

**REBALANCE**  
*impulse*

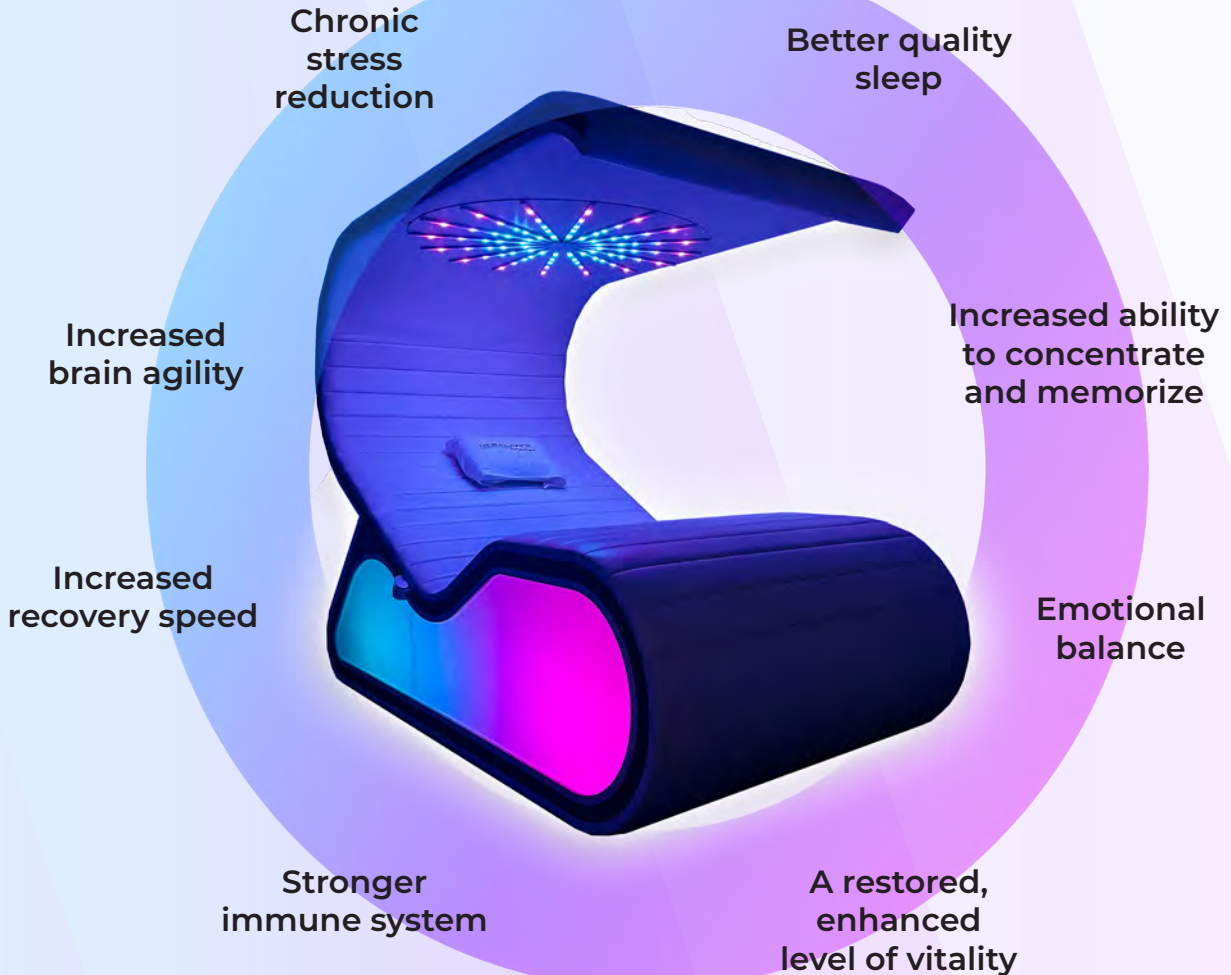
# Mental Wellness & Neuroscience



**THE SOLUTION** TO CHRONIC STRESS

# HEALTH AND WELLBEING BENEFITS

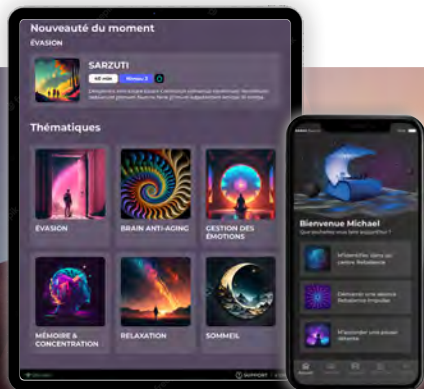
The main benefits obtained from the **REBALANCE Impulse®** sessions are:



