

# Magic Pro Program Descriptions

( 2026-3-16)

These 30 programs are included with the complimentary Mindful Audio that comes with every Magic Pro purchase.

## Comfort

- **Body Discomfort**

Supports overall body comfort and helps ease widespread physical tension.

- **Head Discomfort**

Helps promote comfort and relaxation when the head feels heavy, tight, or strained.

- **Back Discomfort**

Supports back comfort and helps the body unwind from daily tension and stiffness.

- **Shoulder and Neck Discomfort**

Helps relax tight shoulders and neck muscles while supporting everyday comfort and mobility.

- **Muscle Discomfort**

Helps relax overworked muscles and supports recovery after physical strain.

- **Tooth and Gum Discomfort**

Supports comfort in the teeth and gums and helps ease local sensitivity.

## Sleep

- **Sleep Disorders**

Supports relaxation and helps the body settle into a more restful nighttime state.

- **Insomnia**

Helps quiet mental tension and supports a smoother transition into sleep.

- **Fall Asleep Support**

Supports the body's natural wind-down process and helps you ease into sleep more comfortably.

- **Delta Waves**

Supports deep relaxation and helps prepare the body for restorative rest.

## Cleansing

- **Full Body Cleansing**

Supports the body's natural cleansing pathways and overall internal balance.

- **Heavy Metal Cleansing**

Supports the body's natural detox processes and overall cleansing balance.

## Holistic Body Care

- **Joint Support**  
Supports joint comfort, flexibility, and smooth daily movement.
- **Tendons Repair**  
Supports tendon recovery and helps maintain strength and flexibility in connective tissue.
- **Fascia Support**  
Supports fascia relaxation and helps the body release built-up tightness and restriction.
- **Tissue Renewal**  
Supports the body's natural renewal process and overall tissue wellness.
- **Nerve Support**  
Supports nerve wellness and helps the body maintain calm and balanced communication pathways.
- **Inflammation**  
Supports the body's natural response to physical stress and helps maintain internal balance.
- **Immune**  
Supports everyday immune resilience and overall system balance.
- **Digestive Support**  
Supports digestive comfort and helps maintain everyday gut balance.

## Emotional Wellbeing

- **Stress Relief**  
Helps calm the system, release tension, and support a more relaxed state.
- **Emotional Balance**  
Supports a steadier mood and helps bring the mind and body back into balance.

## Vitality & Balance

- **Metabolism**  
Supports metabolic balance and healthy daily energy regulation.
- **Figure Balance**  
Supports body balance and complements a healthy lifestyle and wellness routine.
- **Chronic Fatigue**  
Supports energy restoration and helps ease the feeling of ongoing physical exhaustion.
- **Cell Vitality**  
Supports healthy cellular activity and overall daily vitality.
- **Young Body**  
Supports vitality, daily resilience, and a more refreshed physical state.
- **Blood Pressure Balance**  
Supports healthy circulation and overall cardiovascular balance.
- **Solfeggio**  
Supports energetic harmony, inner balance, and a calming full-body experience.
- **7.83 Hz Schumann Resonance**  
Supports grounding, balance, and a more centered physical and emotional state.