

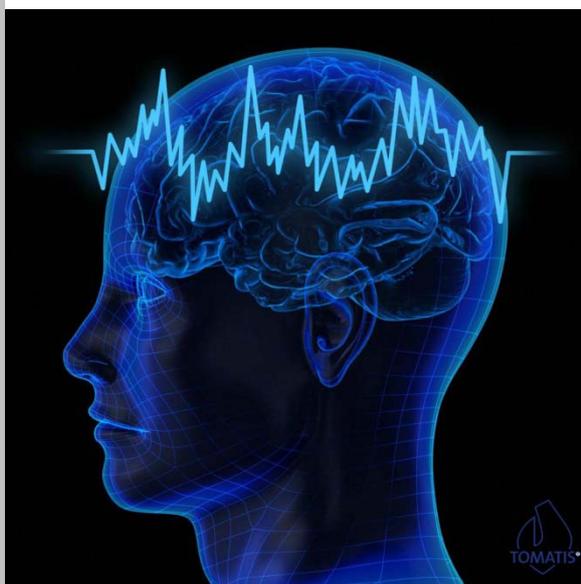


Centre of Audio-Psychophony

Well Being

Although the importance of movement for the well-being of our body has been recognized, we do not always realize that the wellbeing of our brain is just as important.

The brain is stimulated when it is sent sensory messages. Over 80% of these sensory messages and thus of the stimulation received by our brain comes from the ear. Sound is therefore necessary for our personal growth. The richer the sound is in high harmonics, the more effective it is.

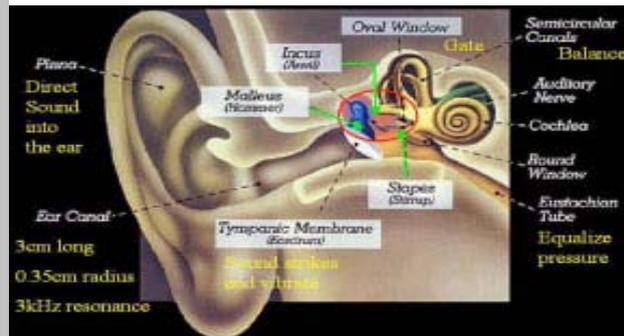


However most of the sounds in our daily life are low frequency sounds such as cars, factories, electric appliances, computers, etc. These low frequency sounds lower the brain's energy level and increase tension, stress and fatigue.



HOW the TOMATIS® Listening Treatment WORKS

The Tomatis® Method developed by the French Doctor and Researcher Alfred Tomatis® is a listening program which helps open the ear to high frequency sounds. By doing so it energizes the central nervous system to enhance control over stress responses as well as thoughts and emotions related to the experience of anxiety and thus recovering emotional balance and well-being.



The Tomatis® Method is a unique listening program that works through a device with a unique technology, the TalksUp®. This compact and innovative professional tool processes instantly the music to produce faithfully the "Tomatis® effect ". Since the creation of the electronic Gating® developed by Alfred Tomatis, the technology has continued to improve to reach accuracy and optimum efficiency. The TalksUp® integrates all the parameters of the Tomatis® Method. The high-definition musical recordings used are mainly pieces by Mozart that are rich in harmonics and high frequencies and that are enriched by the Tomatis® filters to help efficiently stimulate the auditory system.



BENEFITS of the TOMATIS® Listening Program:

- * Increasing vitality, diminishing fatigue, regulating sleep and diminishing anxiety
- * Optimizing physical, intellectual and emotional potential
- * Facilitating communication and listening
- * Improving thought processing and focusing
- * Motivation in daily activities

One can experience the benefits of the innovative Listening Tomatis® program together with the high quality holistic spa and wellness treatment services at your premises. If one wishes there is also the possibility of extending the program by continuing it at his desired place.



www.tomatariston.gr