



Music as medicine: Myndstream expands into healthcare with new collaboration

Myndstream announces collaboration with Mayo Clinic to explore the power of functional music with rigorous clinical data

LONDON, 17th November 2025 - In a groundbreaking move, global wellness music brand [Myndstream](#) has announced a know-how collaboration with Mayo Clinic – the global medical centre for expert care and research – to research the clinical applications of music in healthcare. The agreement marks Myndstream's entry into the healthcare sector, building on the company's longstanding work with top academic and wellness institutions to study music's therapeutic impact and potential.

Under the agreement, Mayo Clinic has taken an equity stake in Myndstream and together they will explore the clinical potential of functional music in healthcare settings to better understand how music can be used to enhance patient recovery and clinician wellbeing.

Hospitals can be intense environments, testing patients through unfamiliar, stressful and sometimes traumatic experiences, while also challenging healthcare professionals to manage fast-paced, emotionally charged situations. The new collaboration has been forged to explore how Myndstream's outcome-driven music offering can be applied in these settings to potentially reduce stress, support recovery and enhance overall wellbeing to support both immediate and long-term health outcomes.

Intentional music listening is already a well-established therapeutic modality, supported by decades of research demonstrating its positive impact on a range of health issues from anxiety¹ and cardiac health to dementia², pain management³ and more. This collaboration seeks to build upon this foundation, combining Myndstream's experience in music for health and wellbeing, with Mayo Clinic's clinical expertise to explore potential new frontiers in evidence-based music for health.

The collaboration will see Myndstream work alongside Mayo Clinic's Dr. Dawn Mussallem, D.O. and her team. Dr. Mussallem is a distinguished integrative oncologist, board-certified lifestyle medicine physician and Stage 4 cancer survivor.

"Collaborating with a world-class organisation like Mayo Clinic marks a pivotal step in our mission to unlock the therapeutic power of music," said Freddie Moross, founder of Myndstream. "This collaboration allows us to explore and seek to validate what so many know instinctively – that music can be a profound tool for healing and human connection.

"With the global wellness market projected to reach US\$9 trillion by 2028⁴, there's immense potential for functional music to become a mainstream therapeutic resource. This collaboration is helping to transform music from something people simply listen to into a readily accessible tool that actively supports wellbeing."

¹ [Bradt J, Dileo C, Shim M. Cochrane Database of Systematic Reviews. 2013](#)

² [Van der Steen et al., Cochrane Database of Systematic Reviews. 2018](#)

³ [Lee JH. Journal of Music Therapy. 2016](#)

⁴ [Johnston K, Yeung O, Callender T, Hopkins J. Global Wellness Economy Monitor 2024. Global Wellness Institute; November 2024](#)

Myndstream

The collaboration comprises a knowledge-sharing period, in which Myndstream will work with Dr. Mussallem's team to investigate the impact of its functional music on patients and clinicians. Myndstream intends to refine its offerings with data gathered from these studies, seeking to validate the role of functional music in improving physical, emotional and cognitive outcomes.

Myndstream has been championing the healing power of functional music [since 2021](#), when Moross put the concept on the map for the industry, spotlighting the crucial role music and sound can play in therapeutic and wellness contexts.

Global Wellness Summit 2025

Moross will unpack the new collaboration at the intersection of sound, science and healing with Dr. Mussallem this week at the 19th annual Global Wellness Summit in Dubai. In tandem, Dr. Mussallem will share her [personal healthcare journey](#) as a stage IV cancer survivor and heart transplant recipient and how this has influenced her work and research.

ENDS

Notes to editors

About Myndstream

Pioneering a new approach to audio, [Myndstream](#) combines art and science to create music that transforms spaces and elevates how people feel within them. At the heart of the brand is a belief that music can play a powerful role in supporting health and wellbeing.

Myndstream's soundscapes have been composed for use across spas, therapeutic practices, hospitality environments and personal wellness routines. Designed to promote relaxation, enhance mood, improve focus and restore energy, the music transforms everyday spaces into immersive environments of calm, care and intention.

Through partnerships with leading academic institutions and wellness organizations, Myndstream is at the forefront of research exploring the impact of music in therapeutic settings. The brand also collaborates with a [world-class roster of musicians and A-list talent](#) to create and curate wellness-focused audio experiences for both businesses and individuals.

Widely recognized as the gold standard in wellness audio, Myndstream is the official audio partner of Forbes Travel Guide and the Global Wellness Summit.

Myndstream is part of Cutting Edge Group, the acclaimed music company behind scores for *Stranger Things*, *Whiplash*, *Bridgerton* and other major film and television productions. Drawing on over 20 years of experience shaping emotional narratives through sound, Cutting Edge launched Myndstream to bring that same depth of impact to the world of wellness.

Media contact:

Megan Whitby

Brand Manager

megan@myndstream.com

www.myndstream.com