



# WELNAMIS

The Binaural Vibroacoustic Therapy



# POWER NAPPING WITH WELNAMIS



Gharieni Welnamis – The Binaural Acoustic & Dynamic Stimulation is a computer-controlled acoustic and vibrational therapy 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 therapy session. Similar to meditation, specific sounds slow down mental activity and vibrational frequencies act specifically on the energy centers (chakras) of the body.

The foundational therapy is the Quantum Harmonic audio therapy. It delivers symptom-reducing and resilience-building multilayered programs through stereo headphones. Welnamis can be combined with other treatments, be self guided, thereby not needing the presence of a therapist. For the pure Welnamis experience no therapist is necessary.

The system was developed by American scientists to treat post-traumatic stress disorders (PTSD) of American veterans. With the Welnamis System Gharieni offers this technology to the world of Spa and Wellness.





AWARDED WITH



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- Anti-inflammatory
- Brainwave entrainment
- Mood enhancement and stress reduction
- Improves sleep quality & quantity
- Supports treatment of PTSD
- Power napping and relaxation
- Increased creativity
- Scientifically proven (read more on p. 9)
- Supports treatment of anxiety & panic attacks
- Helps to reduce signs of depression & chronic pain
- Increases the ability to concentrate
- No therapist needed

# BRAIN WAVES

## IT'S ALL ABOUT FREQUENCIES

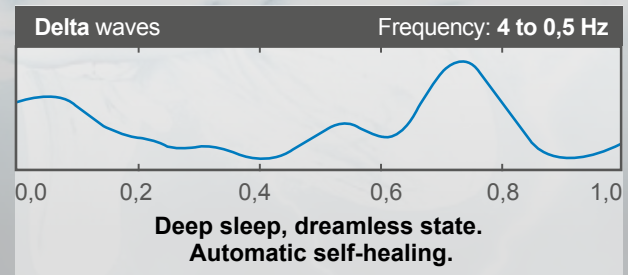
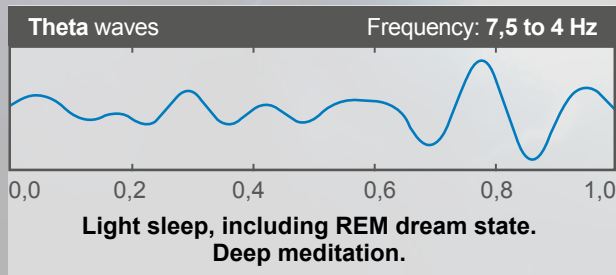
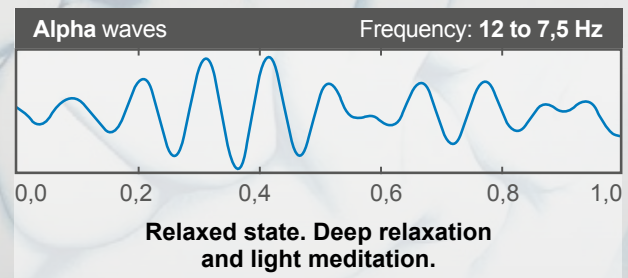
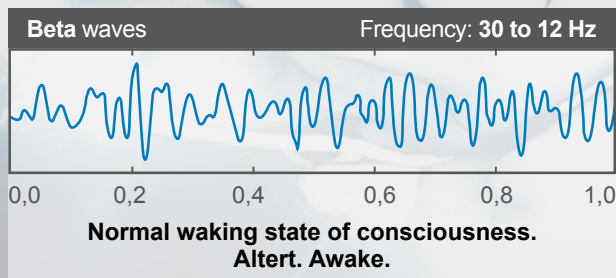
The human brain contains approximately 100 billion neurons and brain cells communicate via electrical signals. Current science & technology does not allow to detect individual neuron activity at that level due to their minute size. However, existing technology can witness overall patterns of brain activity and allow scientists to determine how neurons inside the brain are firing at any given moment.

