

PSiO

technology



The multi-sensory
experience





A journey towards harmony

PSiO technology: well-being and integrative health

Stéphane Dumonceau, founder of the company PSiO Technologies, has been carrying out research since 1985. First as a doctoral student in the department of psychology of Physical Education at Université Libre de Bruxelles, then as an independent researcher in collaboration with private laboratories such as the laboratory of neurology of Professor Sorel in Brussels.

This is how PSiO Technologies became a leader in the field of audio-visual stimulation in the 1990s, and, in 1992, its product was ranked number 1 in the world by Megabrain magazine. The company exports all over the world (Japan, USA, Brazil, Europe) and primarily invests in clinics, university hospitals and care homes. Today, more than 150 clinics work with this equipment, sometimes for employees, sometimes for patients. References can be found on the website : www.psioclinic.com

From the 2000s, in collaboration with Dr. Lisoir, Dr. Van Alphen and Dr. Litchinko, Stéphane Dumonceau launched a range of recordings

in CD form to soothe disorders correlated with stress. These “Audio-Medicine”, validated by the Ministry of Health, will be sold in pharmacies.

In 2008, research was sponsored by the Walloon government to arrive at a successful “all-in-one” version with an innovative optical system that allows the eyes to be opened without any danger to the retina: the PSiO glasses. This paramedical device broadcasts “Audio-Medicine” combined with a new kind of light therapy.

In 2014, based on the latest research on pulsed light, PSiO Technologies developed the concept of “Turbo-nap”. A revolution in light therapy.

In 2022, the company is innovating again by adding a range of vibrations that resonate with the entire body, resulting in sessions enriched with light, sound and vibrations: a multi-sensory “BODY & MIND” experience that generates a new business model for wellness centers, SPAs and therapists.



S. Dumonceau



Dr. Lisoir



Dr. Van Alphen

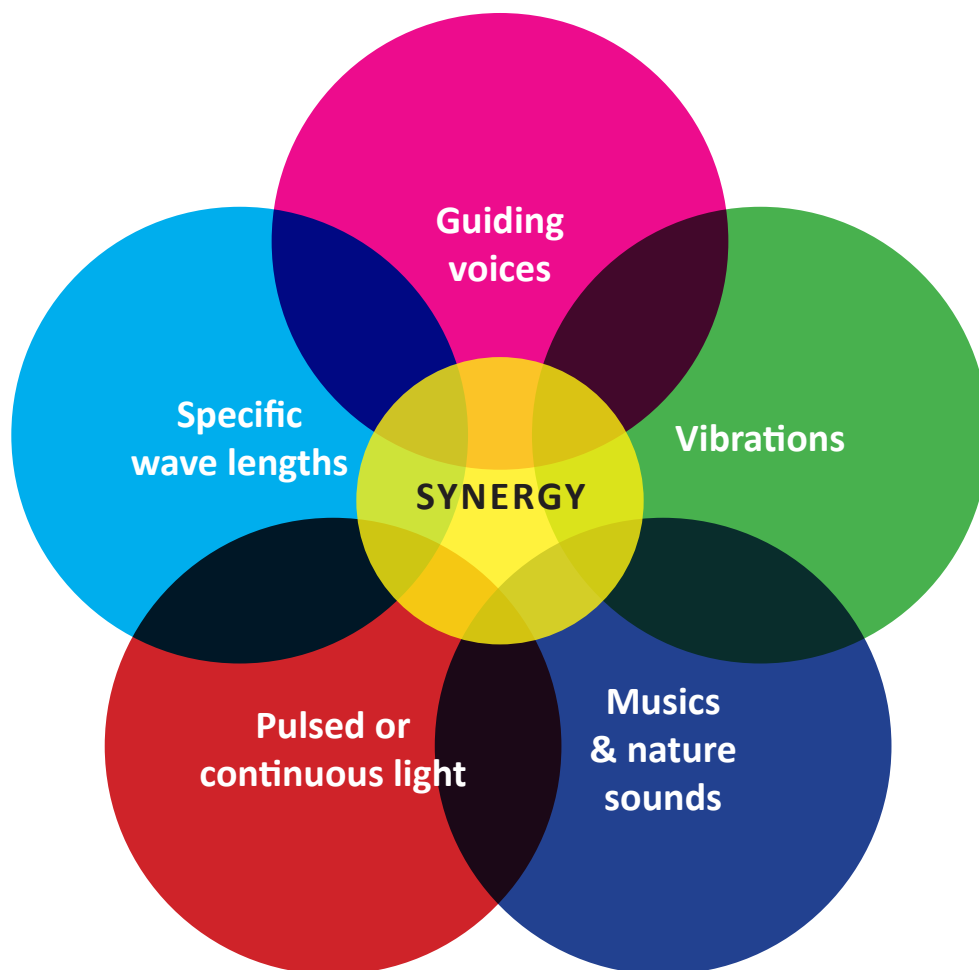


Dr. Litchinko



Sounds, vibrations & lights

The ingredients that make up PSiO technology



3 types of sensory stimulation

Light: **light therapy** (pulsed and continuous)

