



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!





2. DISCLAIMER

The content presented in this material is for informational purposes only and is based on preliminary, self-reported data from an independent exploratory study conducted by Scientifica Consulting. All outcomes reflect participants' subjective experiences and are not intended to serve as medical advice or constitute clinical evidence.

Scientifica Consulting is not involved in the sale, promotion, or distribution of inHarmony devices and is not responsible for how this information is interpreted, used, or communicated by third parties. Any product-related claims, marketing messages, or testimonials are solely the responsibility of the device manufacturer or its representatives.

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 June 19, 2025, a total of 12 participants completed the pre-session questionnaire and 7 completed the post-session questionnaire. The sample included 5 males and 7 females, with a mean age of 49.1 years. 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 included the inHarmony Meditation Cushion (n=2), Sound Lounge (original and version 2), Practitioner 2, and Massage Table. Participants selected from a range of session protocols, such as “Crown,” “I Am Rejuvenated,” “Oceans Dreams,” “I Am Connected to Higher Self,” and “Sacral 22,” among others. Session durations ranged from as short as 9 minutes to as long as 45 minutes, with several clustered around the 22-minute mark. This diversity in session characteristics highlights the ecological validity of the study, capturing user experiences across multiple hardware configurations and audio protocols.

Significant reductions were observed in anxiety ($p = 0.0048$; -64%) and stress ($p = 0.0078$; -66%), indicating a notable calming effect of the session. Fatigue also significantly decreased by 75% ($p = 0.0039$), while brain fog was reduced by 60% ($p = 0.0130$). Relaxation increased by 75% ($p = 0.0176$), and mental clarity improved by 64% ($p = 0.0428$). A 92% increase in energy levels was reported post-session ($p = 0.0114$), and overall well-being showed a significant 62% improvement ($p = 0.0287$).

Mood demonstrated a 53% increase and approached statistical significance ($p = 0.0503$). Focus and concentration also trended toward improvement but did not reach significance ($p = 0.0679$). Emotional state increased by 31% but did not show a statistically significant difference ($p = 0.1128$). Physical comfort improved by 28% without reaching significance ($p = 0.3856$).

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, and mental clarity. Continued data collection will help clarify the consistency and magnitude of these effects in a larger sample.

