

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

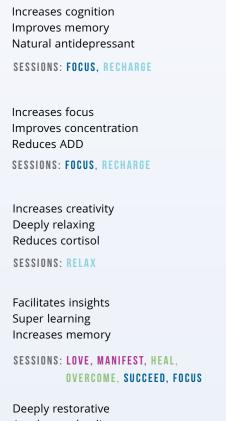
Studies reveal that the use of binaural beats reduces insomnia, headaches, anxiety, and depression, and improves response to exercise and concentration in hyperactivity disorders.

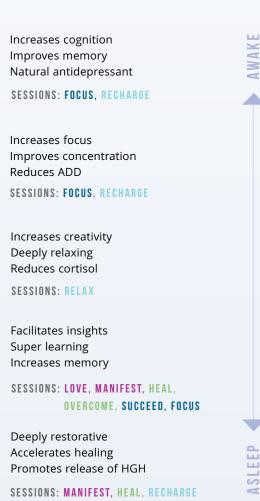
A binaural beat is created by the brain when you listen to two beats with different frequencies at the same time with a headset on. Your brain interprets the combined sound as a beat of its own, with its own frequency.

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.











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COLOR THERAPYFOR 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 FACH COLOR

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.

Promotes balance and harmony.

ENERGY MEDICINE FOR THE FLOW OF OUR BODY'S NATURAL FLECTROMAGNETIC 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.

