



emWave® Personal Stress Reliever®

- Relieve Stress
- Increase Energy
- Improve Mental and Emotional Clarity

The emWave Personal Stress Reliever provides a portable and convenient way to reduce stress, balance emotions and increase performance. This effective and powerful, handheld stress reliever uses colorful LED displays, audio feedback and a powerful stress relief technique to help you significantly reduce your stress and increase your feelings of well-being.

The emWave is easy to use. Simply place your thumb on the sensor or attach the ear sensor. After your pulse is detected a breathing pacer will synchronize to your heart rhythms. Follow the Quick Coherence Technique, included with the emWave and you are on your way.

emWave Benefits:

- Transform the physiological response to stress and quickly re-balance mind, body and emotions
- Be less reactive, think clearly and make good decisions, especially under pressure.
- Improve health, stamina and well-being; maintain personal balance and avoid stress and burnout in chaotic and changing environments.
- Maximize creativity and innovation.
- Boost performance and overall intelligence

emWave Features:

- Four challenge levels to help you sharpen your coherence building skills.
- Adjustable brightness of the LED displays.
- Adjustable audio feedback levels.
- Advanced user mode.
- The Coherence Coach CD.
- Available in silver or metallic blue.
- Holds the Seal of Approval from the American Institute of Stress

Customer Care:

- Free user orientation calls to get you started
- Free Online training
- Lifetime customer support
- Free monthly webinars(online seminar) focusing on stress, anxiety, personal well-being and empowerment

Package Contents:

- emWave Personal Stress Reliever Unit
- Ear Sensor
- Carrying Case
- Battery Re-charger
- Coherence Coach CD
- emWave Owners Manual
- Quick Start Guide
- Jump Start Card

emWave Unit Specifications:

- Size: 85mm x 55mm x 14mm.
- Weight: 2.2 ounces
- Internal Re-chargeable Lithium Ion battery
- Super bright LED light bar and display indicators
- Finger sensor and two-way finger operated control button



Package Contents Specifications:

- Size: 5-5/8" Wide x 3-1/2" High
- Weight: 1 pound
- Standard AC adapter for 110/220v outlets.
- Durable black leather carrying case with belt clip and display cutouts.
- Ear sensor with 5 foot white cable.

"What a breakthrough, combining high-tech with high touch. I have worked in the field of stress management for decades, I wrote a book and I teach a course at a university on stress management. I am blown away about the appeal and effectiveness of the emWave® device... I plan on using the emWave device to help clients ease their way out of everyday stress."

-- Dr. Ron Rubenzer, Author: How the Best Handle Stress

"Using the emWave Personal Stress Reliever has enabled me to recognize the effects of stress on my body at any given time, which then allows me to use the HeartMath techniques to immediately help relieve this stress position... My recent tournament performances in Germany and Holland were helped by the use of HeartMath... emWave can recognize stress levels not otherwise detectable."

-- Ian Woosnam, 2006 European Ryder Cup Captain and 1991 Masters winner

"The emWave Personal Stress Reliever is great. I have used it before every speech I have done since I got it. Some days are better than others but for the most part it has brought my anxiety level down and made me focus more on the subject than my feelings about the crowd. I gave one of them to my son who has difficulties with tests at school. It has helped him to do better with the tests and from his teachers perspective he seems calmer when he takes them."

-- Scott Rankin, CEO, Vulcan Spring & Mfg. Co.

Item # 6300-SV
emWave®
Personal Stress Reliever
Silver
Suggested Retail Price \$199



14700 West park Avenue
Boulder Creek, CA 95006
831-450-9111
www.heartmath.com

Item # 6300-BL
emWave®
Personal Stress Reliever
Blue
Suggested Retail Price \$199