



INNATE WAY  
WELLNESS

## **Therapist In Indianapolis Innate Way Wellness Offers Vibroacoustic Therapy And Braintap Meditation**

*January 05, 2024*

January 05, 2024 - PRESSADVANTAGE -

Innate Way Wellness, a holistic mental healthcare provider based in Indianapolis, has announced that it is now offering Vibroacoustic Braintap Meditation for clients.

Vibroacoustic Therapy (VAT) is a therapeutic approach that combines sound and vibration to induce a state of relaxation and promote healing. Rooted in the belief that the body and mind are interconnected, VAT leverages the power of sound waves and vibrations to stimulate the nervous system and create a sense of balance.

During a VAT session, individuals typically lie on a specially designed mat or bed equipped with transducers that emit low-frequency vibrations. Simultaneously, soothing music or sounds are played through speakers, synchronizing with the vibrations. The combination of gentle vibrations and harmonious sounds works to relax muscles, reduce tension, and encourage a deep state of relaxation.

There are many benefits of VAT as reported by those who have undergone it. Primarily, VAT has been shown to significantly reduce stress and anxiety levels, providing a natural and non-invasive method for

relaxation. The vibrations from VAT may also help alleviate pain, especially for individuals with conditions such as chronic pain, fibromyalgia, or musculoskeletal issues. Finally, many individuals report enhanced sleep quality after engaging in VAT sessions, making it a potential aid for those struggling with insomnia or sleep disturbances.

At Innate Way Wellness, VAT is combined with Braintap Therapy, a brainwave entrainment technique designed to bring the mind into a state of balance and coherence. By combining guided meditation, binaural beats, and light therapy, Braintap Therapy aims to optimize brain function, reduce stress, and enhance overall well-being.

During Braintap Therapy, individuals typically wear a set of headphones equipped with binaural beats that create a specific frequency designed to influence brainwave patterns. Simultaneously, a device emits pulsating LED lights that synchronize with the audio stimulation. Guided meditation or affirmations are often included to enhance the overall experience.

Just like VAT, Braintap Therapy also offers several stress reduction and focus improvement benefits. By promoting relaxation and calming the mind, Braintap Therapy can help individuals manage stress and improve their overall mood. Individuals also often report enhanced concentration and mental clarity after Braintap Therapy sessions, making it a valuable tool for productivity and cognitive performance. Finally, the relaxation induced by Braintap Therapy can contribute to improved sleep quality, making it beneficial for individuals struggling with sleep disorders.

The spokesperson for Innate Way Wellness comments on the synergies and complementary effects of VAT and Braintap Therapy by saying, "When combining VAT and Braintap Therapy, individuals may experience a synergistic effect that enhances the overall benefits of both modalities. The calming vibrations from VAT can prepare the body for a deeper meditative state during Braintap sessions, potentially amplifying the therapeutic outcomes. Call us today to get started with Vibroacoustic Therapy in Indianapolis."

Vibroacoustic Therapy and Braintap Therapy stand at the forefront of innovative approaches to holistic wellness, offering unique paths to relaxation, stress reduction, and improved well-being. As individuals seek comprehensive solutions to address the demands of modern life, exploring the potential synergies between these two therapies could unlock new dimensions of harmony and balance. Whether experienced separately or in tandem, these therapies hold promise for those on a journey to cultivate a healthier and more balanced life.

Innate Way Wellness aims to empower individuals and families to achieve optimal emotional, behavioral, and physical well-being through a holistic approach. The provider's services can help clients with conditions such as depression and mood disorders, stress and anxiety, ADHD and behavioral challenges, autism spectrum

disorders, eating disorders, perinatal mental health, trauma and PTSD, chronic pain, and many more.

The spokesperson shares its approaches by saying, "Our therapies are designed to support clients of all age groups including children, adolescents, adults, and families. We use a variety of interventions and therapies to get to the root cause of the problem. They include functional lab testing, nutrition counseling, medication management, behavior support, perinatal mental health support, red light therapy, PEMF therapy, psychotherapy, Vagus nerve stimulation, biofeedback, Unyte iLs Focus System, and now Vibroacoustic Braintap Meditation."

Readers looking for a mental health provider and therapist in Indianapolis can contact Innate Way Wellness at [hello@innatewaywellness.com](mailto:hello@innatewaywellness.com) or 317-603-4152 to schedule a free initial consultation.

###

For more information about Innate Way Wellness, contact the company here: Innate Way Wellness Lauren Alcorn 317-268-5366 [lauren@innatewaywellness.com](mailto:lauren@innatewaywellness.com) 7440 N Shadeland Ave. Suite 204 Indianapolis IN 46250

## **Innate Way Wellness**

*Every person has an innate intelligence within them that drives their internal functioning. Our mission is to spread knowledge and empower individuals to remove these obstacles and access their infinite potential.*

Website: <https://www.innatewaywellness.com/>

Email: [lauren@innatewaywellness.com](mailto:lauren@innatewaywellness.com)

Phone: 317-268-5366



**INNATE WAY**  
WELLNESS