

HOOMBAND WIRELESS HEADBAND



HOOMBAND WIRELESS HEADBAND

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Price

69,90 €

59,90 €

-10,00 €

✓ Άμεση παραλαβή
Παράδοση 1 έως 3 ημέρες

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Manufacturer[hoomband](#)

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HOOMBAND WIRELESS HEADBAND

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HoomBand, ???????? ?????????? ??? ?????????? ?????

The app

- ????? ?????????? ?? ?????????? , meditaiton ???????? ??? ??? (??? ????????)
- Soundscape, white noises, ASMR relaxing sounds
- ????? ?????????? ??? ?????????? ??????????? ????????????

The headband

- Ultra-??????? ?????????? ??? ?????????????? ??? ??? earphones you can sleep on
- ???????????? ?????????? ?????????? ??? ??????????
- Wireless Bluetooth 5.0
- ?????????? ??? ?? ?????????? ?????????? ??? ??? ??????????

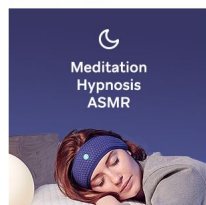
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THE APPLICATION



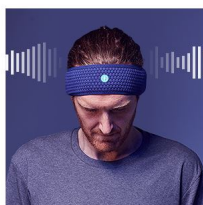
Fall asleep faster

Deep meditations : dive into the abyss of the ocean or into an evening in 1920s Parisian.

Immersive stories and role plays : travel back in time aboard the Orient Express, take off on a cosmic journey to Orion, etc.

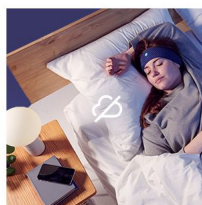
Hypnotic documentaries : explore Dalí's masterpieces, Einstein's relativity, and more.

Immersive soundscapes : stroll through a village in Provence or the lands of Iceland, etc.



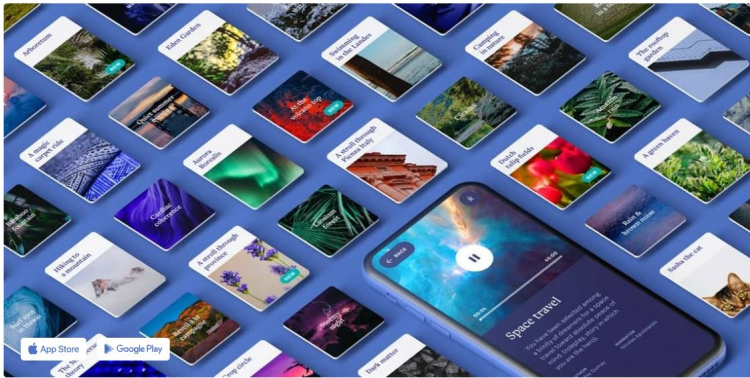
Mask disruptive environmental noises

You can program soothing sound loops that will disconnect you from unwanted noise until you wake up. Your sleep will not be disturbed by the early morning garbage truck, nor by the barking of your neighbor's dog. You are in a bubble.



Available Offline

The HoomBand app works offline. You can download stories and soundscapes, and listen to them in Airplane mode. Say goodbye to Wi-Fi rays!



How does a hypnotic story work?

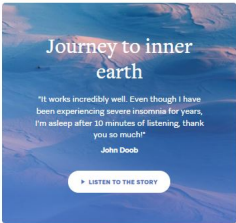
- STEP 1

Introduction
The story begins. Get into bed.
- STEP 2

Prepare for sleep
Progressive relaxation using techniques that involve breathing, cardiac coherence, body scan and stimulation of the 5 senses (MINDO).
- STEP 3

Get deeper into relaxation (Alpha state)
Your conscience state has changed, you are in another world.
- STEP 4

Relaxation and sleep
Deep relaxation. Quiet your busy mind and get ready to sleep effortlessly.



Our sleep experts and their techniques

Hypnosis

Cardiac coherence

Meditation

Stimulating the 5 senses

Binaural sounds

Thibault Goutier
Hypnotherapist

"Basically, the recordings we have created naturally reactivate the sleep mechanisms that we all possess. In form, it's unprecedented! For the first time, hypnosis sessions become metaphorical stories in which you are the protagonist. The result is striking."