



Catalyzing Success Through Scientific Strategy



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1. ABOUT US

At Scientifica Consulting, we ignite innovation and power success in health and wellness. With over a decade of experience, we blend science with strategy to help companies excel, ensuring FDA and FTC compliance every step of the way. Our team of experts—professors, scientists, and researchers—guides you from idea to market, turning possibilities into breakthrough products. Let's shape the future together!





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Preliminary Report – Ongoing Study

Evaluating the Effects of Vibroacoustic Therapy (VAT) Using inHarmony Devices

This ongoing observational study investigates the immediate effects of vibroacoustic therapy (VAT) using inHarmony devices on participants' stress levels, relaxation, mood, and overall well-being. Participants are asked to complete a short online questionnaire before their practitioner-led session to establish a baseline, followed by a second questionnaire immediately after the session to assess any changes. Data was analyzed using GraphPad Prism 8.0. We screened for outliers, assessed data normality using the Shapiro-Wilk test, and conducted either unpaired t-tests or Mann-Whitney tests depending on distribution characteristics. Additionally, percentage differences between pre- and post-session scores were calculated to explore trends in wellness outcomes.

Results

As of December 11, 2025, there were 50 pre-session responses and 28 post-session responses. Because some participants contributed data at more than one time point, the demographic description reflects 31 unique individuals: 10 males, 20 females, and 1 participant who preferred not to disclose gender. The mean age of this sample was 53.2 years. Statistical comparisons were conducted using unpaired tests, as not all pre- and post-session responses came from the same individuals. Preliminary analysis revealed statistically and clinically meaningful changes across several self-reported wellness outcomes following a single vibroacoustic therapy (VAT) session.

Session context varied across participants, reflecting real-world use of different inHarmony devices and session protocols. The most frequently used devices in the sessions were the inHarmony Practitioner 2 (n=10), but others were also used such as the Sound Lounge (original and version 2, n=4), Meditation Cushion (n=3), and Massage Table (n=2). Participants selected from a wide range of session protocols, such as “Crown,” “I Am Rejuvenated,” “Oceans Dreams,” “I Am Connected to Higher Self,” “Sacral 22,” “Root,” and “I Am Intuitive Vol. 2,” among others. Session durations varied substantially, spanning from as short as 7 minutes (Demo instructional in Harmony) to as long as 66 minutes (I Am Intuitive Vol. 2). Several protocols clustered around 22 minutes (e.g., 30 Hz, Crown, Sacral 22), while many others were consistently around 33 minutes (e.g., I Am Rejuvenated Vol. 1, Pure Love, My body is aligned). This diversity in session characteristics highlights the

ecological validity of the study, capturing user experiences across multiple hardware configurations and audio protocols.

Significant improvements were observed in emotional state ($p = 0.0025$; +25%), anxiety ($p = 0.0260$; -22%), relaxation ($p = 0.0007$; +39%), and stress ($p = 0.0001$; -36%), indicating a notable calming effect of the session. Fatigue also significantly decreased by 37% ($p = 0.0009$), while brain fog was reduced by 30% ($p = 0.0018$), and mental clarity improved by 36% ($p < 0.0001$). A significant 45% increase in energy levels was reported post-session ($p < 0.0001$), Focus and concentration presented a significant 33% improvement ($p = 0.0006$), as well as Mood ($p = 0.0018$; +29%), and overall well-being ($p = 0.0004$; +31%). Physical comfort was the only parameter that did not reach statistical significance but still showed a positive trend of an 18% improvement ($p = 0.0861$).

These findings suggest that even a single session of VAT may produce immediate benefits in several domains of mental and physical wellness, especially in reducing fatigue, stress, and anxiety, and in enhancing relaxation, energy, mood, and mental clarity. Continued data collection will help clarify the consistency and magnitude of these effects in a larger sample.

