



XR WELLNESS



Title of your choice

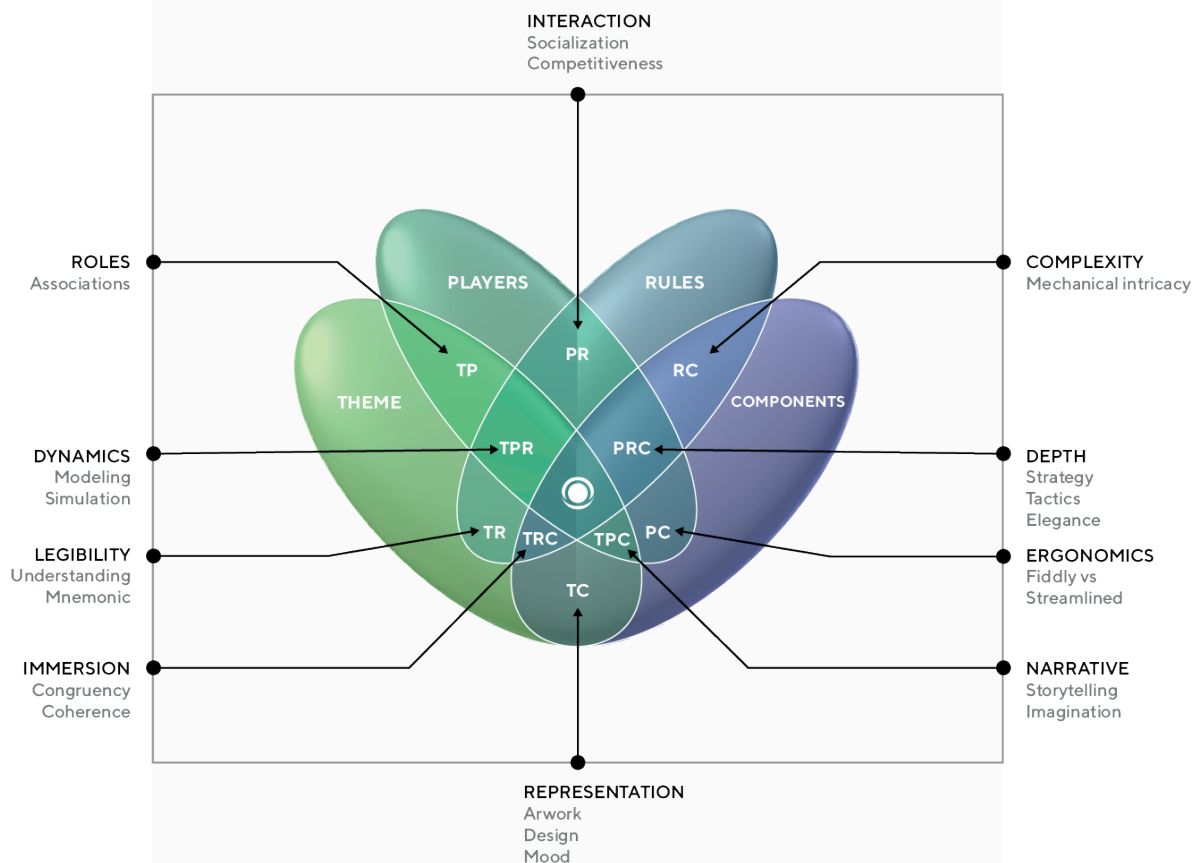
Objective

Make an MVP mindfulness VR app that provides therapeutic wellness for a hospital to gather data and testimonials.

Strategy

- Create an XR mindfulness VR MVP in which the users are forest bathing
- Distribute on-site and in app store (maybe seek a partnership with retail brand affiliated that values wellness/fitness)
- Read biometric feedback (sync with fitbits)
- Produce 2D testimonials

Tech Architecture



According to the "Scientific American" Journal, just three-to-five minutes spent looking at views dominated by trees, flowers or water can begin to reduce anger, anxiety and pain - inducing relaxation. Throughout human history, trees and water have signaled an oasis and flowering plants have been a sign of possible food.

In 1995 landscape architect Marni Barnes received a grant from the nonprofit Center for Health Design to analyze the physical layout and daily use of several hospital gardens in northern California. In 32 hours of observations, which included taking detailed notes and interviewing users who collectively made 2,140 visits to the gardens, it was revealed that the more greenery versus hard surfaces the better. "We found that a ratio of at least 7:3 seems to work best."





XR MEDIA

