

PROGRAMS

The Neurosonic technology is based on sensory tissue stimulation, very low frequency sinusoidal vibration, which is targeted simultaneously to the whole body. Stimulation is extremely relaxing both physically and mentally. It is a research based proven and safe treatment with no side effects. The treatment brings a new dimension to fixing stress based symptoms. Neurosonic treatment is used to enhance quality of sleep, to ease stress, muscle tensions and swelling. It activates metabolism and assists in both physical and mental recovery.

RELAXATION PROGRAMS

10-MINUTE RELAXATION PROGRAM

Eases muscle tension, headache and muscle pain. Due to a refreshing effect this program is also good to use during the workday.

20-MINUTE RELAXATION PROGRAM

This program relaxes muscles intensively and eases especially upper body tensions and pains.

25-MINUTE RELAXATION PROGRAM

This program helps especially with sleep disorders and with different stress symptoms.

39-MINUTE RELAXATION PROGRAM

Impacts are very similar to the 25-minute relaxation program. The 39-minute program activates metabolism more. Very relaxing.

ACTIVATION PROGRAMS

12-MINUTE ACTIVATION PROGRAM

A short program to boost alertness and to ease muscle tensions and headaches. Can be used both in the morning and afternoon due to activating effect.

24-MINUTE ACTIVATION PROGRAM

Suits well to be used before physical work to warm up the muscles. Don't use this program in case you suffer from sleep problems, stress, migraine or epilepsy, use the 12-minute program instead.

RECOVERY PROGRAMS

37-MINUTE RECOVERY PROGRAM

This program improves physical and mental recovery, sleep and to help with different kinds of pain issues. Boosts blood and fluid circulation and relaxes the muscles.

41-MINUTE RECOVERY PROGRAM

This program relaxes, recovers and enhances sleep quality. This program is more relaxing than the 37-minute recovery program.