Overall brain activity has shown that it has a pulse or even a beat, similar to the heart function. These brain pulses, or brainwaves, happen at a variety of speeds. During deep

sleep, for example, the brain pulses about 3 times per second. During high-focused thinking, the brain might pulse as much as 50 times a second.

Different brainwave frequencies have been shown to correspond to different “states of mind”. Slow brainwaves feel more relaxing and introspective. Fast brainwaves can be a sign of concentration or stress.

Although brainwave frequencies exist across a wide range, the following 4 groups are particularly interesting:





# SYNCHRONIZATION OF BRAIN WAVES

USING AUDIO- AND VIBROACOUSTIC  
STIMULATION

## AUDIO STIMULATION

Binaural sounds (binaural: lat. with both ears) are a psychoacoustic phenomena that is perceived when two sounds with slightly different frequencies are applied separately via the left and right 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 hemisphere. 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.

## VIBROACOUSTIC STIMULATION

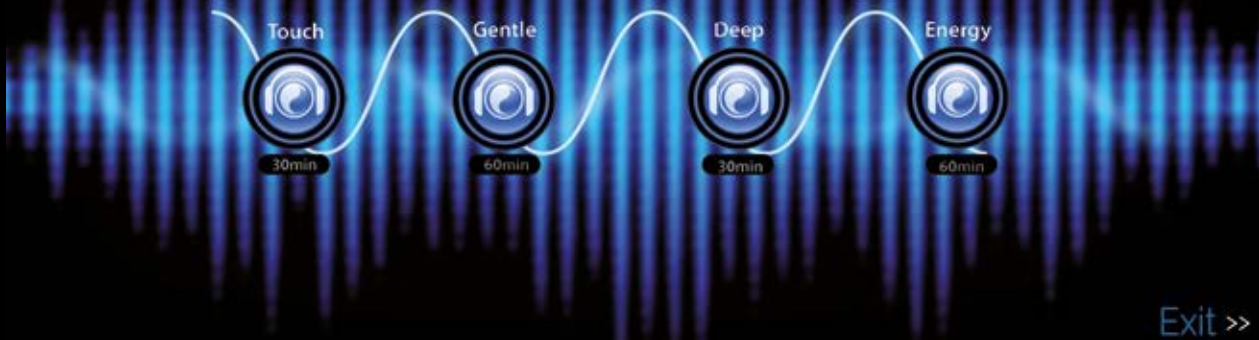
The second important feature of the Welnamis experience is the technology of pure synchronized sinewaves that are delivered through tactile transducers embedded in the surface of the spa table itself. Perceived as gentle vibrations which affect the energy centers of your body, this sinewave frequencies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

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

# THE WELNAMIS PROGRAMS

Classic



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The Classic programs are the basic programs for different applications and are available in different lengths of 30 or 60 minutes.

## **Touch**

30-minute program with light vibrations designed to enhance the massage experience with gentle, relaxing music, tones and natural sounds.

## **Deep**

30-minute 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**

60-minute program. 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**

60-minute vibration program designed to balance the body's energy centers, while music, tones and natural sounds help deliver a relaxed mental state.



# Advance



The advance programs are the result of our deep studies. The length of the programs is 22 minutes, providing the optimal period for 100% effective treatments.

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## **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

Offering ultimate comfort and cocooning effect due to the heated water cushioning, the Amphibia Neo is truly exceptional. Four actuators of the spa bed allow adjustment of the height, back, upper and lower leg sections. Convenient access at 54cm (21") with 4 pre-programmed memory positions, the headrest can be tilted 30° downwards and upwards. Armrests can also be lowered for ideal guest comfort.



## CHROMA THERAPY

### COLOURS & THEIR EFFECTS

Turn your treatment room into an atmospheric place to relax. Just as music or vibration have an influence on our body and mind, visual influences like colors also have a great effect on our mind.