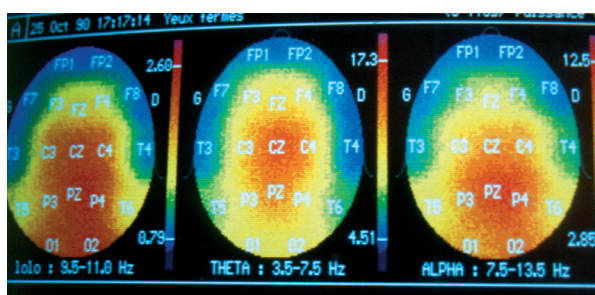
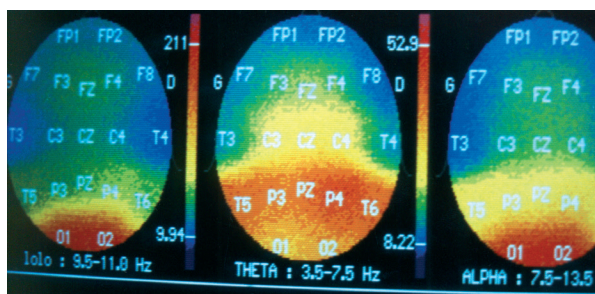
Sound: **Audio-Medicine**

Kinesthetic: **vibroacoustics**



Relaxing effect

The new light therapy using **red light**, combined with a voice-guided relaxation session, induces a relaxing effect in just a few minutes. The light stimulation frequencies and the visual suggestions work together to quickly stop rumination and parasitic thoughts stop automatically.



This illustration shows the progression of alpha & theta waves throughout the brain, in just ten minutes. Initially, alpha & theta waves, indicators of relaxation, appear in the occiput, the visual area of the brain, as soon as the eyes close. After ten minutes of PSiO technology, we observe the presence of these in all areas of the cortex.



Energizing effect

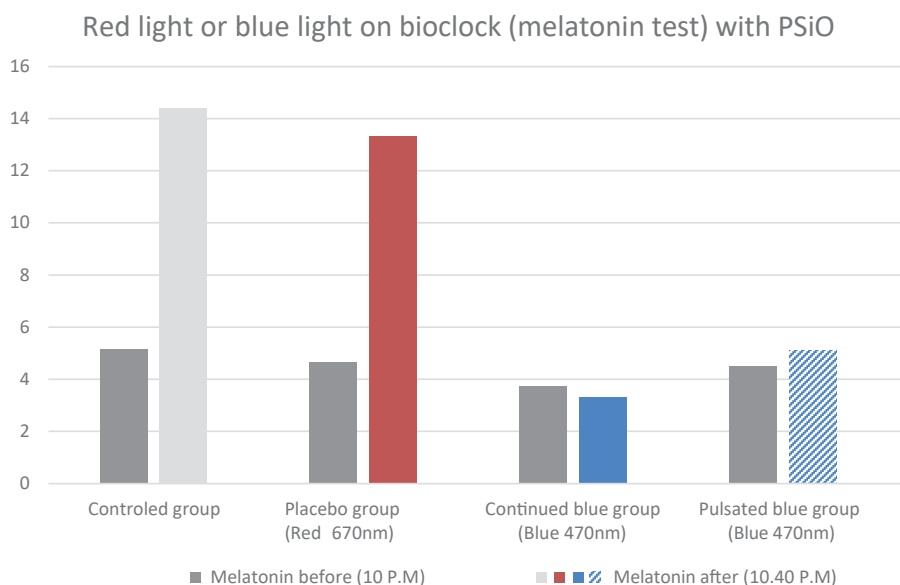


The new light therapy using **blue light** combined with a large variety of music stimulates the biological clock in AWAKE mode. The light (470 nm) receptors located in the retina are connected via a non-visual neural pathway (blind people also have these receptors) to the pineal gland and to the entire system forming the biological clock. This gland is now stimulated in «morning hormones» mode.

A complete eradication of melatonin (the sleep hormone) is observed in the groups exposed to blue light, while the group receiving red light shows no change in salivary melatonin levels. This confirms that exposure to the light used in the proposed PSiO turbo naps stimulates the biological clock with the generation of all daytime hormones. The recovery of energy is therefore immediate,

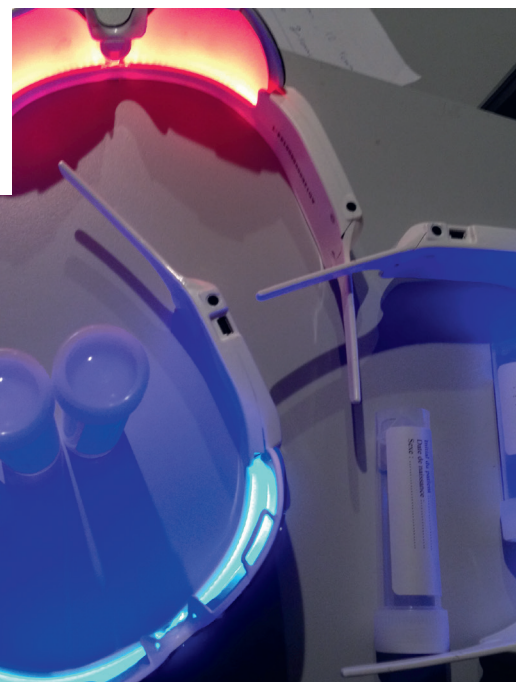
making it particularly suitable for afternoon breaks.

The advantage of the turbo nap is that you don't sleep, and activity can easily restart after this restorative break, enhancing energy, concentration, and optimal alertness.



