

PERSONALIZE YOUR IVIDA EXPERIENCE

At today's visit, would you like to:

Relax

- TV:**
 - Relaxing images
 - Meditations
- Music:**
 - Nature sounds
 - Instrumental
 - Meditations
- Alpha Stim**
- or
- VIBE bed**
 - Red light pads
 - Face
 - Legs
 - Shoulders
- Essential oil spray**
 - Cloud 9
 - Brainstorm
- Eye mask**
- Heated neck wrap**

Be Energized!

- TV/videos:**
 - Forks Over Knives
 - Supersize Me
 - Food, Inc.
- Music:**
 - Nature sounds
 - Instrumental
 - Other
- VIBE bed**
 - Red light pads
 - Face
 - Legs
 - Shoulders
- Essential oil spray**
 - Brainstorm
 - Energy