



**Catalyzing Success Through Scientific Strategy**



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## 1. ABOUT US

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## Practitioner's Insights Report: Use of inHarmony Relaxation Furniture in Clinical Practice

### Preliminary Findings – July 2025

This report summarizes insights gathered from an initial group of four practitioners participating in an online study aimed at exploring how inHarmony Relaxation Furniture is being used in therapeutic settings. The goal is to understand user demographics, clinical application, frequency of use, and overall integration into various wellness practices.

### Participant Demographics

- Total Respondents: 4
- Gender: 3 Female, 1 Male
- Geographic Locations: Georgia (GA), Connecticut (CT), North Carolina (NC – recent relocation), New Jersey (NJ)

### 1. Devices in Use

Practitioners reported using the following inHarmony products:

- inHarmony Sound Lounge (Original): 1 practitioner
- inHarmony Sound Lounge 2: 2 practitioners
- inHarmony Meditation Cushion: 1 practitioner

### 2. Practitioner Specialties

Respondents represented diverse therapeutic disciplines:

- Massage Therapy, specializing in Myofascial and Emotional Release
- Relaxation and Calmness Therapy
- Reiki and Meditation Techniques for post-work decompression
- Reiki and Sound Healing

### 3. Duration of Use

All practitioners have been using inHarmony Relaxation Furniture for more than 6 months.

### 4. Frequency of Use

- Several times a week: 3 practitioners
- Weekly: 1 practitioner

### 5. Reported Impact on Practice

When asked to describe the overall impact of inHarmony Relaxation Furniture on their practice:

- 100% of respondents reported a significant positive impact.

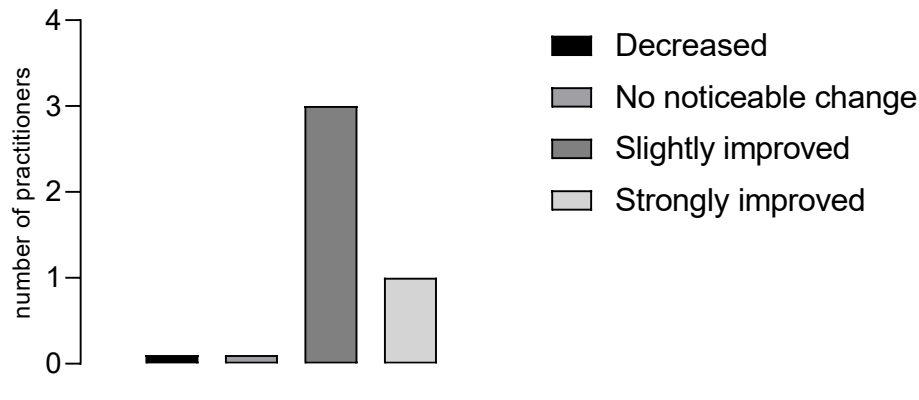
## 6. Perceived Impact on Practice

All four practitioners reported a significant positive impact of inHarmony Relaxation Furniture on their overall practice.

## 7. Client Retention

- Slightly improved client retention: 3 practitioners
- Strongly improved client retention: 1 practitioner
- Overall, 100% improvement in client retention.

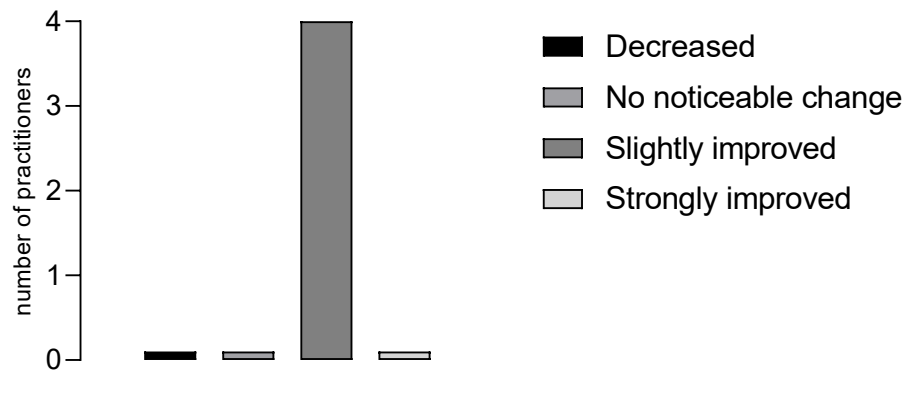
How has the use of inHarmony Relaxation Furniture affected your client retention or repeat visits?



