



# CALMIOS

## about us

At 4 AM, our founder - a busy lawyer at a high-powered plaintiffs' firm - sat up in bed with the seed of an idea which she promptly typed into her ever-present phone. Her hastily dashed off note - typos and all - became, after a lot of research, Calmios. In her off hours, with the help of dedicated friends, she started working on a design for a simple, portable and soothing tool. Prototypes were made and the feedback was amazing!

Everyone we shared Calmios with - from kids as young as 8 to busy professionals - loved it. After the initial response, we became determined to bring Calmios to a wider market through retail stores and online sales.

## about the product

Calmios is a simple, comforting product meant to calm the mind and body through tactile stimulation. Small and portable, Calmios is a discreet hand-stitched fabric square available in a variety of high-quality, touchable textures.

Calmios can aid in restful sleep and helps to keep anxiety at bay using simple self-soothing techniques.

## online



# the power of touch

Our deepest, most intimate connection with our world is experienced through the sensation of touch. Studies reveal that the first sense to develop in the womb is touch and it is the strongest sense at birth. "Touch is far more essential than our other senses ... It's ten times stronger than verbal or emotional contact," wrote neuroscientist Saul Schanberg in A Natural History of the Senses.

Recent scientific studies of how tactile stimulation affects the brain have provided meaningful insights into the relationship between physical contact and the human experience of emotions, and how this pairing can impact and reduce stress Or anxiety. Discoveries exploring this connection have demonstrated the significant biological effects touch has on our mental states.

Calmios taps into these deeply rooted biological connections and provides a personal, self-soothing means to focus the mind and calm the senses.

## press

We welcome all press inquiries. Media requests should be directed to: [hello@calmios.com](mailto:hello@calmios.com)

High-quality jpeg images of Calmios products and logos are available by request: [hello@calmios.com](mailto:hello@calmios.com)

## fast facts

- Founded in San Diego, California in 2018.
- Calmios is a 5 x5 hand-stitched fabric square available in a variety of high-quality touchable textures.
- Once a season of fabrics is sold out, that combination is retired forever.
- Calmios is made in the U.S.A.
- Available at select retailers and online.
- A portion of all sales are donated to mental health charities.

