

- **Brain Spa by OWM creates a rich experience that promotes brain health and cognitive optimization.**

**Three main ingredients of this unique package are 1. Virtual Reality meditation and relaxation. 2. Ceremonial cacao and medicinal mushrooms elixir. 3. Intravenous infusion. 4. Recovery leg compression sleeves by Normatec**

**Read below to see how the BrainSpa elements bring unique health benefits to the entire experience:**

**Our virtual reality experience is curated to fit the needs of each client. These experiences range from active meditation to boosting brain cognitive function and focus to just taking time to relax and decompress.**

- **Health Benefits of meditation:**

**Meditation and mindfulness have been extensively studied and have shown to effectively reduce anxiety, depression and improve mood, sleep and productivity. As anyone that has taken up mediation knows, meditation practice requires dedication and time. Many people find it very challenging to sit quietly and focus on the present moment.**

Randomized Controlled Trial of Mindfulness Meditation for Generalized Anxiety Disorder: Effects on Anxiety and Stress Reactivity, *Journal of Clinical Psychiatry*

Results suggest that MBSR( mindfulness based stress reduction) may have a beneficial effect on anxiety symptoms and may also improve stress reactivity and coping as measured in a laboratory stress challenge.

[J Clin Psychiatry. 2013 Aug; 74\(8\): 786–792.](#)

## **1. Virtual Reality**

- **Virtual Reality meditation is an immersive experience that helps a person get that place quickly and with much greater ease.**

**Virtual Reality ( VR) is being actively studied by many disciplines. In the human health arena, VR has been shown to improve memory and concentration.**

"Virtual memory palaces: immersion aids recall," Eric Krokos, Catherine Plaisant and Amitabh Varshney, was published online in the journal *Virtual Reality* on May 16, 2018.

- **More Health Benefits of Our VR offerings:**

### **VR Tetris**

**Playing Tetris has been connected with reduction of cravings and addiction.**

**Brain imaging shows playing Tetris leads to a thicker cortex and may also increase brain efficiency. These areas are associated with critical thinking, reasoning, and language and processing.**

\*Richard J Haier, Sherif Karama, Leonard Leyba and Rex E Jung. *BMC Research Notes*, 2009; 2: 174  
[abstract]

### **VR COLORING**

Coloring has many health benefits that include reduction of anxiety, improvement of focus and creativity.

\*Art Therapy Journal of the American Art Therapy Assoc, v22 n2 p81-85 2005

\*University of the West of England "Coloring Reduces Stress and Boosts Creativity." *NeuroscienceNews*. *NeuroscienceNews*, 4 May 2018.

## **2. Intravenous Infusion:**

This infusion combines Cerebrolysin, essential vitamins, minerals and amino acids that support healthy brain function.

### **Cerebrolysin Benefits**

Cerebrolysin is a peptide that is naturally produced in the body. It is a powerful nootropic that promotes formation of new nerve connections, repair of existing nerve connections and reduction of brain inflammation

### **Amino Acid Brain Benefits**

1. **Taurine.** This is a potent amino acid that helps brain cells metabolize and utilize key nutrients. It also a powerful antioxidant, improving brain's ability to produce energy, reduce inflammation, and form new nerve connections.  
Chou C, Lin H, Hwang P, Wang S, Hsieh C, Hwang D. *Amino Acids*. 2015 Apr;47(4):735-44.
2. **Glycine.** This amino acid is essential **for cognitive and memory enhancement**. Glycine is active in the hippocampus, an area of the brain important for memory and learning. In supplement form, glycine appears to deliver benefits for daytime cognitive function. In the same study that showed supplemental glycine made it easier to fall asleep and get to slow-wave sleep, scientists also found people scored higher on daytime cognition tests. And supplemental glycine has been shown to improve both memory and attention in young adults. Scientists are actively investigating the use of glycine in the treatment of neurodegenerative disorders such as Alzheimer's disease.

### 3. Cacao Medicinal Mushroom Elixir :

- a. Cacao has been used for brain optimization for centuries and has shown to gently stimulate the brain, improve brain blood flow, create a sense of calm, and boost mood.

The article below offers a great summary of Cacao's benefits.

<https://thegoodstuffco.com/blogs/monthly-blend/raw-cacao-boost-your-brain-power>

- b. Medicinal mushrooms are part of Traditional Chinese Medicine (TCM) and have been used to boost brain and body health for over 2000 years.

**Reishi** is known in Chinese medicine as a *mushroom of immortality*. It has wide ranging benefits from stress and anxiety reduction, to boosting of immune resilience, to enhancement of overall vitality.

**Lions Mane** is a natural nootropic that promotes better cognition, improved memory and concentration, and an overall sense of calm and focus.

**Cordyceps'** properties enable cellular repair and the boosting of one's immune system. This mushroom is also known for its powerful ability to enhance energy and endurance in sports and sexual energy in the bedroom.

### 4. Leg Compression Sleeves by Normatec

Normatec sleeves are widely used by professional athletes all over the world.

Their unique segmental compressive action slowly moves up and down the leg from the foot to the hip. This promotes better circulation, lymphatic clearance of toxins and of cellular waste products. The result is hours of recovery and relaxation compressed in a 30 to 45 minute session.