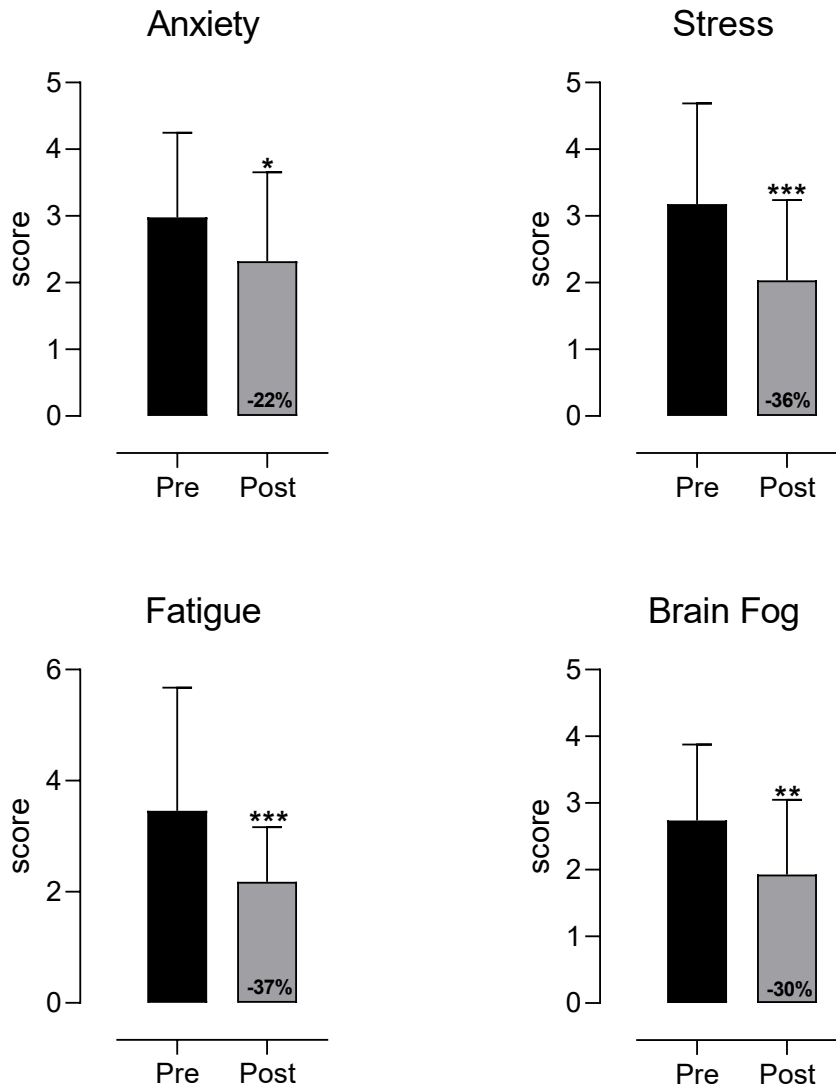


Figure 1 - Changes in Negative Wellness Indicators Following a Single Vibroacoustic Therapy Session. This figure presents the comparison of self-reported scores before and after a single vibroacoustic therapy session for four negative wellness indicators. Significant reductions were observed in anxiety, stress, fatigue, and brain fog analyzed using the Mann-Whitney test ($p = 0.0260$, $p = 0.0001$, $p = 0.0009$, $p = 0.0018$ respectively). These results indicate a consistent trend toward reduced mental and physical burden after VAT exposure.

