

LANAFORM

Moya

ESSENTIAL OIL DIFFUSER WITH
RELAXING BREATHING LIGHT



Synchronize your breathing with light cycles to relax





Contemporary and full of finesse, the Moya has many qualities, making it a real partner in assisting your well-being. With **ultrasound technology** and a **large, 280-ml reservoir**, it efficiently diffuses your essential oils **continuously or cyclically** (30"ON/30"OFF) for the time you require, using its **timer function** (1, 3 or 8 hrs).

Even when it is not diffusing, the Moya is calm and soothing with its elegant design and composition of **natural materials**: a bamboo base and engraved ceramic shell. What is more, independently of or alongside diffusion, the Moya emits **light of an orange-white shade** that filters through the ceramic shell to create an extraordinarily warm atmosphere.

This light, which comes in **2 distinct intensities**, also has a **function that aids relaxation**, changing as it does in regular cycles to which your breathing is synchronised: the light intensity increases for 5 seconds, then diminishes for 5 seconds, inviting you to practise a proven breathing technique.

A simple and effective exercise

“Cardiac coherence” is a breathing technique that aims to regulate the heart rate and nervous system with the aim of relaxing and improving the body’s functions. A typical session consists of breathing deeply at a rate of six breaths a minute for five minutes, i.e. breathing in for 5 seconds then breathing out for 5 seconds.

Practised regularly, it brings numerous benefits to mental, emotional and physical health.

- **Immediate effect:** reduction in the cortisol rate, thus easing stress
- **Medium/long-term effects:** better management of stress and the emotions, improved concentration, help with treating psychological disorders (depression, anxious states, insomnia, etc.) or somatic complaints (cardiovascular disease, gastro-intestinal problems, etc.).





Ceramic

Bamboo

Timer Diffusion modes Light Modes

Features

- Ultrasound diffuser
- Natural bamboo base
- Ceramic cover
- 280ml capacity
- Emission intensity (15-20ml/hr)
- Assists soothing breathing through light cycles



- Continuous or cyclical diffusion (30"ON/30"OFF)
- Timer function (1, 3, 8 hours)
- Warm white light
- 2 levels of light intensity
- Light separate from diffusion
- Switches off automatically



Master Box Dimensions
58.5 × 21.0 × 38.5 cm



Master Box Weight
6.30 kg



Colour Boxes / Master Box
6



Colour Box Dimensions
19.0 × 18.0 × 19.0 cm



Colour Box Weight
0.910 kg



Voltage
24 V

LANAFORM

Home Health Experience

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