This illustration shows the comparative effect on 4 groups over 20 minutes :

- A. Control group
- B. Placebo group (red light)
- C. Experimental group 1 (continuous blue light 470 nm)
- D. Experimental group 2 (pulsed blue light 470 nm)



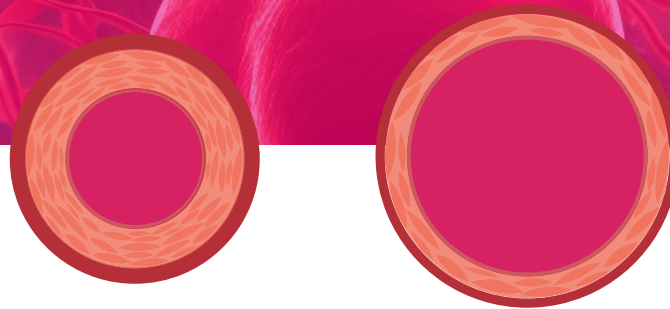


VIBROACOUSTIC Science

Vibroacoustic science allows the production of sounds and vibrations from a recording specially calibrated by sound engineering. These sounds generate vibratory waves on the surface on which the transducers are fixed. They are spread throughout the body, providing a form of deep tissue and skeletal massage when the person is sitting in a relaxation chair. This brings an intense sensation of pleasure on the one hand and a rebalancing of tensions in the motor muscles and viscera

on the other. Some functions are harmonized and can naturally normalize. Currently, there are no known contraindications. When using the PSiO Chair, there is not just one journey; it is interesting to test the recordings that have the most effect, understanding that each person is different. In any case, the experience is fantastic, and each time the sensation is rich and profound. What are the effects of certain ranges of vibrations on the body?

VASODILATATION



Vasoconstriction

Vasodilatation

Effects of vibration on blood circulation and vasodilation.

Why does relaxation induce vasodilation of blood vessels?

Vasodilation of blood vessels means the widening of these vessels, allowing more blood and oxygen to flow through them.

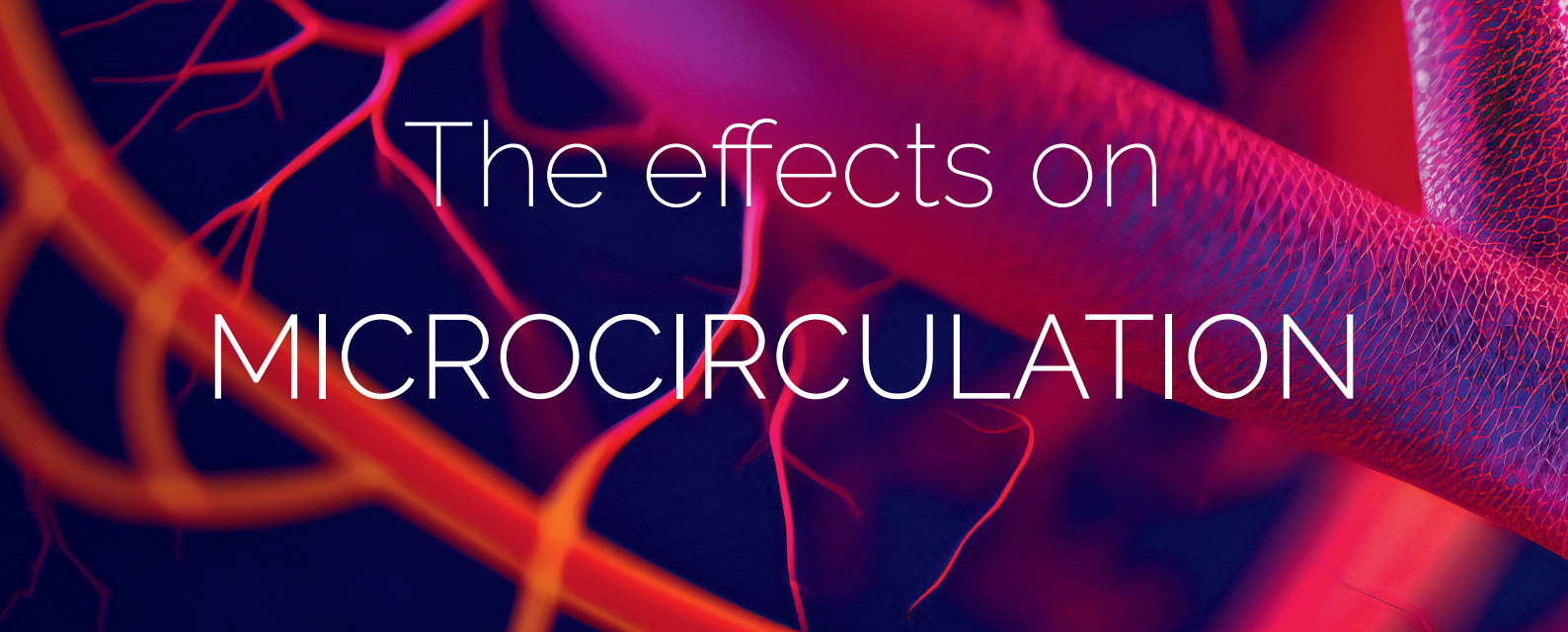
Relaxation methods, in general, cause vasodilation of blood vessels for several physiological reasons:

1. **Stress reduction**: when you are stressed or anxious, your body releases stress hormones, such as cortisol and adrenaline. These hormones can cause constriction (vasoconstriction) of blood vessels, which limits blood flow. By relaxing, you reduce the release of these stress hormones, allowing the vessels to dilate.
2. **Activation of the parasympathetic nervous system**: relaxation promotes the predominance of the parasympathetic

nervous system, the relaxation nervous system. It encourages vasodilation by relaxing the muscles surrounding the blood vessels, which widens their diameter.