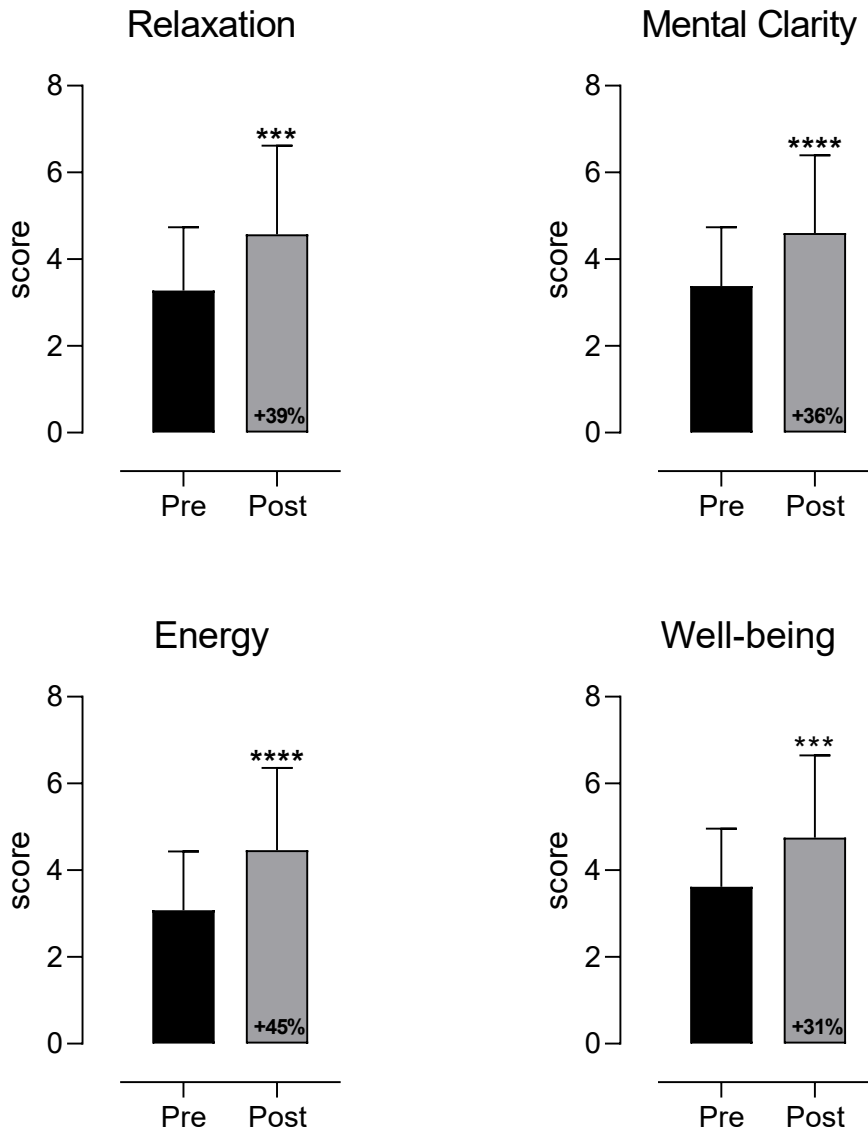


Figure 2 - Improvements in Positive Wellness Indicators Following a Single Vibroacoustic Therapy Session. This figure displays the effects of a single vibroacoustic therapy session on four positive wellness indicators, assessed using Mann-Whitney test. Statistically significant increases were observed in relaxation ($p = 0.0007$), mental clarity ($p < 0.0001$), energy ($p < 0.0001$), and overall well-being ($p = 0.0004$). These findings suggest that VAT may promote immediate enhancements in both cognitive and emotional functioning.

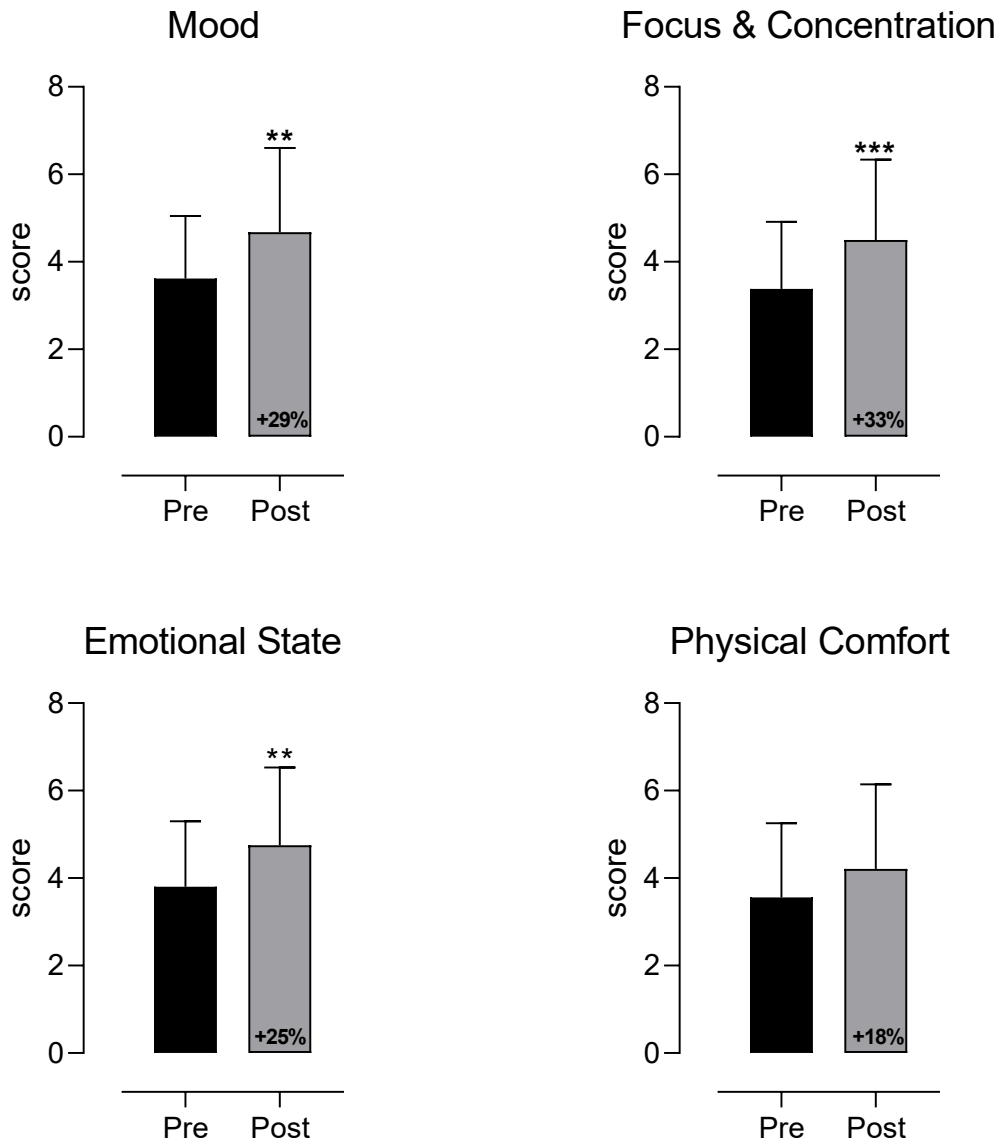


Figure 3 - Additional Wellness Outcomes Following a Single Vibroacoustic Therapy Session. This figure illustrates changes in mood, focus and concentration, emotional state, and physical comfort after one vibroacoustic therapy session, analyzed using Mann-Whitney test. Focus and concentration, mood, and emotional state presented statistically significant improvements ($p = 0.0006$; $p = 0.0018$; $p = 0.0025$). These outcomes further reflect the positive trends observed after a single VAT session.