## 8. Attraction of New Clients

- Slightly improved new client attraction: 4 practitioners

Have you noticed any change in your ability to attract new clients since incorporating inHarmony Relaxation Furniture into your practice?

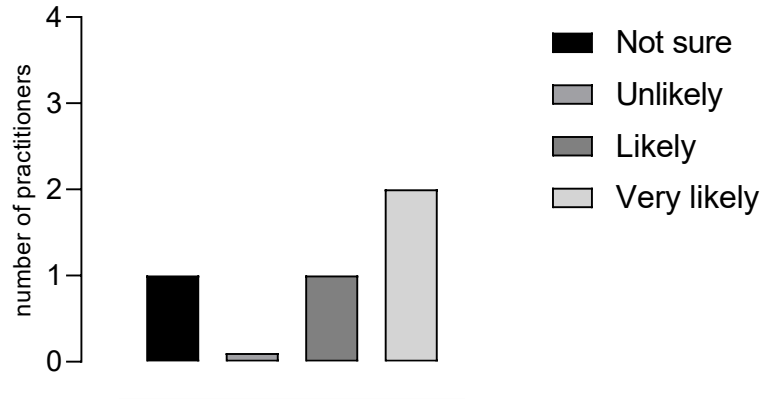


## 9. Client Referrals

- Very likely to refer others: 2

- Likely to refer others: 1
- Not sure: 1

Do you feel that your clients are more likely to refer others to your practice due to the inHarmony Relaxation Furniture experience?



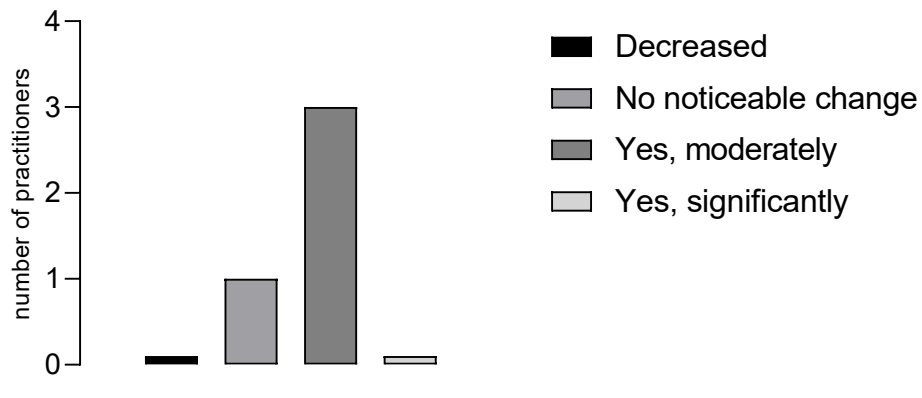
#### 10. Client Interest in Personal Use

- Yes, a few clients: 3
- Yes, many clients: 1

#### 11. Revenue Impact

- Moderately increased revenue: 3
- No noticeable change in revenue: 1

Do you believe that inHarmony Relaxation Furniture has contributed to increase revenue in your practice?

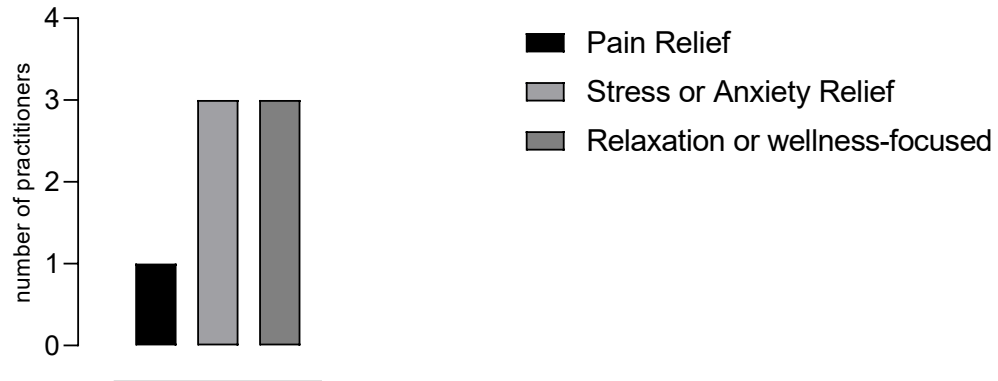


## Client Experience with inHarmony

### 1. Clients Recommended for Use

- Stress or anxiety relief clients: 3
- Pain relief clients: 1
- Relaxation or wellness-focused clients: 3
- Promotion settings include: Gyms, wellness/education venues, medical centers

