

living well

health report

WELLNESS NEWS FOR BALANCING MIND, BODY, AND SPIRIT



creative visualization

Want to drop pounds, quit smoking, or stress less? Then consider guided visualization. A technique used by psychologists since the late 1800s, it is now being offered at spas, too — such as Mezzanine Spa in New York City and The TreeHouse in Venice Beach, California — through a program called Creative Visualization and Relaxation (CVR). The brainchild of Dr. Patrick Porter, CVR utilizes flashing LEDs and sound pulses to guide you into a relaxed state bordering on sleep in which suggestions reach deeper than they can when the mind is alert. During each of the more than 300 CVR programs available (spa sessions range from \$30 to \$40, 20 to 25 minutes), you are asked to visualize yourself in various scenarios to train your mind to react to old triggers with new behaviors. There's also a personal version that lets you take the power of positive thinking with you wherever you go. ANNE-MARIE COOK



The NewReality NXTlynk PAD (\$595, newreality.com) makes guided visualization portable.