

TEK ROOM

Lumino-meditation

PSIO GLASSES

Combine the benefits of light therapy and the power of meditation with the Psio lumino-meditation experience. This relaxation technology offers distinct programs of different lengths focused on a particular well-being objective. **Once you have chosen your program, we will take care of the rest!**

TYPES OF VISUAL STIMULATION

PULSED LIGHT

Helps stop rumination and intrusive thoughts to release the mind and create mental conditions conducive to a deep meditative state.

CONTINUOUS LIGHT

Particularly suitable for dealing with natural light deficiencies in winter and also helps fight seasonal fatigue.



GOOD TO KNOW

You can enjoy the experience with your eyes open or closed. However, in order to get the maximum benefits, we recommend that you keep them open for the duration of the high visual stimulation sessions. **This technology is safe for your health.**

IMPORTANT

This experience is not suitable for people with epilepsy or suffering from eye diseases.

PROGRAM 1

REJUVENATING NAP

Visual stimulation: low, continuous light

Benefits: reduces stress, improves memory and concentration, energizes

DURATION: 15 MIN / AUDIO: MUSIC

PROGRAM 2

AMBIENT NAP

Visual stimulation: high, pulsed light

Benefits: stimulates the production of slow brain waves using pulsed light, promotes deep sleep, promotes relaxation of the body and mind

DURATION: 30 MIN / AUDIO: MUSIC

PROGRAM 3

RESTORATIVE SLEEP

Visual stimulation: moderate, pulsed light

Benefits: promotes sleep, establishes a deep meditative state, promotes relaxation of body and mind

DURATION: 30 MIN / AUDIO: VOICE-GUIDED MEDITATION

PROGRAM 4

CALM MIND

Visual stimulation: low, continuous light

Benefits: reduces troublesome thoughts, reduces stress, promotes calmness and mental clarity

DURATION: 40 MIN / AUDIO: VOICE-GUIDED MEDITATION

strøm
SPA NORDIQUE