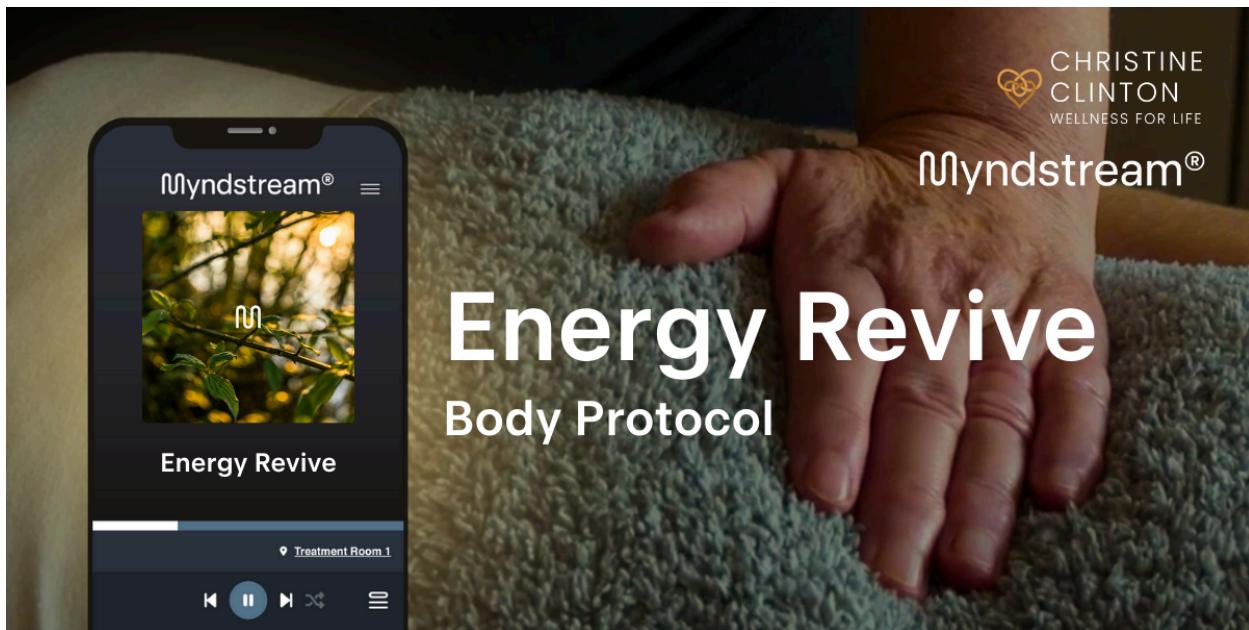


Myndstream

Healing Power of Music Underpins Myndstream's First-Ever Treatment & Training, Co-Created with Christine Clinton



Caption: Energy Revive is designed to help upskill therapists and offer a distinctive, music-led ritual that feels modern, intentional and immersive

FOR IMMEDIATE RELEASE

London, 3 February 2025 - [Myndstream](#) *has teamed up with respected spa industry trainer Christine Clinton to launch a first-of-its-kind body ritual and self-guided training program that teaches therapists to use music as a professional, therapeutic tool.*

Unlike traditional spa training, where music is an afterthought, [Energy Revive](#) integrates purpose-composed functional music from the very first step. The ritual combines music, energy techniques, breathwork, heat and aromatherapy to create a fully immersive experience for guests, while showing therapists how to use music to:

- Enhance guest relaxation, nervous system regulation and mood
- Maintain focus, flow and confidence throughout the session

Informed by scientific research into the audio design features that drive music's physiological impact, the Energy Revive Soundscape (available on [The Stream](#)) has been meticulously created by Myndstream's expert music team. It matches the energy, intention and rhythm of Energy Revive, and has been curated to enhance the outcome of the ritual.

Energy Revive can be delivered as a 60-minute standalone experience or a 30-minute version, making it ideal for refreshing treatment menus or enhancing existing services.

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Inspired by the uplifting qualities of citrine, a yellow quartz traditionally associated with energy and positivity, the treatment is designed to promote a sense of clarity, vitality and balance for both guest and therapist.

Designed for therapists qualified to international Level 3 standards (IHBC, NVQ, VTCT/ITEC, CIBTAC, CIDESCO or equivalent), the one-day training is delivered as a self-guided program.

Christine said: "Energy Revive is about creating space for guests and therapists to reconnect, recharge and deliver an experience that feels effortless yet transformative. Music is the guide – it helps you find the rhythm, the flow and the confidence to make every treatment feel intentional.

"The Energy Revive Soundscape provides structure, timing and emotional direction, helping practitioners maintain focus while supporting guests in relaxing, resetting and recharging."

Freddie Moross, Founder of Myndstream, added: "As our industry evolves, therapists need tools that support both their skillset and their wellbeing. Energy Revive brings music into the treatment room in a purposeful way, helping therapists work with greater flow and intention while offering guests a truly modern, sensory-led experience."

What's included?

The self-guided training bundle is priced at **US\$100** and includes:

- **Training Video**

This includes an introduction to energy medicine, guidance on selecting appropriate aromatherapy – featuring Christine's preferred brand, [Ground Wellbeing](#) – and demonstrates how to enhance each treatment using [Sensory Sleep](#)'s self-heating eye masks.

- **Energy Revive Training Manual**

Step-by-step practical guide showing how to confidently deliver the full 60-minute treatment and adapt techniques for the 30-minute version.

- **One Month Free Access to Myndstream Music**

Access to Energy Revive soundscapes designed to support energy, focus and vitality, plus hundreds of other tracks for spa and wellness environments.

- **Social Media Assets**

Ready-to-use graphics and social media copy to help practitioners showcase their new offering to clients.

- **Certificate of Completion**

Branded acknowledgement of successful completion of the Energy Revive training.

Learn more about [Energy Revive](#) and get instant access to training today.

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More about Christine Clinton

Christine is a globally respected trainer and practitioner with more than 35 years in the health and wellness sector. She has worked internationally with therapists, spas and integrative health teams, helping them introduce grounded, effective treatments into their practice.

Christine has taught her award-winning programs in Europe, Asia, the Americas and the Middle East, reaching hundreds of therapists and thousands of guests along the way.

She is a trusted collaborator among award-winning spa brands and operators alike, including GROUND Wellbeing, Circadia, Zents, Naturopathica, Four Seasons, Marriott, 1Hotels, Ritz Carlton and more.

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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.

To support consistent, high-quality delivery across physical spaces, Myndstream uses proprietary technology to stream its music to thousands of spas worldwide through its digital platform, The Stream, available via app and desktop.

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.

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