect due to the heated water cushioning, the Amphibia is truly exceptional. Four actuators of the spa bed allow adjustment of the height, back, upper and lower leg sections. Convenient access at 54cm (21”) with 4 pre-programmed memory positions, the headrest can be tilted 30° downwards and upwards. Armrests can also be lowered for ideal guest comfort.
The comfortable and heatable water cushion of the MLW Amphibia offers the ultimate comfort during the Spa.Wave treatment. Furthermore, the water forms an incomparable carrier of the vibration frequencies.

Born of a need at the Miami, Florida U.S. Military Veterans Hospital in 2005, the brainwave entrainment technology used in the Spawave system has been tested and researched by the U.S. Army, the Miami VA as well as various behavioral health, addiction treatment and acute care facilities.

Follow this link for additional studies and information: www.gharieni.com/spawave-system/
RETURN ON INVESTMENT

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<th>Treatment</th>
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*Ex works Germany
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