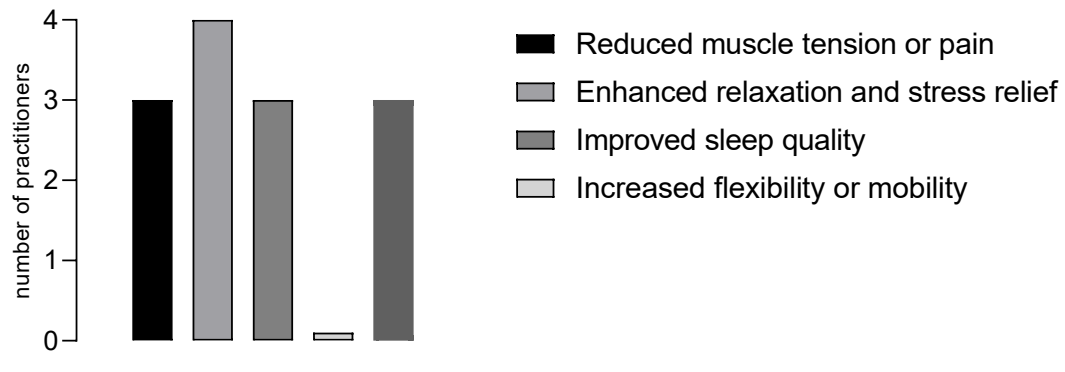
What types of clients do you typically recommend inHarmony Relaxation Furniture to?



### 2. Reported Client Benefits

- Reduced muscle tension or pain: 3
- Enhanced relaxation and stress relief: 4
- Improved sleep quality: 3
- Improved mood or mental clarity: 3
- One practitioner complemented that “It’s been amazing to hear that even a 5 minute trial with someone with low back pain has felt significant improvements.”

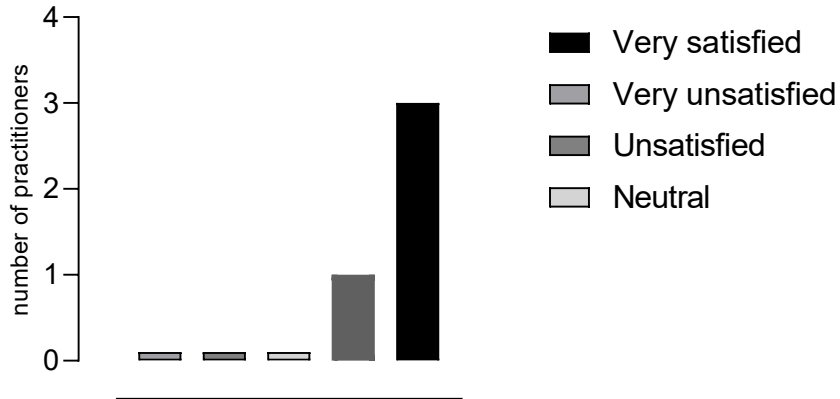
Have your clients reported any specific benefits from using inHarmony Relaxation Furniture?



