



The magic is within you

Welcome to the 7-day emotion regulator

This product has been designed using proven cutting-edge neuroscientific approaches and works best when followed by a float on day 7. [\(Contact Hydro-ease or your local float centre\)](#)

The 7-day emotion regulator has been designed to invite you to improve interpersonal balance leading to an emotional reconnection. Providing you with an opportunity to embrace and rediscover your true authentic self.

It has also been designed as an introduction to our exclusive Reconnection/Recovery And Floatation Therapy (RAFT) programme.

This programme is highly effective even without the float on day 7.

In a simple, easy to follow written task and audio recording taking up no more than 15 minutes a day. In this process you will learn how to regulate your emotions and create in the moment, rational responses rather than immediate reactions.

On day one we work with anger, day two sadness, day three fear, day four guilt/shame, day five hurt, day six anxiety then day seven we pull it all together empowering your to be free.

This is a unique, effective and evidence-based approach, and a great introduction to who you just might be under all the layers of experiences and human programming that has enabled you to become emotionally off balance.