## THEMES AVAILABLE FOR SESSIONS AND PROGRAMS

- Neuro-Relaxation
- Sleep
- Pain management
- Memory & Concentration
- Slimming
- Addictions
- Emotions management
- Long-Covid recovery
- Brain anti-aging
- Post-Traumatic Stress Disorder (EMDR)

**REBALANCE Impulse®** is a non-invasive Mental Wellness & Neuro-Relaxation machine. Our stimulation and cognitive training device based on applied neuroscience is mainly devoted to fighting chronic stress, improving sleep quality, and enhancing immune system.



# KEYS TO YOUR HEALTH PREVENTION

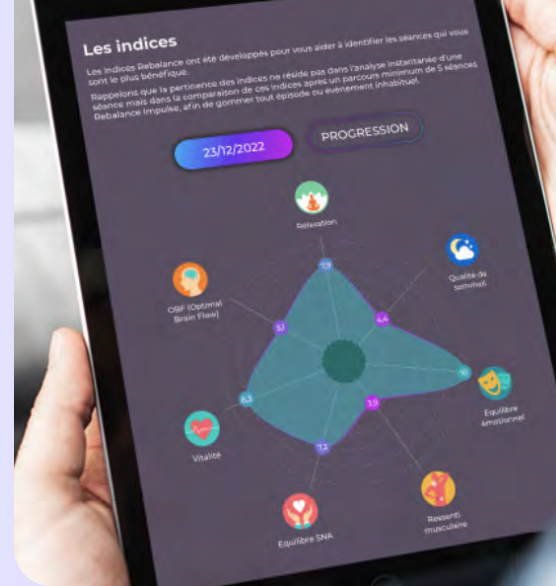
**REBALANCE**® indices have been developed to help you identify which sessions are the most beneficial to you. Thus, you will have the tools to manage your stress and optimize your health prevention.

The psychological and neurophysiological responses for each session are expressed as follows:

- Your stress level, mood, drowsiness, wakefulness, and muscle aches and pains are rated on scientifically proven **VISUAL ANALOG SCALES: FEELINGBACK**®.
- Your brainwaves are recorded in real time via a **NEUROFEEDBACK HEADSET**. This technology is quite similar to electroencephalogram (EEG) technology.
- A **BIOFEEDBACK WRISTBAND** tracks your cardiac rhythm in real time.

**MYREBALANCE**® app allows users to access their indices from their smartphone at any time.

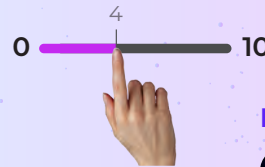
*Remember that the relevance of indices does not lie in the instantaneous analysis of a session. To erase any unusual event, they must be compared after a minimum program of 5 Rebalance Impulse sessions.*



## Neurofeedback



## Biofeedback



## Feelingback



# THE INDICES



Relaxation Index



OBF™ Optimal Brain Flow Index



Autonomic Nervous System Balance Index



Vitality Index



Muscle Soreness Sensation Index



Emotional Balance Index



Sleep Quality Index





## EXERCISES AND TECHNIQUES

- Breathing exercises and techniques chromorhythm-based
- Guided mental imagery
- Mindfulness training
- Full body chromotherapy protocol
- Sound therapy protocol
- Binaural synchrotherapy protocol
- Sychromotherapy® protocol\*
- Advanced Neuromeditation exercises

\* **Sychromotherapy®** is a new therapeutic discipline emerging from neuroscience. It mainly combines three techniques: Innovative chromotherapy protocols using targeted wavelengths expressed in nanometers, Pulsed light protocols expressed in hertz and lux, Dynamic light scenarios in the shape of an iris (patent registered) acting on targeted frequencies.



After a few 30-minute sessions, and sometimes after just the first one, each user discovers his or her ideal relaxation method and unlocks the keys to controlling stress. Stress diminishes, the level of vitality increases these are the signs of balance being restored.

**REBALANCE**  
impulse

LET GO OF STRESS, AND FIND YOURSELF

# **REBALANCE** *impulse*

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