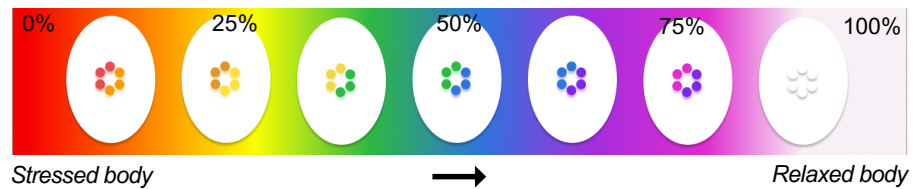


1. Charge before first use. The charging light turns green when fully charged. Then, press the small button on the back to Power on your Calmstone.
2. Hold the device in your palm with the lights facing up.
3. Use relaxation techniques to change lights one at a time, in a clockwise direction.
4. Your session is done once you've reached a desired level of relaxation. Hold the Power button for 4 seconds to turn off.

### Understanding The Visual Display

Use the color chart to determine the level of blood flow to your hand. Calm your nervous system to advance in a clockwise direction.



### Maximizing Your Calmstone Experience

Calmstone is an exceptional alternative to traditional medicine that seamlessly complements holistic practices like yoga, meditation, and various wellness habits. Achieving optimal results with Calmstone® entails dedication, with the highest success rate attained through 10-15 minutes of consistent daily training.

### Benefits of Consistent Training, Just 10-15 minutes Per Day

- **Better self-control and calmness:** You can manage your emotions and stay relaxed more easily.
- **Increased body awareness:** You're more tuned in to what your body needs and how it feels.
- **Clearer thinking:** Your mind feels sharper and more focused.
- **Greater confidence and well-being:** You feel more assured and happier in your daily life.
- **Improved work performance:** Tasks feel more manageable and less stressful.
- **Enhanced presence:** You're more engaged and attentive in the moment.

### Contact Us

hello@thecalmstone.com

### Tech Specs

- 6 LED lights
- 24 hrs. of use with 200mAh battery
- Bluetooth Low Energy (BLE)
- Type C universal charging

### Product Size

Height: 0.77 in (20 mm)  
Length: 2.74 in (70 mm)  
Width: 1.99 in (50.5 mm)  
Weight: 0.17 lb (0.08 kg)

Scan to watch



An Introduction to Calmstone  
& 10-Second Breathing Technique

Relax your mind & body 

www.thecalmstone.com