



WELNAMIS

BINAURAL VIBROACOUSTICS



WAVES OF WELLNESS FOR MIND AND BODY



Welnamis is an acoustic and vibrational technology that trains the brain to relax and benefit from deep relaxation techniques. Using specific vibrations and binaural audio frequencies, Welnamis makes it possible for even the busiest minds to achieve deep levels of relaxation in one session. Similar to meditation, specific sounds slow down mental activity and vibrational frequencies act specifically on the energy centers of the body.

The foundational technology is the Quantum Harmonic audio treatment. It delivers symptom-reducing and resilience-building multilayered programs through stereo headphones. Welnamis can be combined with other spa and wellness treatments. For the pure Welnamis experience no therapist is required.



Supports wellness for the
management of chronic stress

Deep relaxation for busy minds

Reduces symptoms of stress and
anxiety

Enhances mood

Improves conditions for sleep
quality

Evidence based

AWARDED WITH



BRAIN WAVES

It's all about frequencies

The human brain is a remarkable organ, housing approximately 100 billion neurons that communicate through electrical signals. Despite their minuscule size, current science and technology have not yet advanced enough to detect individual neuron activity at such a detailed level.

Nevertheless, existing technology enables scientists to observe overall patterns of brain activity, providing insights into how neurons within the brain fire at any given moment. This collective brain activity exhibits a rhythmic pulse, akin to the functioning of the heart. These pulses, known as brainwaves, occur at various speeds, indicative of different mental states.

For instance, during deep sleep, the brain pulses approximately three times per second, while during intense concentration, it may pulse up to 50 times per second. Different frequencies of brainwaves have been associated with distinct "states of mind." Slower brainwaves evoke a sense of relaxation and introspection, whereas faster brainwaves can signify heightened concentration or stress.

All Welnamis Wellness programs have been thoughtfully crafted to stimulate various states, ranging from activation and relaxation to meditation and sleep.

Synchronization of brain waves using Audio- and VibroAcoustic stimulation

Binaural sounds (with both ears) are a psychoacoustic phenomena that is perceived when two sounds with slightly different frequencies are applied separately to each 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 hemispheres of the brain. 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.

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

Welnamis offers a complete experience of impulses from audio and vibrational frequencies to calm the body and mind and bring both into a relaxed state.

"I recommend this treatment for those whose minds are difficult to switch off"

Julian, Club Manager



THE WELNAMIS PROGRAMS

The programs are designed and curated for different outcomes, and they range from 22 to 30 minutes in duration.

Advance



Exit >>

Touch

Program with light vibrations designed to enhance the massage experience with gentle, relaxing music, tones and natural sounds.

Deep

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.

Gentle

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.

Energy

Program designed to balance the body's energy centers, while music, tones and natural sounds help deliver a relaxed mental state.

Stress Relief (-10 Hz)

This program operates in the Alpha brainwave category and targets a brainwave frequency somewhere in the 10Hz range. This provides a nice relaxing experience, but will leave the user able to process cognitive thoughts and be fully "present" ... yet deeply relaxed. A program that is great for first time users.

Mindfulness (-6 Hz)

This program operates in the Theta brainwave category and targets a brainwave frequency in the 6Hz range. This is a frequency that will "turn off" the conscious mind, but keep the subconscious active. This produces dreamlike meditative experiences that are normally experienced in very deep meditation. This is one of our most popular frequency ranges, as users tend to have vivid and wonderful experiences.

PowerNap (-4/partly at 2-3 Hz)

This program operates in a very deep Theta level (4Hz range), and dips in to the Delta level (2-3Hz), where both the conscious and subconscious mind are "turned off". The delta level is the brainwave state where our body releases serotonin, melatonin and endorphins that are responsible for feelings of wellbeing. In today's busy world, many people do not achieve delta brainwave patterns during an entire night's sleep. Using this program can allow a few precious minutes in deep delta level brainwave patterns, which can equal more than a full night's rest, inciting a healthy physical and emotional rejuvenation process.

Awareness (-40 Hz)

Instead of lowering the brainwave levels this program raises the brainwave levels to around 40Hz, in the gamma range. Recent research shows that gamma brainwaves improve cognitive function and memory, and have even been shown to reduce dementia and Alzheimers Disease in clinical trials. Gamma waves are also the brainwaves associated with compassion and gratitude.



THE SPA TABLE

MLW AMPHIBIA NEO

Experience unparalleled comfort and a luxurious cocooning effect with the Gharieni MLW Amphibia Neo. This spa bed offers a heated water cushioning system that ensures ultimate relaxation. With four actuators, you can easily adjust the height, back, upper, and lower leg sections to find your perfect position.

The bed provides convenient access at a height of 54cm (21") and offers four pre-programmed memory positions. The headrest can be tilted up to 30° in both downward and upward directions, allowing you to find the ideal angle for optimal comfort. Additionally, the armrests can be lowered.

COLOR AMBIANCE

Transform your treatment room into a serene sanctuary for relaxation. Just as music or vibrations can impact our body and mind, visual elements such as colors exert a profound influence on our mental state.

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.

During a Welnamis treatment, the Gharieni MLW Amphibia Neo provides optimal comfort with its unique heated water cushions. Additionally, the water acts as an unparalleled carrier of vibration frequencies.



"I feel like I've been completely re-balanced, from aches & pains to emotional balance. I really got that through this experience"

Carly, Business Development Manager

WELNAMIS REFERENCES

Enjoy the Welnamis experience here and in many other places.

D'AVELLE, SPA & HEALTH CARE
Belgium



GLEN IVY HOT SPRINGS, USA



UPPER HOUSE, Sweden



RADISSON BLU LATVIJA, Latvia



BERGAMOS SPA RETREAT, USA



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