

Brainwave Therapy - Total Relaxation

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The gentle pulsations of soothing Alpha waves move your mind into a regenerative state of relaxation. Your consciousness is lifted above fragmented thoughts and worries, becoming unified in peaceful repose. You experience a euphoric release from anything and everything that bothers you. The Alpha state is an intensely pleasurable and relaxed state of consciousness, essential for stress reduction. Alpha is associated with deep physical and mental relaxation, but not quite meditation. Alpha waves instill a sense of mild euphoria, calm your body, reduce Cortisol levels, strengthen your immune system and counteract the negative effects of stress. Alpha waves also increase the production of Melatonin to greatly improve the quality of your sleep.

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