



LUMIHEAL

UNLOCK FOCUS, CREATIVITY & CALM

Cutting Edge Technology for Staff Wellbeing and
Productivity



BY THE WISE LOTUS CENTRE

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Pioneering Science-backed Wellbeing
Solutions for forward thinking employers





What is Lumiheal?

LumiHeal is a pioneering light and sound experience that guides the brain into deeply restorative states of calm, clarity, and creativity.

Combining rhythmic light patterns with immersive sound, LumiHeal gently entrains the brain into beneficial brainwave states known to support relaxation, focus, and emotional balance. These sessions nurture neuroplasticity, the brain's natural ability to reset, rewire, and restore healthy patterns of thought and behaviour.

The result: calmer minds, clearer thinking, and more inspired creativity.

With over 200 tailored programs, each session is designed to meet the specific needs of an individual, team, or group, whether the aim is stress release, enhanced focus, better sleep, or emotional renewal.





INTEGRATING LUMIHEAL WITH EASE



GROUP OR INDIVIDUAL SESSIONS
AVAILABLE

5 MINUTE SET UP

FLEXIBLE SETUP-
CLIENTS CAN SIT OR
RECLINE

SESSIONS CAN RUN
CONSECUTIVELY
THROUGHOUT THE DAY
LASTING FROM 4-90
MINUTES

SESSION OUTCOMES REPORT
PROVIDED

ONLY A SMALL, PRIVATE
SPACE REQUIRED.

SIMPLE, FAST, AND EFFECTIVE -
LUMIHEAL FITS SEAMLESSLY
INTO THE WORKING DAY

WE COME TO YOU OR YOU CAN
VISIT OUR CENTRE IN
HERTFORDSHIRE



At The Wise Lotus, we believe a thriving business begins with thriving people

The Wise Lotus is a holistic wellbeing centre in Hertfordshire. We specialise in supporting wellbeing across both the public and private sectors.

Alongside LumiHeal, we offer a complete range of evidence-informed wellbeing services designed to restore balance and inspire lasting change within the workplace.

Our corporate offerings include:

- Mindfulness and wellbeing at work programmes
- Bespoke workshops on stress, focus, and resilience
- Sound healing and meditation experiences
- Workplace wellbeing days with massage, Reiki, and holistic therapies
- Corporate retreat days for teams
- Yoga, breathwork, and Tai Chi sessions

Every offering can stand alone or blend seamlessly with LumiHeal to create a powerful, holistic approach to workplace wellbeing.





We want to make a positive impact on the world of business

Recent UK Workforce Studies Show:

- 79% of UK employees experience workplace stress
- Burnout and absenteeism cost businesses billions annually
- Rising staff turnover as employees seek wellbeing-focused workplaces
- 1 in 4 experience mental health issues affecting focus and resilience

The Result? Lower productivity, morale, and retention.

The LumiHeal Response:

LumiHeal sessions use rhythmic light and sound to guide the brain into optimal states for:

- Focus → Sharper concentration
- Relaxation → Reduced stress, greater resilience
- Creativity → Fresh ideas and innovation
- Restoration → Deep recovery and balance

LumiHeal can help staff recharge, refocus, and thrive at work in as little as 4 minute sessions.





The Results Speak For Themselves

“I was amazed at how quickly I felt the difference. Within 20 minutes I felt calmer, more focused, and uplifted — it was like pressing reset in the middle of a busy workday. The clarity and creativity I walked away with lasted long after the session ended.”

“LumiHeal left me in such a deep calm, but what surprised me most was how clear and focused I felt for days afterwards. It was like my mind had been recharged.”