### 3. Client Satisfaction

- Very satisfied: 3
- Satisfied: 1

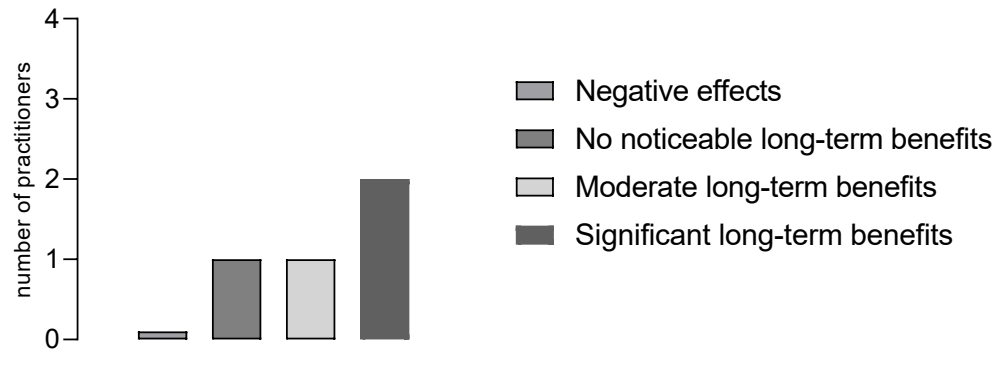
How satisfied are your clients with the inHarmony Relaxation Furniture?



### 4. Long-Term Benefits Noted

- Significant long-term benefits: 2
- Moderate long-term benefits: 1
- No noticeable long-term benefits: 1

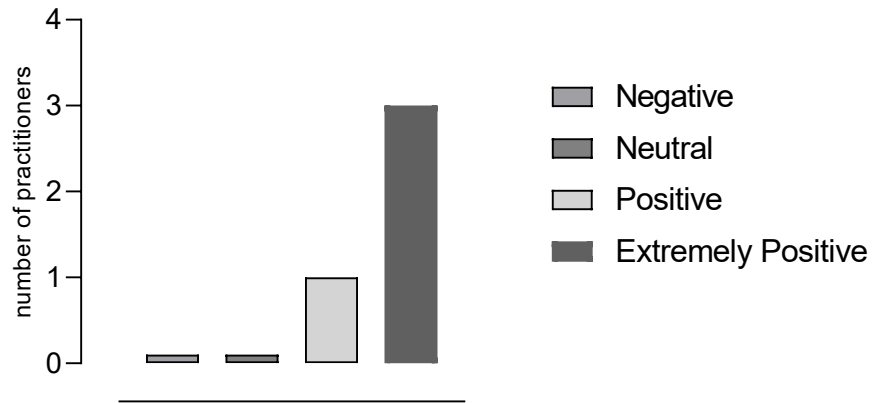
Have you noticed any long-term benefits for your clients after using the inHarmony Relaxation Furniture consistently?



### 5. Overall Impact on Client Well-being

- Extremely positive impact: 3
- Positive impact: 1

How would you rate the overall impact of inHarmony Relaxation Furniture on your clients well-being?



## 6. Adverse Events Reported

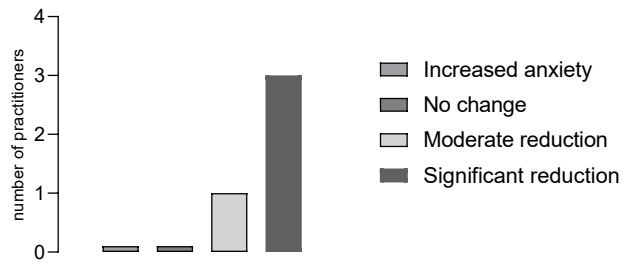
- **Yes: 2**
  - Some clients reported post-session pain, which could be related to body awareness: “Some have reported pain in areas of their body they never knew existed post session.”
  - Some requested more immersive experience. The practitioner that reported this uses the Meditation Cushion and it is currently saving to purchase the Sound Lounge 2: “I’ve a few clients request the sound lounge for options to lay down and experience a more immersive experience.”
- **No: 2**

## Client Experience: Anxiety Relief

### 1. Anxiety Trends

- Significant reduction in anxiety: 3
- Moderate reduction in anxiety: 1

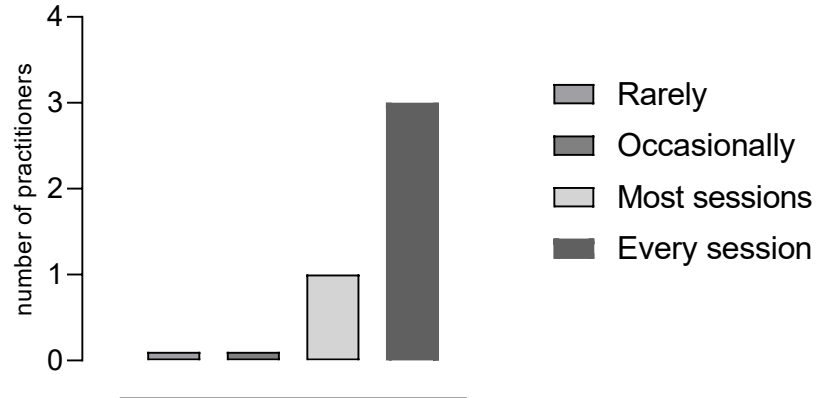
Based on client feedback, how does inHarmony Relaxation Furniture affect their anxiety levels beyond immediate pre/post-session changes? Have they reported any recurring patterns or trends?