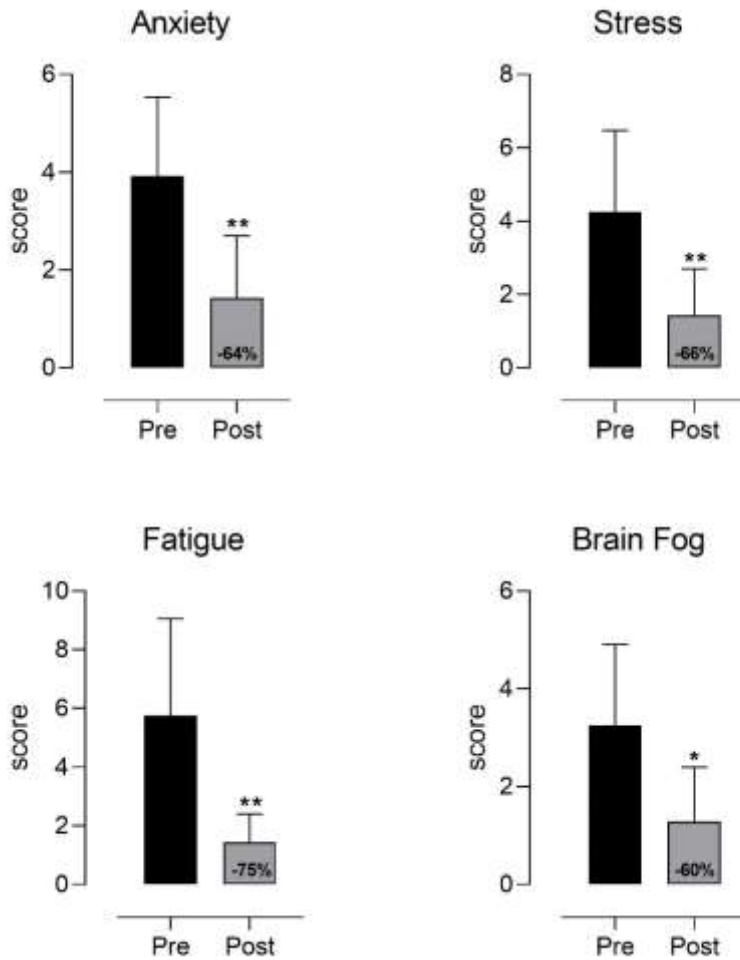


Figure 1 - Changes in Negative Wellness Indicators Following a Single Vibroacoustic Therapy Session. This figure presents the comparison of self-reported scores before and after a single vibroacoustic therapy session for four negative wellness indicators. Significant reductions were observed in anxiety and stress, analyzed using the Mann-Whitney test ($p = 0.0048$ and $p = 0.0078$, respectively), and in fatigue and brain fog, analyzed using unpaired t-tests ($p = 0.0039$ and $p = 0.0130$, respectively). These results indicate a consistent trend toward reduced mental and physical burden after VAT exposure.