3. **Reduced muscle tension**: deep muscle relaxation reduces tension in the muscle fibers. Tense muscles can compress congested areas and limit circulation. By relaxing the muscles, you allow the vessels to dilate and increase blood flow.
4. **Reduction of blood pressure**: relaxation and vasodilation can also reduce blood pressure.

For all these reasons, the relaxing vibrations of the PSiO Vibroacoustic chair induce vasodilation of blood vessels. The relaxing vibration that deeply penetrates the entire body will therefore have beneficial effects on blood circulation, blood pressure, and overall cardiovascular health.



The effects on MICROCIRCULATION

Vibroacoustics not only has an effect on major blood vessels but also on microcirculation

Microcirculation, 70% of total blood volume, refers to the network of small blood vessels such as arterioles, capillaries and venules present throughout the body to provide blood perfusion to tissues and organs. These blood vessels are much smaller than the main arteries and veins. They are responsible for delivering oxygen and essential nutrients to cells, while removing metabolic waste.

Here are some important points regarding microcirculation :

1. **Blood capillaries**: capillaries are the smallest blood vessels in the body and are responsible for the exchange of gases, nutrients, and waste products between blood and cells. Their slim structure allows efficient diffusion of molecules through their walls.
2. **Cellular nutrition**: microcirculation ensures the supply of oxygen, glucose, and other essential nutrients to cells, supporting their metabolic functions and survival.

3. **Waste elimination**: metabolic wastes, such as carbon dioxide, are transported by microcirculation to be eliminated from the body through the lungs and kidneys.

The relaxing vibration penetrates all areas of the body and quickly induces deep relaxation not only of voluntary muscles but also of visceral muscles. The relaxing vibration and sensory pleasure provided by the PSiO chair immediately stimulate the parasympathetic nervous system, thereby promoting the opening of microcirculation. This applies to organs equipped with smooth muscles (which contract automatically without our control) such as the intestines, stomach, as well as fascia, ligaments, tendons, and other deep structures connected or not connected to the bones and entire skeleton. The vibrating wave resonates through all tissues down to the cellular level. This explains the overall sense of well-being and the sensation of warmth in the back while resting on the chair during the session.

Measurement of the relaxing effect by THERMOGRAPHY

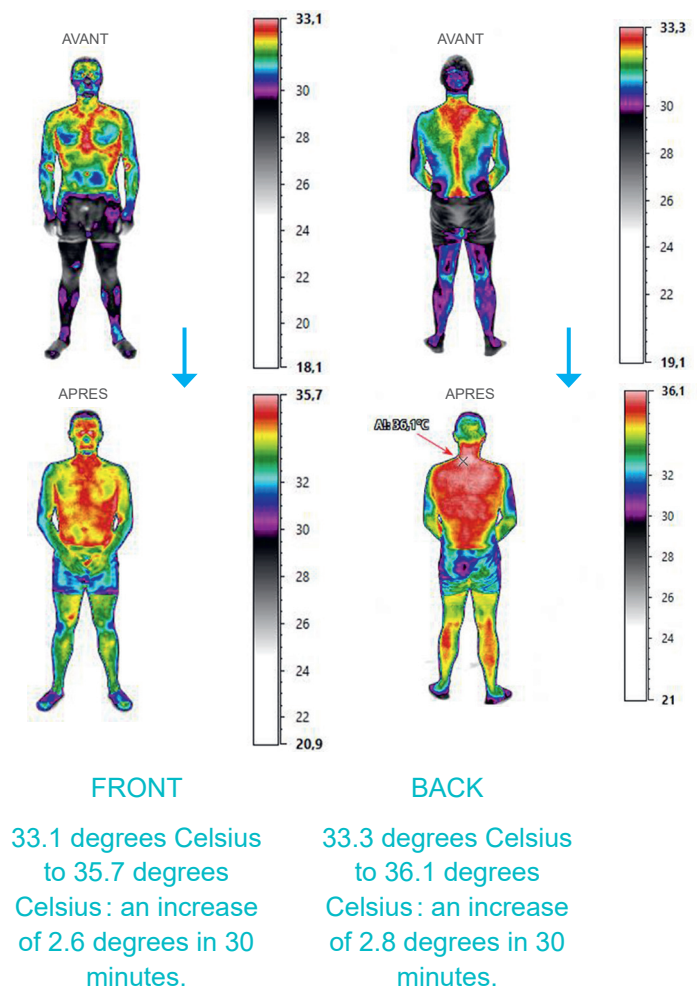
The objective of the experiment is to verify the effect of P*SiO* technology on inducing a state of relaxation. P*SiO* technology consists of a pair of glasses that produce light relaxation and a chair that produces vibroacoustic effects. Scientific literature presents an effect of relaxation on cutaneous microcirculation and vasodilation of blood vessels. This effect should be measurable by a skin temperature increase.

These images are taken with a thermal camera that allows measurement and visualization of heat distribution (infrared radiation). Temperature variations are represented by different colors, ranging from blue (colder) to red (warmer), with the temperature in degrees Celsius displayed on the right of the photo. The normal skin temperature of the human body generally ranges between 32°C and 35°C, depending on individuals. Here, subjects are compared to themselves, that allows to work with a smaller number of subjects.

