



## Easy mind

packages

**750 PLN**

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Assessment of the body's physiological responses to stress combined with the analysis of your natural resources and defense mechanisms. Developing the right responses to stress is crucial for maintaining both mental and physical balance, and thus well-being, because chronic stimulation of the sympathetic nervous system leads to the activation of inflammation in the body.

Capnofeedback is a set of tools that measure temperature, pulse, breath and muscle tone in response to stress stimuli and various emotional states.

- capnofeedback
- antioxidant levels assessment
- consultation with our psychologist (45min)
- analysis of brain wave record

**longevity**

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