



ACCESS *Bars*<sup>®</sup>

IN BUSINESS

*Cutting-edge employee care.  
Deep relaxation for the brain  
and body.*

**Access Bars<sup>®</sup> in Business** is a revolutionary new approach to workplace happiness and well-being that is easy to implement in any organization.

The technique has been successfully used by organizations worldwide to decrease stress and increase happiness and productivity.

Bars in Business works with organizations of any size, and each program is tailor-made for the company and situation.

**Access Bars is currently being used in 188 countries** and over 500,000 people have used Access Bars to deeply relax, recharge their batteries, become more productive and have more ease in their lives.

# FAST FACTS



## *What is Access Bars in Business?*

Access Bars in Business is a series of wellness programs incorporating the dynamic Access Bars, a light touch technique on the head that has similar effects to meditation. A 30 to 45-minute session of Access Bars provides deep relaxation, which can increase performance optimization, positive attitudes towards life and creativity, and prevent burnouts.

## *How does it help?*

Access Bars quiets a racing mind, reduces stress and gives the brain a replenishing space. This space encourages creativity, increased productivity and the ability to harness one's intuition and attention.

## *How does it work?*

The client lies or sits on a gravity chair or massage table, and the facilitator lightly touches different points on the head. During a Bars session, most clients experience a sense of ease and peace, and deep relaxation. When lightly touched, the Bars points stimulate a positive neurological response inside the recipient. This triggers the body's natural ability to relax and facilitates the physiological changes required for greater well-being.



## BENEFITS

- + Deeper RELAXATION and STRESS RELIEF
- + Increased MENTAL CLARITY
- + Enhanced MOTIVATION and easier communication
- + POSITIVE EFFECTS on migraines and insomnia
- + Enhanced MENTAL HEALTH: reduced symptoms of depression, panic attacks, and anxiety
- + Greater intuitive AWARENESS
- + Greater PROBLEM SOLVING and conflict resolution.