Thermography is performed BEFORE the experiment (standing, front and back views) and AFTER 30 minutes of using the P*SiO* technology set to a «deep relaxation» program (again, standing, front and back views). This comparison is therefore straightforward. The purpose of the experiment is to verify the RELAXING effect on microcirculation, especially the skin one.

According to current knowledge, although relaxation may influence skin temperature upwards, an increase of nearly 3 degrees Celsius is highly unlikely. The relaxing effect of P*SiO* technology on microcirculation is therefore not only highly significant but also extremely effective.

During this experiment, here is the evolution of skin temperature over 30 minutes :





ANTALGIC mechanisms

Sound waves can have an analgesic effect thanks to several mechanisms:

1. **Gate control theory of pain**: the brain can be occupied by sensory signals from vibrations, which can inhibit the transmission of pain signals through the spinal cord. In other words, vibration signals can «close the gate» to pain signals, thereby reducing pain perception.
2. **Endorphin release**: sound vibrations on the body stimulate the release of endorphins, natural neurotransmitters that have analgesic effects. Endorphins can help reduce pain and improve well-being.
3. **Improved blood circulation**: vibrations enhance blood circulation in targeted areas, which can help reducing pain by providing more oxygen and nutrients to affected tissues, and by eliminating metabolic waste. This can lead to decongestion.
4. **Muscle relaxation**: vibrations help relaxing tense or contracted muscles, reducing muscle tension and pain.
5. **Stimulation of mechanoreceptors**: mechanoreceptors in the skin and muscles are stimulated by vibrations, which can modulate pain perception by altering how the brain processes sensory signals.
6. **Pleasure effect**: some individuals may also experience pain relief due to the pure sensory pleasure provided by vibroacoustics. This can influence their subjective experience of pain.

It's important to note that the effectiveness of vibrations on the body as a method of pain relief can vary from one person to another and can depend on the underlying cause of the pain. In cases of persistent pain, it is important to consult a healthcare professional for proper diagnosis and treatment.



The multi-sensory experience

Relaxation or energy recovery sessions are now developed across three sensory channels. This marks a true revolution. The sophisticated «Audio-Medicine» recordings, combining psychoacoustic effects, relaxing music, nature sounds, and most importantly guided voices, naturally lead towards states of deep relaxation. With the PSiO chair, «Audio-Medicine» are complemented by a precise vibrating program precisely correlated with the audio content.

Vibroacoustic sessions, combining music and vibrations, can also be enhanced with light therapy (blue or red mode depending on the objective). Managing across three sensory

channels (kinesthetic, visual, and auditory) provides a true «MIND-BODY» experience! Management across four sensory channels is possible by using the PSiO olfactory and musical memory foam pillow during the PSiO Vibroacoustic chair session. This way, you can add ergonomic support and olfactory anchoring during your light therapy and relaxation sessions (voice, music, vibrations). All four senses will be stimulated for optimal anchoring.





Vibroacoustic programs for PSiO Transduction

Programs with music

We offer a range of pleasant and relaxing music programs. They are enhanced with low-frequency vibrations developed by our specialized sound engineers for bodily vibrational effects. There are

several playlists available, and a 'self-service' section also offers three programs of 10, 20, or 30 minutes, designed for simplified use, especially in corporate settings.





Audio-Medicine Programs

Vibrations only

To meet the demand from healthcare centers and the need for silence in these busy spaces, which often include multiple cabins, we are pleased to offer you this range of Audio-Medicine recordings in a vibrational version only. These titles have the advantage of making almost no noise and not disturbing any other treatments near the session. In this specific case of discreet use, the corresponding acoustic session is available in MP3 COLOR format in the PSiO PLANET catalog of the PSiO glasses range.

Three sensory stimulations

To stimulate three senses simultaneously, using PSiO glasses combined with PSiO Chair is recommended as follows :

1. Select one of the vibro «Audio-Medicine» on your smartphone.
2. Select the same title in MP3 COLOR version on the PSiO glasses.
3. Start the VIBRO session on the smartphone and simultaneously start the MP3 COLOR version on the PSiO glasses.

This way, both recordings complement each other in near-total silence. Indeed, the vibrations can be heard, but very faintly.



The PSiO vibroacoustic chair

PSiO Technologies has opted for this chair model for these specific reasons :

- A steel frame that provides the best transmission of vibrations from 40 to 60 hertz : the diameter of the tubing is optimal for vibroacoustics.
- An optimal ergonomic position, including the famous 'Zero Gravity' position that promotes disconnection and recovery.
- The mobility of an easily foldable chair that is perfect for demonstrations with quick setup on site or easy storage in wellness spaces.
- The durability and reliability of a model designed and manufactured in France for 70 YEARS.



Comfort engineering

To achieve an optimal state of relaxation, the best position for the back and spine has been studied. As a result, excellent muscle recovery and perfect relaxation of the body parts are the result of precise engineering.

This quality is recognized by healthcare professionals such as reflexologists, SPAs, hos-

pitals, as well as staff and patients in care homes. With changing attitudes, more and more companies are sensitive to the idea of well-being in the workplace. Therefore, the PSiO chair is ideal for setting up a relaxation room or optimizing a rest area.



Comfortable, light, robust, folding & compact

ZERO GRAVITY: This is the position naturally assumed by the human body when in weightlessness, with the legs slightly above the level of the heart. It was named as such by NASA in the 1970s.