## 2. Frequency of Relief

- Every session: 3
- Most sessions: 1

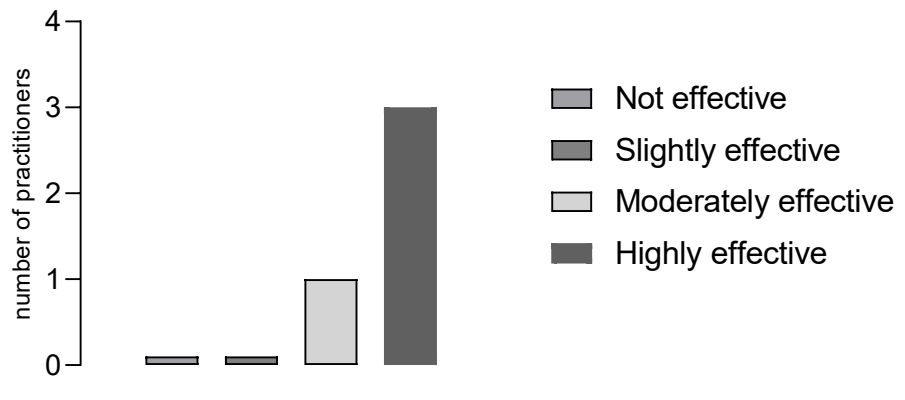
How frequently do clients express relief from anxiety symptoms after using inHarmony Relaxation Furniture?



## 3. Perceived Effectiveness

- Highly effective: 3
- Moderately effective: 1

In your experience, how effective is inHarmony Relaxation Furniture in helping clients manage anxiety?



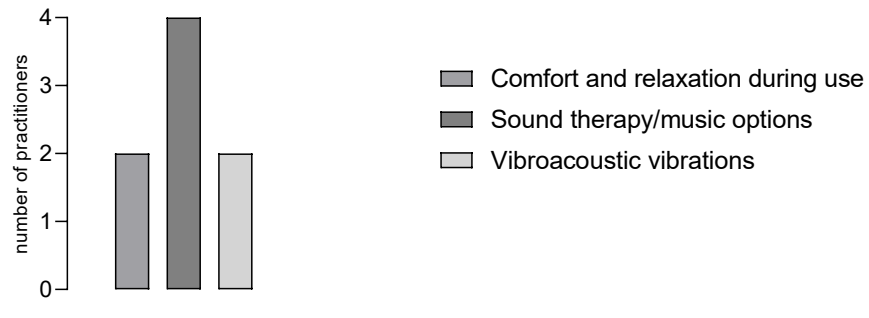
## 4. Anxiety-Relief Features Noted (Multiple selections allowed)

- Sound therapy/music options: 4
- Vibroacoustic vibrations: 2
- Comfort and relaxation during use: 2

Practitioners also complemented:

- “I would add that the the eye mask has had a huge effects in my clients experience. One client mentioned they loved how it "hugs" the eyes and others have said it allows them to rest their thoughts.”
- “They love the inHarmony library”

Have clients mentioned any specific features of inHarmony Relaxation Furniture that have helped them manage anxiety?