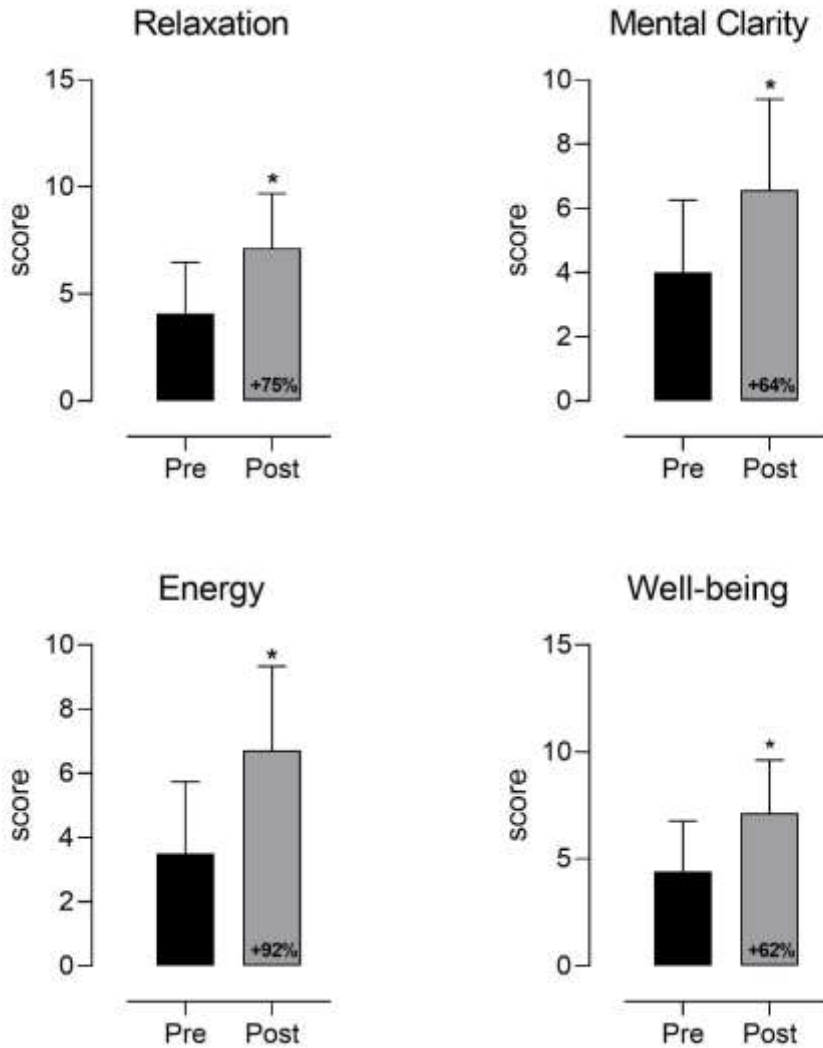


Figure 2 - Improvements in Positive Wellness Indicators Following a Single Vibroacoustic Therapy Session. This figure displays the effects of a single vibroacoustic therapy session on four positive wellness indicators, assessed using unpaired t-tests. Statistically significant increases were observed in relaxation ($p = 0.0176$), mental clarity ($p = 0.0428$), energy ($p = 0.0114$), and overall well-being ($p = 0.0287$). These findings suggest that VAT may promote immediate enhancements in both cognitive and emotional functioning.

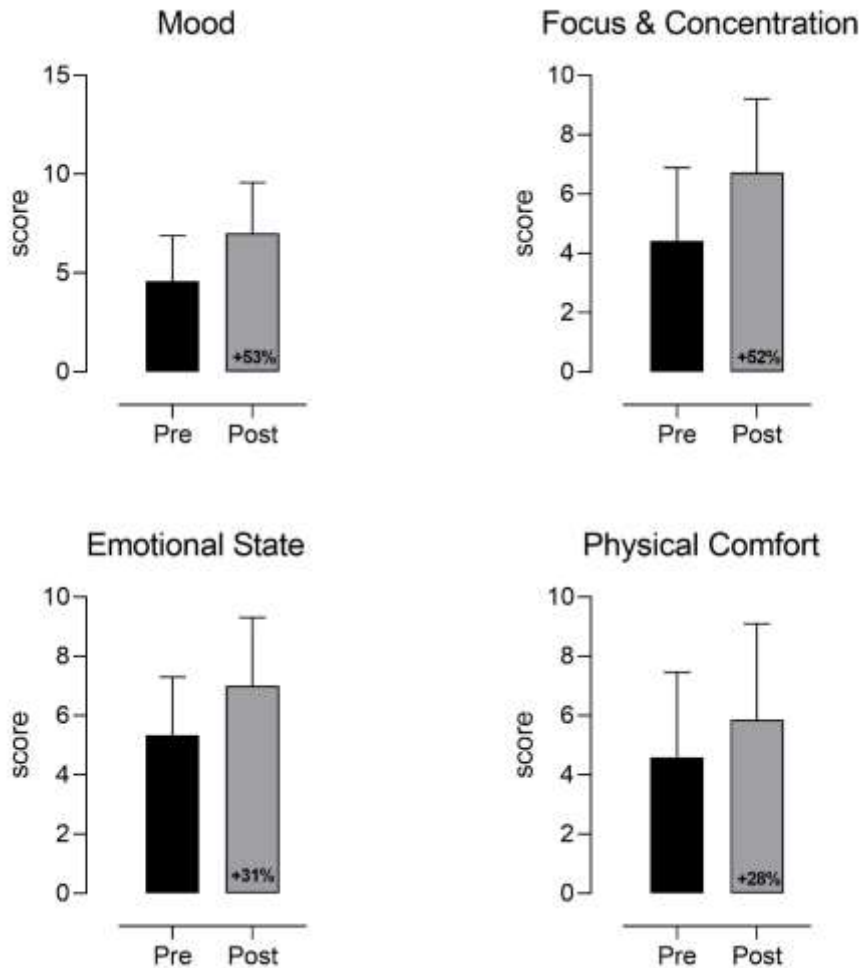


Figure 3 - Additional Wellness Outcomes Following a Single Vibroacoustic Therapy Session. This figure illustrates changes in mood, focus and concentration, emotional state, and physical comfort after one vibroacoustic therapy session, analyzed using unpaired *t*-tests. While mood showed a 53% increase and approached statistical significance ($p = 0.0503$), focus and concentration ($p = 0.0679$), emotional state ($p = 0.1128$), and physical comfort ($p = 0.3856$) exhibited positive directional trends without reaching statistical significance. These outcomes may reflect individual variability or suggest areas for further exploration in a larger sample.