

**Welcome to Our EESystem Room: Your Comfort is Our Priority!**

At Advanced Energy Center, we strive to provide you with the most relaxing and rejuvenating experience possible. We understand that your comfort is of the utmost importance, and we've put together some suggestions to help you make the most of your time with us.

**1. Personal Comfort Items:**

Feel free to bring along small pillows, blankets, or any other cozy items that will help you feel relaxed during your session. We want you to feel at home and at ease during your time here.

**2. Headphones:**

To enhance your experience, bring your own headphones. This will allow you to listen to soothing music, guided meditations, or any audio that helps you unwind without any distractions. We provide background piano music for you.

**3. Hydration is Key:**

Staying hydrated is important for relaxation. We encourage you to bring a water bottle to sip on during your session, ensuring that you're both comfortable and refreshed.

**4. Personal Intentions:**

Begin your session with a 7-minute moment of reflection or prayer, focusing on your intentions and what you seek to achieve from this experience. This will help set a positive and purposeful tone for your time with us.

**5. Drift into Serenity:**

After your reflective start, allow yourself to gently drift off to sleep for the remainder of your session. Let go of any stress or worries, and allow your body and mind to rejuvenate through peaceful slumber.

**6. Silent Mode and Airplane Mode:**

All cell phones and smartwatches brought into our establishment must be placed on silent mode and switched to airplane mode. This step is crucial in maintaining a peaceful environment for yourself and others.

**7. Mindful Breathing:**

Throughout your session, practice mindful breathing to deepen your relaxation. Inhale slowly through your nose, hold for a few seconds, and exhale through your mouth. This simple practice can greatly enhance your experience.

Thank you for choosing Advanced Energy Center for your relaxation experience. We're excited to help you unwind, destress, and find inner tranquility. If you have any special requests or questions, please don't hesitate to reach out to us. Enjoy your time with us!