

key elements

Binuaral Beats & Isochronic Tones - Your brain naturally follows this frequency, and you experience this deeply relaxed state which produces a state of calm and focused concentration in the brain.

Guided Visualization has been studied for decades, being shown to have the power to affect mental states, improve physical and athletic performance and even heal the body. These effects are increased and optimized when combined with the other elements of BrainTap, these effects are increased and optimized.

10 Cycle Holographic Music produces a 360-degree sound environment. In this sonic environment, the visualizations become more real to the mind, helping the user take full advantage of the power of the visualizations by creating a more receptive learning state.

The Power of Light in the BrainTap headset delivers gentle light pulses that travel through the retina and ear meridians, sending direct signals to the brain and guiding you into unparalleled brain states. Pulsing light, in the correct pattern and intensity, can produce levels of deep relaxation known to affect serotonin and endorphin levels, with an average increase of 21 percent in one study. These increases not only can calm and relax the mind but also produce powerful effects in maintaining a positive outlook and optimistic thinking.



schedule an appointment



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