In reality, the body always feels its own weight, but the sensation of gravity is 7 times less,

similar to floating in water. With the legs elevated, the thighs and torso form a 127° angle, which is the perfect inclination for relaxation.

The lumbar spine is in a neutral position, the back is relieved, breathing calms down, blood circulates better, and the legs feel lighter.

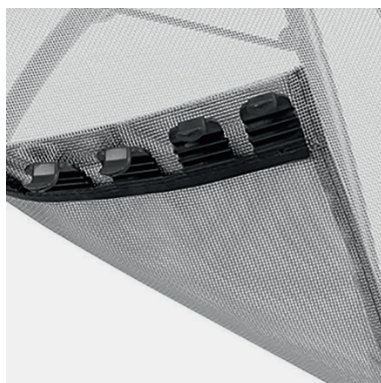
The secret of the PSiO chair

The choice was made for this type of frame because it was designed to provide THE ideal relaxation position. Its design was developed in collaboration with medical professionals

who advocated, as an essential principle, a body position where the legs are slightly above the level of the heart.



- The back is relieved.
- Breathing calms down.
- Blood circulates better.
- The legs feel lighter.



Patented innovation

Support fixation with elastomer clips.

Excellent back support, better weight distribution, improved and firmer comfort, easy maintenance with simple and quick disassembly and assembly of the mattress.



PSiO chair, the LONGTIME® labeled frame

LONGTIME® is the first European label for products designed to last. It provides assurance that products bearing the label are reliable and repairable, breaking away from obsolescence. The label is impartially awarded to products following an evaluation audit conducted by an independent monitoring organization.

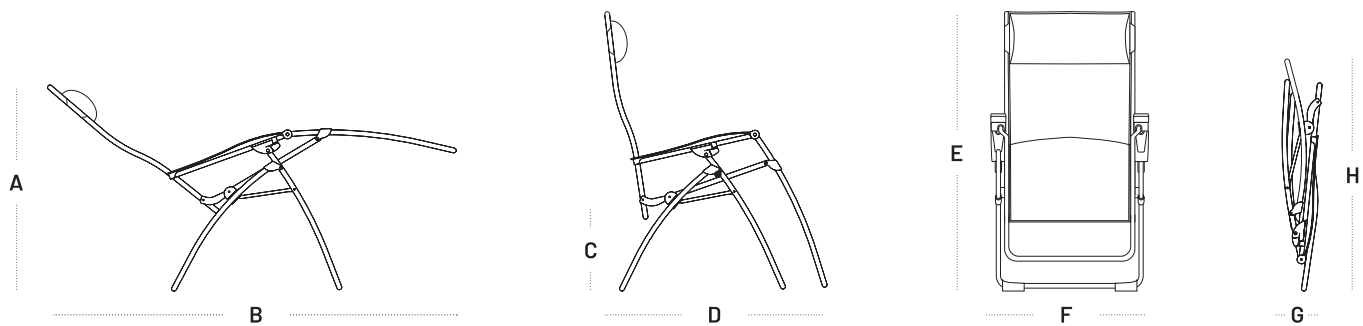
Chair

Technical informations



The PSiO chair, relaxation chair, multi-position with clips, for professional use. Great seating comfort.

- Structure : HLE (High Elastic Limit) steel tube Ø 20 mm. 100% polyester paint with high UV resistance.
- Clipped mattress (thickness 4 cm). M2 treated synthetic leather, fire resistant. Removable and replaceable. Fixing by elastomer clips (patent).
- “Zero Gravity” position : the legs are placed slightly above heart level, forming an angle of 127° to ensure optimal relaxation.
- Ergonomic, adjustable and removable cushion headrest.
- Ergonomic backrest.
- Ergonomic resin armrests, position adjustment with stabilizers.
- Protective ring on the footrest.
- High stability foot pads. Anti-tilt.



		A	B	C	D	E	F	G	H
Classic	Max. 110kg	82 cm 32.3 in	163 cm 64.2 in	43 cm 16.9 in	88 cm 34.6 in	115 cm 45.3 in	71 cm 28.0 in	18 cm 7.1 in	98 cm 38.6 in
Extra Large	Max. 120kg	88 cm 34.6 in	174 cm 68.5 in	48 cm 18.9 in	97 cm 38.2 in	123 cm 48.4 in	76 cm 29.9 in	20 cm 7.9 in	108 cm 42.5 in

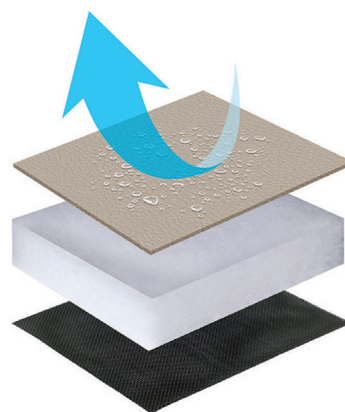
As an option, available by special order, an extra-large version.

Chair covering

- Polyamide Jersey
- Stamskin Top

Phthalate-free fabrics, GreenGuard:

- Raincoat
- M2 non-fire classification
- Abrasion resistant
- Resistance to artificial light ≥ 4
- Easy to clean.



Vibroacoustics

Technical informations



- Two transducers.
- An amplifier with a power supply & audio cable.
- A smartphone including programs from the vibroacoustic catalog.
- Reinforced armrests for relaxation.
- Two welded steel plates allowing vibroacoustic resonance.
- Plates covering the feet for users who do not have to transport the chair.
They also allow you to hide the cables.

