

Spas Go High-Tech for Total Body and Mind Wellness

Spas are no longer just for facials and massage - industry leaders are now not only catering to clients' bodies, but also to their minds.

New technology and programs from NewReality and Dr. Patrick Porter, esteemed psychologist and award-winning author, are being adopted nationwide by spas, medi-spas, health and wellness centers, etc., to offer clients innovative and effective ways to improve their overall health and wellbeing. NewReality's Creative Visualization & Relaxation (CVR™) enhancement system, called NXTlynk, is best described as a "personal mind-trainer."

Specifically designed to de-stress and focus our mind, NXTlynk uses glasses and earphones with rhythmic light and sound pulses that guide users to an open, relaxed mental state. In this de-stressed state, the mind is focused, receptive to relaxing suggestions that will improve our total wellbeing long after the CVR session has ended. Programs cover topics from stress and pain management to weight loss and smoking cessation, and many more, all utilizing the mental ability to focus and envision a desired outcome in any and all aspects of life.

Multiple sessions, varied programs and client satisfaction and improvement make this innovative service the newest way that spas and resorts across the country are differentiating themselves as the ultimate destinations for total-body health and wellness.

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