

Clinically Proven Results

Numerous studies have described the effectiveness of *mindSpa* VRT™ for improving the wellbeing of people experiencing:

- Life and work-related stress
- Pain and health-related distress
- General anxiety and panic attacks
- Post traumatic stress disorder
- Phobias
- Social anxiety
- Insomnia
- Depression

Your fears, anxiety and stress may usually be controllable but just seem to get on top of you every now and then.

Research shows it will get worse over time if not treated.

Stress Relief With *mindSpa* VRT™

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mindSpa VRT™

**How to Easily Have
Inner Peace**

**Fast, Powerful Relief
From Stress and
Anxiety**

***mindSpa* VRT™ Stress and
Anxiety Reduction Program**

Depression and Anxiety: Toxic By-Products of Our Hectic Lives

Everyone has felt anxious or stressed out at one time or another.

- Your stomach feels like it is in knots
- Your heart pounds as if it might burst from your chest
- You feel overwhelmed by sadness or worry
- You can't sleep and may be hounded by nightmares

Stress and anxiety are normal before events like an important exam, meeting or speech. Continual stress can literally wear out your body. Stress hormones weaken your body's natural defences, making you vulnerable to problems such as:

- Colds and other infections
- Cancer
- Heart disease
- Diabetes
- Depression

Change The Way You Deal With Stress and Anxiety

The way you think controls the way you deal with stress, worry and anxiety. The only way to get to the root of the problem is to replace your current thoughts with new positive thoughts.

MindSpa VRT™ works on a conscious and subconscious level to give you new, positive, coping strategies. It also reprograms your thinking to create a better mind-body balance.

Unlike depression or anxiety medication, **MindSpa** VRT™ changes your negative habits, thoughts and behaviours.



How Does MindSpa™ Work?

MindSpa VRT™ uses Virtual Reality Therapy to link directly with your subconscious to create new positive coping strategies.

The new positive beliefs are reinforced, allowing you to overcome your anxiety, depression and stress quickly.

MindSpa VRT™ is not like regular hypnosis. The audio-visual experience uses communication channels on many subconscious levels. Plus you'll be supported by your trained practitioner the whole time.

**Get rid of unwanted anxiety & depression
Enjoy the long, happy life you deserve
Don't let doubts or fears hold you back
Call NOW!**