Vibro-acoustic programs for PSiO Chair

Music programs



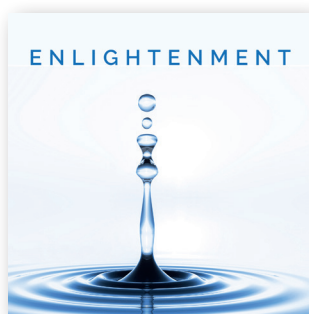
Awakening

Vibrant music - 20 min.

This most effective piece of music for connecting to spirit and creating a deep sense of peace within. This is a very magical piece that has proven to have unusually powerful emotional healing effects. Also good for pain (extremely low bass). Tuned to the tempo of a meditative breath.

The song is now tuned to 432 Hz which has many auspicious things about it. 432 Hz has been shown to create a beautiful mandala pattern in each water droplet in your body. It is also the frequency of the heart meridian and is what they tuned to in ancient Egypt.

✓ Relaxation ✓ Pain Relief ✓ Sleep ✓ Connection to Spirit



Enlightenment Meditation

Vibrant music - 30 min.

This is one of our most powerful titles. It combines the sound of monks peacefully meditating, with the sound of extremely heartfelt strings and vocal toning. It has a sweet beautiful flow that takes you from the heart into deep meditation. The Binaural Beats start in Alpha, transition to Theta, Delta, and then to Deep meditation Sub-Delta.

The song is now tuned to 432 Hz which has many auspicious things about it.



Flower of Life

Vibrant music - 20 min.

The intention of this song is to bring Unconditional Love into your heart. This song taps into core aspects of beauty and soaring power within us all. Water of Life is Divine Love.

Going to the outer limits of space gives you a unique perspective on your current reality when you return. It also makes you realize that since all reality is an illusion, you are free to create whatever reality you like. This song provides a full perspective on a wide range of realms. Expand your creativity, expand your consciousness.

The song is now tuned to 432 Hz which has many auspicious things about it.



Digestion & Calm

Vibrant music - 19 min.

The entire title is tuned to the frequency of Lemon Juice, which is used in the "Master Cleanse" diet. We have also embedded binaural beat frequencies. The title includes activating frequencies to get your metabolism humming. We then bring you into a very peaceful state in order to resolve any emotional issues. When at peace we are satisfied. Activation of the parasympathetic system through relaxation opens up digestion and a sense of calm.

The song is now tuned to 432 Hz which has many auspicious things about it.



Tibet

Vibrant music - 25 min.

This is an extremely relaxing meditation with waves of male voices mixed with Tingshas and other ancient instruments.

This title works really well as background music. You could leave it on all day (even when you aren't home to cleanse your place). With full attention it puts you in the zone.

Vibro-acoustic programs for PSiO Chair

Music programs



Anti-Depressant

Vibrant music - 20 min.

Based on research in the field of Sound Therapy there are several key components of sound that may help with Depression.

All of these components are incorporated into this song along with a powerful intention for the relief of Depression. This intention was held consistently during the recording and mixing of the song. The song also has a very "still" and heart warming cello track in order to bring a sense of peace and stillness within the storm of life that we often encounter.

The song is now tuned to 432 Hz which has many auspicious things about it.



Pachelbel Canon N°1 - 30 minutes

Vibrant music - 30 min.

This title is very heart opening. It is especially good for clearing stuck emotions, and deep relaxation. Pachelbel makes more people cry than any song in the world (It is by far the #1 song used in weddings). It is sad and uplifting at the same time.

✓ Relaxation ✓ Pain Relief ✓ Sleep ✓ Connection to Spirit



Transformation

Vibrant music - 56 min.

This title is designed to take you through deep transformation with whatever issue you are dealing with - then bring you back to your center where you are grounded, centered and perfectly present. This title is also good for recovering lost sleep, or to aid with sleep. It is intense as background music. With full attention it can take you into very deep states of transformation.

✓ Centering ✓ Relaxation ✓ Meditation ✓ Sleep



Audio-Medicine® range (vibrating version)

To meet the needs of healthcare centers and the need for silence in these busy spaces, which often include several treatment rooms, we are pleased to offer this range of Audiocaments® recordings in a vibrating version only. These tracks have the advantage of making virtually no noise and not disturbing any other treatments taking place nearby. In this specific case of discreet use, the corresponding session in acoustic version is available in MP3 COLOR format in the PSiO PLANET catalog of the PSiO glasses range. With this in mind, the acoustic version will be supplemented by visual stimuli, and the AUDIO should preferably be listened to with noise-reducing headphones, the PSiO glasses earphones, or the PSiO musical pillow speakers.

Three sensory stimuli

To stimulate three senses simultaneously, we recommend using PSiO glasses in combination with PSiO Chair as follows:

1. Select one of the “AUDIO-MEDICINE® vibro” tracks on your smartphone.
2. Select the same track in MP3 COLOR format on the PSiO glasses.
3. Start the VIBRO session on your smartphone and simultaneously start the MP3 COLOR version on the PSiO.

The two recordings will complement each other in almost total silence. The vibrations can be heard, but only very faintly.

Four sensory stimuli

By using the PSiO memory foam pillow with scent and music during your PSiO Vibroacoustic chair session, you can add ergonomics and olfactory anchoring to your light therapy and relaxation sessions (voice, music, vibrations). All four senses will be stimulated for optimal anchoring across four sensory channels.