#### 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

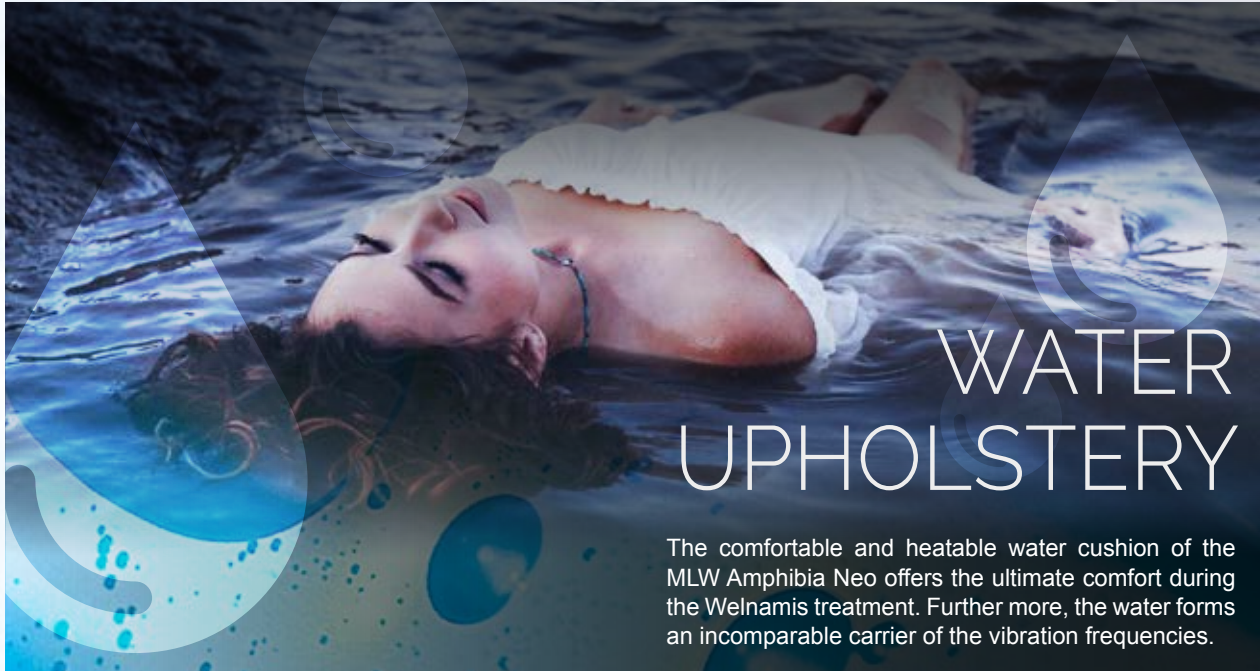
Relaxes and renews, awakens meditative time, place and being, spiritual aspects..



#### BLUE

Celestial and peaceful, cooling, calming, quieting, and cleansing.





The comfortable and heatable water cushion of the MLW Amphibia Neo offers the ultimate comfort during the Welnamis treatment. Further more, the water forms an incomparable carrier of the vibration frequencies.

## SCIENTIFICALLY PROVEN

Born of a need at the Miami, Florida U.S. Military Veterans Hospital in 2005, the brainwave entrainment technology used in the Welnamis system has been tested and researched by the U.S. Army, the Miami VA as well as various behavioral health, addiction treatment and acute care facilities.

Follow this link for additional studies and information:  
[www.gharieni.com/Welnamis-system/](http://www.gharieni.com/Welnamis-system/)



Or just scan the  
QR code:



# WELNAMIS REFERENCES

Enjoy the Welnamis experience here and in many other places.



**CARTESIANO URBAN WELLNESS  
CENTER, Mexico**



GLEN IVY HOT SPRINGS, USA



UPPER HOUSE, Sweden



RADISSON BLU LATVIJA, Latvia



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