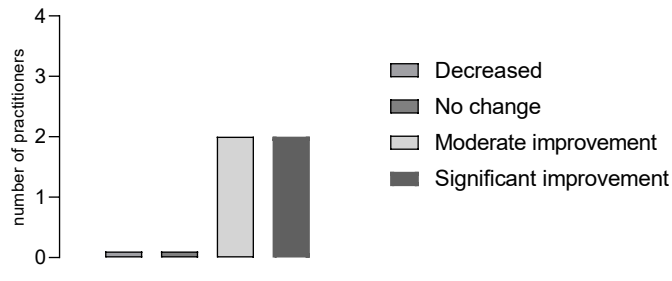


## Client Experience: Overall Well-Being

### 1. Reported Trends

- Significant improvement in well-being: 2
- Moderate improvement: 2

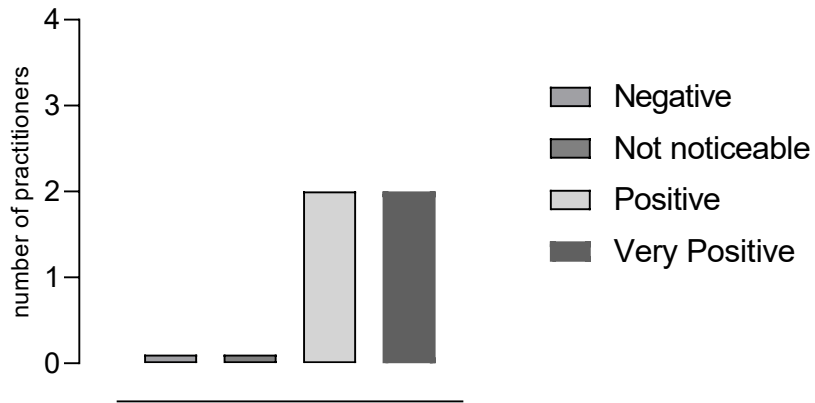
Based on client feedback, how does inHarmony Relaxation Furniture affect their overall well-being beyond immediate pre/post-session changes? Have they reported any recurring patterns or trends?



### 2. Mood and Mental Health Impact

- Very positive impact: 2
- Positive impact: 2

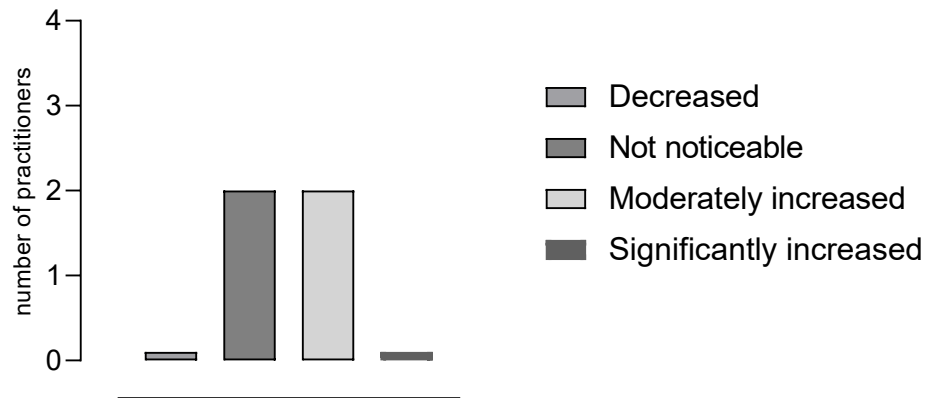
How would you rate the impact of inHarmony Relaxation Furniture on your client's general mood and mental health?



### 3. Energy Levels

- Moderately increased energy: 2
- No noticeable change: 2

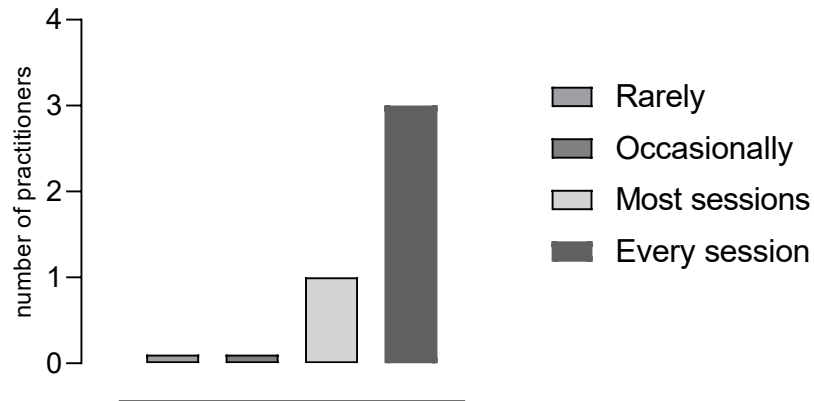
In your professional opinion, do your clients experience an increase in energy levels after using the inHarmony Relaxation Furniture?



