

WELLNESS POD

By
RelaxSpace[®]

FAQS



HOW DOES THE WELLNESS POD BENEFIT YOU?

The Wellness Pod is great to help you relax and reduce stress, be more mindful, and develop healthy life habits.

HOW LONG SHOULD I USE THE WELLNESS POD?

A 15-minute session is recommended to allow yourself to relax and reset mentally.

WHAT IS THE BEST WAY TO GET STARTED?

The Quick Start menu is the best way to start your first session, and tutorial is also available with a more detailed explanation of each feature.

WHICH IS THE MOST RELAXING CONTENT?

New users should try several different content categories to see which helps them relax most. Some enjoy nature and travel videos, while others may get the most benefit from breathing or mindfulness exercises.

WHAT IS THE DIFFERENCE BETWEEN MINDFULNESS AND MEDITATION?

Both have similarities, however mindfulness is being present, focused, and fully engaged in whatever you're doing, while meditation is an exercise like breathing or clearing your mind to help become more intentional, aware, calm, and relaxed.

WILL I EXPERIENCE INCREASED RELAXATION RIGHT AWAY?

As with any other exercise, the more often you practice relaxation exercises, the more benefits you may notice