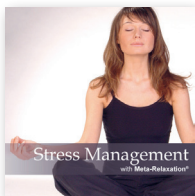
Audio-Medicine® available - VIBRO files only



Letting Go

Relaxation (audiotherapy) - 31 min.

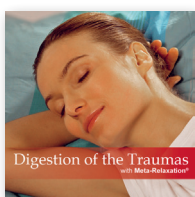
This recording offers a guided relaxation session and then helps you to let go in order to benefit as much as possible from the technology used in this audiomedicine. Listening to this recording first is therefore essential for people who have never experienced a state of deep relaxation. We wholeheartedly recommend it before listening to your first audiomedicine.



Stress Management

Relaxation (audiotherapy) - 47 min.

After taking you on a walk through the woods, past the idyllic scenery of your holiday locations, across mountain streams glistening pure and refreshing water, two metaphoric stories will evoke a scene like you would experience in a dream. They also reach out to your intuitive intelligence, spontaneity, self-confidence and the natural stress-relieving behavior. Gradually, like a pilot in charge of your own destiny, you will be flying your own small plane through the clouds of your existence.



Digestion of the Traumas

Relaxation (audiotherapy) - 35 min.

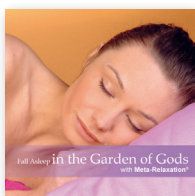
Some personal events, even very ancient ones, are likely to cause some physical and psychological pains to us and this for years on. The original event can be regarded as terrible or everyday by the victim of it, but the psychological state at that very moment can have prevented the brain to "digest" or "metabolise" that particular trauma. Hence some disturbances and suffering that can only be reduced after the mind was aided in finding back its healing capacities.



Free One's Mind

Relaxation (audiotherapy) - 39 min.

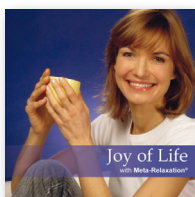
This is a useful session for everyone... It teaches the mind how to get rid of the accurate, vague, concrete or abstract "ruminations" that jam our thought and tire us out. This permanent state of attention is one of the problems of our civilization. It reduces our natural capacity to imagine, to dream and to allow our mind to regulate numerous "physiological" functions. Freeing one's mind increases the personal efficiency in several everyday or extraordinary situations, and gives strength to the effect of other "audio-medications".



Fall Asleep in The Garden of Gods

Relaxation (audiotherapy) - 34 min.

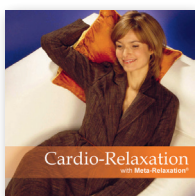
In your perfectly relaxed state, detached from everything, this recording will take you on an extraordinary trip, a journey to the borders of the universe, to the edge of your own personal dimension. As you listen, you will gradually, get rid of your worries and fall asleep naturally before the end of the recording!



Joy of Life

Relaxation (audiotherapy) - 38 min.

A running river cleanses the impurities from your memories. Pleasant memories and beautiful dreams from your childhood bump into each other. Two stories take you to the country of light where "negative vibes are cleansed". This recording brings deep relaxation and a moment of intense happiness. It helps you open up to your potential for change and prepares the subconscious to live life positively. It provides a radical key to react constructively to depression!



Cardio-relaxation

Relaxation (audiotherapy) - 42 min.

Stress directly impacts muscle tension by constricting the size of vascular walls. Relaxation is therefore recommended to complement medication to reduce stress. People who have suffered a heart attack or have chest pains may feel that the world is full of threatening signs. This perception makes it difficult for them to have a positive attitude to help them to calm down and make them feel better.



Pain Management

Relaxation (audiotherapy) - 34 min.

Play this program when you are feeling pain or want to reduce or erase chronic pain. Whatever its origin, a chronic pain is felt and it evolves according to the emotional state, the way it is experienced, eloped, fought or appreciated... Man's first medicine used some efficient psychological techniques to reduce, alter or make pains vanish without necessarily reducing, altering or making their causes disappear. The content of this recording finds its inspiration in these ancestral techniques while adding the latest audio-medical technologies to them.

Programs for PSiO glasses

Two programs for the PSiO glasses can be combined with the vibro-acoustic programs of the PSiO Chair.

Vibroacoustic programs produce sounds and music in the room where the chair is installed. Therefore, the PSiO glasses should only be used for their visual component. Otherwise, there would be an audio overlap between the chair and the audio from the glasses.

These two programs are in colored lights, without audio, and will be sent to you by e-mail for you to place in your pair of PSiO glasses (optional). You will use them on the glasses at the same time as a PSiO Chair vibro-acoustic session of similar duration.



Hyper Nap - 30 minutes & 45 minutes

Blue light - 30 min. / 45 min.

This 30-minute file is designed to frame a vibro-acoustic session with the PSiO glasses; the light is blue (470 nm) with intervals in «hypersleep» mode. The effect, while relaxing the mind, «boosts» the stimulation of hormones related to the day. The biological clock will be stimulated for a relaxation of all the hormones of the day.



Relaxation - 30 minutes & 45 minutes

Red light - 30 min. / 45 min.

This 30-minute file is designed to frame a vibro-acoustic session with the PSiO glasses in RELAXATION mode; the light is red, without stimulating the biological clock. The hormones of the evening or the night will not be inhibited and nothing will prevent the torpor of a deep relaxation session to settle.

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