### 4. Relaxation Frequency

- Every session: 3
- Most sessions: 1

How frequently do your clients mention feeling more relaxed or at ease after using the inHarmony Relaxation Furniture?

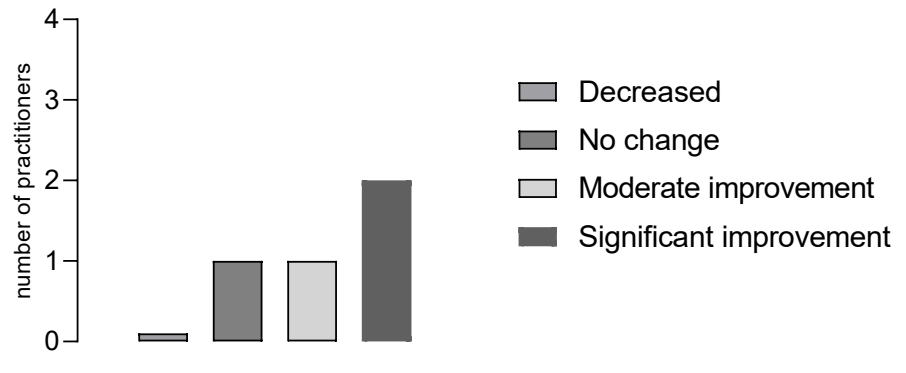


### Client Experience: Sleep Improvement

#### 1. Sleep Quality Trends

- Significant improvement: 2
- Moderate improvement: 1
- No change: 1

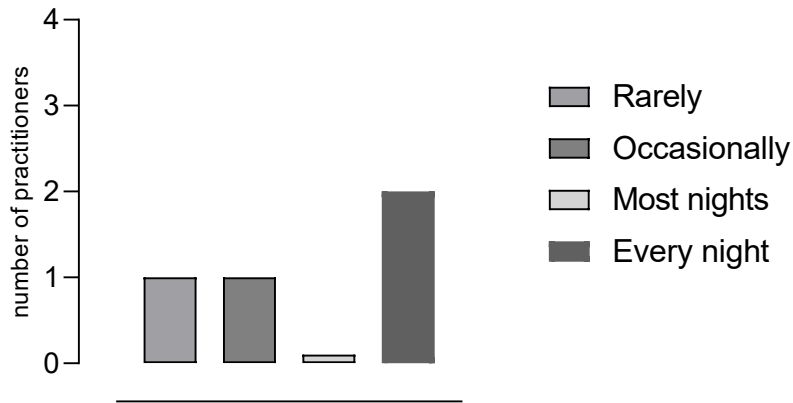
Based on client feedback, how does inHarmony Relaxation Furniture affect their sleep quality beyond immediate pre/post-session changes? Have they reported any recurring patterns or trends?



#### 2. Sleep Pattern Frequency

- Every night: 2
- Occasionally: 1
- Rarely: 1

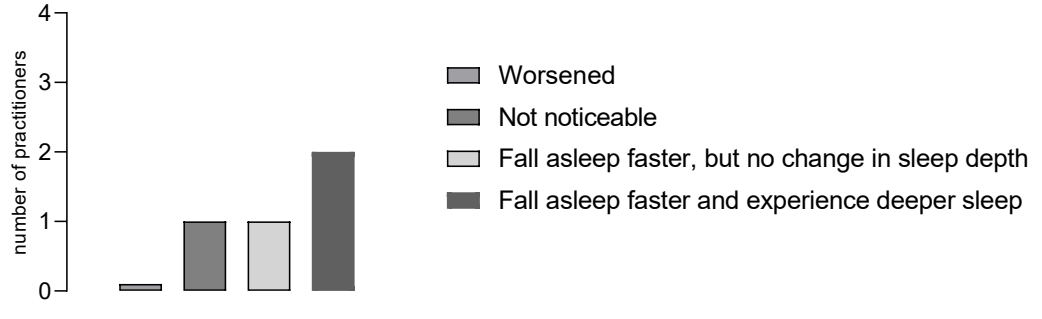
How often do clients report better sleep patterns after using inHarmony Relaxation Furniture regularly?



