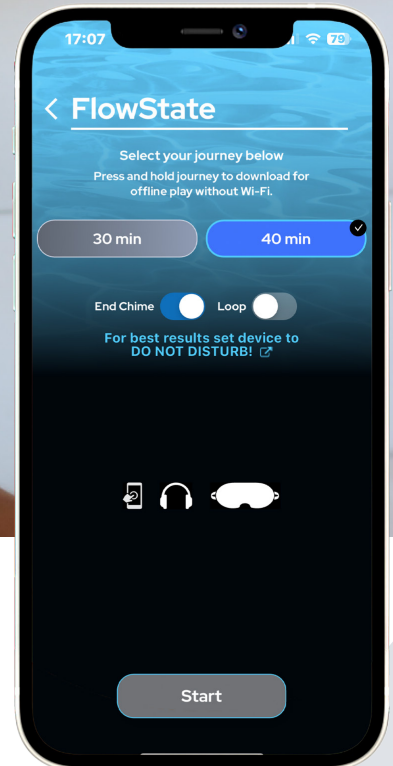


NuCalm®

HOW TO USE



30min, 40min



FlowState (ALPHA & THETA 12Hz – 7.83Hz)



Calm your mind and inspire your creativity. Sometimes we get stuck in old thought patterns and can't seem to catch up with our thoughts. FlowState clears away mental blockages, erases negative energy, get rids of procrastinations to open your mind to new ideas, creative insights, and new thought patterns. FlowState quiets your mind while opening the door to your subconscious creativity in a restful state.

How to Use FlowState

FlowState is an immersive experience. Find a safe, comfortable place to lay down, put on an eye mask and your best headphones, select any FlowState track on the NuCalm app, press play, and enjoy deep relaxation.

When to Use FlowState

When you are feeling mentally or emotionally fatigued, out of balance, or just stuck, enjoy the subtle power of FlowState to calm your mind while inspiring new thoughts and creativity.

If you have a project deadline that is approaching and you are feeling pressured and overwhelmed, simply enjoy FlowState, and afterward you will feel relaxed, focused, and inspired. FlowState prepares your mind to get into flow and tap into your creative genius, and you can use it anytime of day, except within 3 hours of your bedtime because you may feel too energized to fall asleep.

What FlowState Feels Like

During FlowState, your mind will wander, your body will feel heavy, your breathing will slow down, and you will lose sense of time. When your mind and body are fully restored, you will simply "come to" where you become aware of your surroundings. Take off the eye mask and headphones, and turn off the track. After FlowState you will feel calm, grounded, patient, and relaxed, yet mentally focused, inspired, creative, and ready to take on your day.