

# somadome®

A Bridge to a Better You

## SCIENCE BEHIND THE DOME

*Somadome uses energy medicine to create a uniquely relaxing and restorative environment.*

### BINAURAL BEAT MEDITATION TO MAXIMIZE HEALING BENEFITS.

Studies reveal that the use of binaural beats reduces insomnia, headaches, anxiety, and depression, and improves response to exercise and concentration in hyperactivity disorders.

A binaural beat is created by the brain when you listen to two beats with different frequencies at the same time with a headset on. Your brain interprets the combined sound as a beat of its own, with its own frequency.

These frequencies influence our mood. Somadome uses binaural beats to assist in achieving a state where your mood can be altered and your brain can 'entrain' towards the preferred state of mind associated with your chosen meditation track.



GAMMA  
40 + HZ



Increases cognition  
Improves memory  
Natural antidepressant

SESSIONS: **FOCUS, RECHARGE**

BETA  
12 - 40HZ



Increases focus  
Improves concentration  
Reduces ADD

SESSIONS: **FOCUS, RECHARGE**

ALPHA  
8 - 12HZ



Increases creativity  
Deeply relaxing  
Reduces cortisol

SESSIONS: **RELAX**

THETA  
4 - 8HZ



Facilitates insights  
Super learning  
Increases memory

SESSIONS: **LOVE, MANIFEST, HEAL, OVERCOME, SUCCEED, FOCUS**

DELTA  
0 - 4HZ



Deeply restorative  
Accelerates healing  
Promotes release of HGH

SESSIONS: **MANIFEST, HEAL, RECHARGE**

AWAKE



ASLEEP



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### COLOR THERAPY

#### FOR CELLULAR LEVEL STIMULATION & TRANSFORMATION

It's been proven that Color Light Therapy triggers vital cellular activity that supports healthy functioning and regulates the physiological systems that keep us in homeostatic balance, improving tissue and organ health, stress response, and sleep.

Colors create electrical impulses in our brains, which stimulate hormonal and biochemical processes in our bodies.

The colors of the dome have been carefully selected to complement the goal of the Somadome session and enhance mental and physical benefits.



### THE HEALING PROPERTIES ASSOCIATED WITH EACH COLOR

**WHITE** Promotes balance and harmony.

**VIOLET** The color of transformation.  
Promotes creativity and manifestation.

**GREEN** Stimulates inner peace and  
promotes physical healing.

**LIGHT  
BLUE** Cooling and calming. Alleviates stress.

**DARK  
BLUE** Deeply relaxing.  
Improves ability to communicate.

### ENERGY MEDICINE FOR THE FLOW OF OUR BODY'S NATURAL ELECTROMAGNETIC ENERGY

Using the same principles used in acupuncture, Magnet Therapy enhances feeling calm and connected by resetting the body's meridian alignment. The magnets block and dissipate harmful frequencies, like those emitted by computers, cell phones, and microwaves, while producing vibrations that occur in nature. These nature vibrations allow vital energy to flow freely throughout your body.

Somadome incorporates energy healing by using magnet therapy built into its base.

