

# Relaxation, Stress Reduction & Mental Regeneration in Virtual Reality



relax • stay mentally fit • let go • stress reduction • gain new energy

### A new dimension of relaxation in VR



## Description

Magic Horizons VR experiences produce deep relaxation states and calming at the touch of a button



Based on scientific research and a study by Humboldt-Universität zu Berlin

### 🖪 Relaxing in Nature Worlds

Real nature VR worlds with bingural music



#### 📠 Binaural Audio

**Delta, Theta & Alpha Waves**VR with relaxation audio frequencies



### Dreams & Meditations

Breathe & Relax Free your Mind Fairy Tales Echoes in White



Upcoming (available only on Premium Mobile & PC)



Crystal Cave Number Training Zen Garden Wishes & Affirmations Kinesiology





**Videolink** to the description of the VR experiences: <a href="https://youtu.be/TlwO7sMAail">https://youtu.be/TlwO7sMAail</a>



### Use Cases

Stress is a challenging condition that commonly happens in our lives. The use of our VR experiences gives you a deep state of relaxation and stress reduction.

### Employee Well-Being / Human Resources







Escape the mental "Hamster Wheel"
• Relax between meetings • Reenergize • Stress prevention

### Hospitals / Care Homes







Relaxation and stress reduction for patients • Before and during treatments • Staff relaxation • Training for senior citizens

### **Dentists / Practices**







Relaxation and calming of patients
Distraction before and during
treatments (i.e. dialysis, transfusions,
chemotheraphy)

### Hotels / Cruise Ships / Tourism







Relaxation of guests and staff • Calming before flight • "Health benefits" entertainment