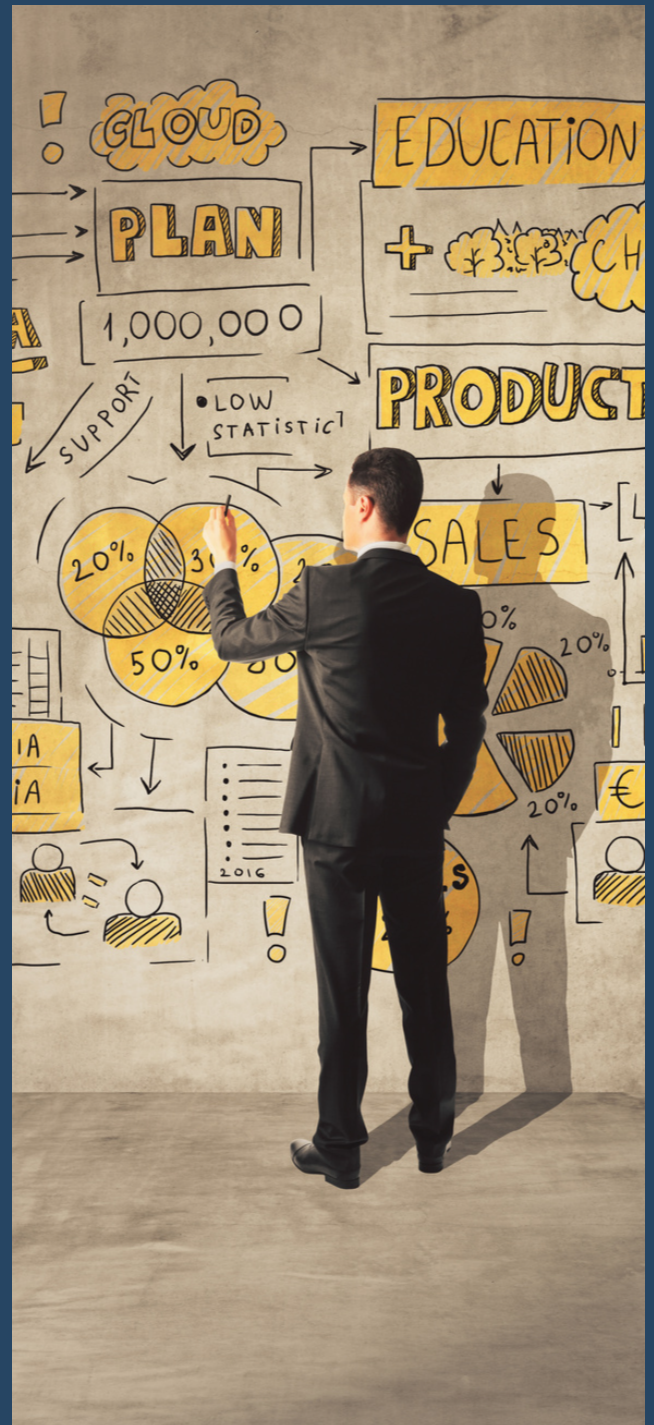
“I’ve tried many wellbeing practices, but nothing compares to LumiHeal. In just one session I felt my stress melt away and came out feeling both energised and deeply at peace.”

“Following a recent personal loss, I was anxious about returning to work. Just one LumiHeal session helped ease the anger I was carrying with my grief. I felt lighter and calmer, and now I can’t wait for my next session.”



Benefits For Businesses

- Boost productivity & spark creativity
- Reduce stress & cut absenteeism
- Improve morale & retention
- Sharpen focus & resilience
- Lift mood & energy for days after
- Strengthen teamwork, connection & company culture
- Proactive, preventative support for mental wellbeing and resilience
- Show up as a wellbeing-first employer
- Enhance employee engagement and loyalty
- Differentiate your brand



LumiHeal is a high-impact wellbeing solution that delivers measurable benefits in just a few minutes, requiring minimal time away from work.



Corporate Packages



Taster Sessions/Pilot Day

- Half or full day at your workplace
- Short individual or group sessions
- Perfect introduction to LumiHeal



Monthly Corporate Wellness Plan

- Regular on-site visits (weekly/fortnightly/monthly)
- Tailored programmes for focus, creativity, or stress relief



Wellbeing Workshops

- Enhance your staff wellbeing days with lumHeal add on
- Option to combine with meditation, sound healing, mindfulness at work or various other wellness modalities



Device Sales & Training

- Purchase a device for in-house use.
- CPD-accredited corporate training on integrating LumiHeal into your workplace.





Let's Get to Work Together

A portrait of Nshorna Davis, a woman with long dark hair and a slight smile, wearing a dark patterned top. The portrait is set against a light grey background and occupies the right half of the middle section.

**Nshorna
Davis**

Founder & Director @ The
Wise Lotus

Are you ready to explore how LumiHeal can transform your workplace?
Contact us today for a tailored proposal designed to elevate wellbeing and
performance across your teams.



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