### 3. Sleep Depth/Onset

- Fall asleep faster + deeper sleep: 2
- Fall asleep faster only: 1
- No change: 1

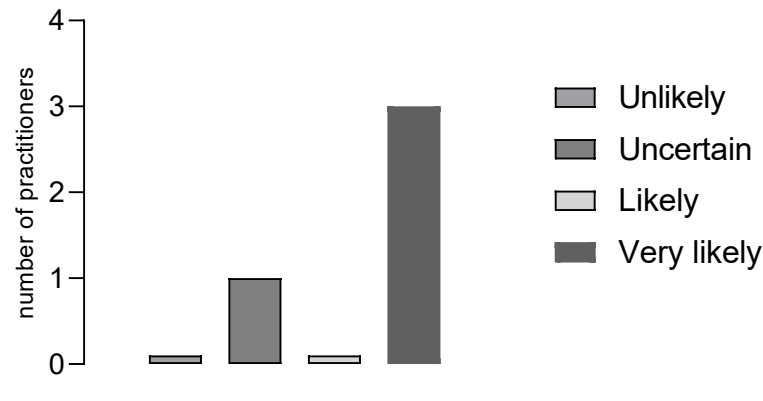
Do your clients report falling asleep faster or experiencing deeper sleep after using inHarmony Relaxation Furniture?



### 4. Likelihood of Continued Use for Sleep

- Very likely: 3
- Uncertain: 1

How likely are your clients to continue using inHarmony Relaxation Furniture for better sleep and relaxation?



### Overall Conclusion

The preliminary responses from four practitioners using inHarmony Relaxation Furniture in clinical and wellness settings reveal consistently positive trends across several key domains of client experience and practice enhancement.

### Key Observed Trends

- **Practice Enhancement**

All practitioners reported a significant positive impact on their overall practice. Most also observed improvements in client retention and new client attraction, suggesting that the presence of inHarmony furniture adds perceived value and differentiation to their services.

- 75% noticed *slightly improved client retention*
- 100% noted *slightly improved attraction of new clients*
- 75% reported *moderate increases in revenue*

- **Client Experience & Satisfaction**

Clients were overwhelmingly satisfied with their experiences:

- 3 out of 4 practitioners rated clients as *very satisfied*
- 3 out of 4 reported *significant or moderate long-term benefits*
- All reported improvements in relaxation, mood, or sleep

- **Most Frequently Reported Benefits**

Across all practitioners, the most commonly observed client-reported benefits were:

- **Enhanced relaxation and stress relief (4/4)**
- **Improved mood or mental clarity (3/4)**
- **Improved sleep quality (3/4)**
- **Reduced muscle tension or pain (3/4)**

These findings suggest a strong alignment with the product's intended use for stress modulation, relaxation, and emotional well-being.

- **Anxiety Relief**

The data strongly supports the use of inHarmony for anxiety management:

- 3 out of 4 practitioners noted *significant reductions in anxiety*
- All reported clients experiencing relief *every or most sessions*
- Features most frequently cited as helpful for anxiety included sound therapy/music, vibroacoustic vibrations, and comfort-enhancing elements like the eye mask

- **Well-being & Mood**

- All practitioners observed moderate to significant improvements in overall well-being and mental health
- 50% reported increases in client energy levels, while the remaining 50% noted no change—suggesting energy may be a more variable or individual outcome

- **Sleep Improvement**

While still positive, sleep outcomes showed the greatest variability:

- 2 out of 4 reported *significant improvement* in sleep quality
- 1 practitioner observed *no change* in sleep
- 3 out of 4 noted clients falling asleep faster, though deeper sleep was less consistently reported

### **Less Frequently Observed or Variable Benefits**

- **Revenue Increase:** Only 3 out of 4 practitioners reported a moderate revenue increase, while one observed no change—suggesting financial impact may depend on how the product is integrated into service offerings.
- **Energy Levels:** Split evenly, with 2 noting moderate improvement and 2 no change, indicating this may not be a universal outcome.
- **Sleep Outcomes:** While generally positive, one respondent did not observe changes, and results varied in depth vs. onset of sleep.

### **Client Interest & Referrals**

- There is strong evidence of positive word-of-mouth:
  - 75% of practitioners believe clients are *likely or very likely to refer others* due to their inHarmony experience
  - All reported clients expressing interest in owning or using the system at home, with one noting "many" interested clients