ACCESS Bars® IN BUSINESS

Cutting-edge employee care.

Deep relaxation for the brain and body.

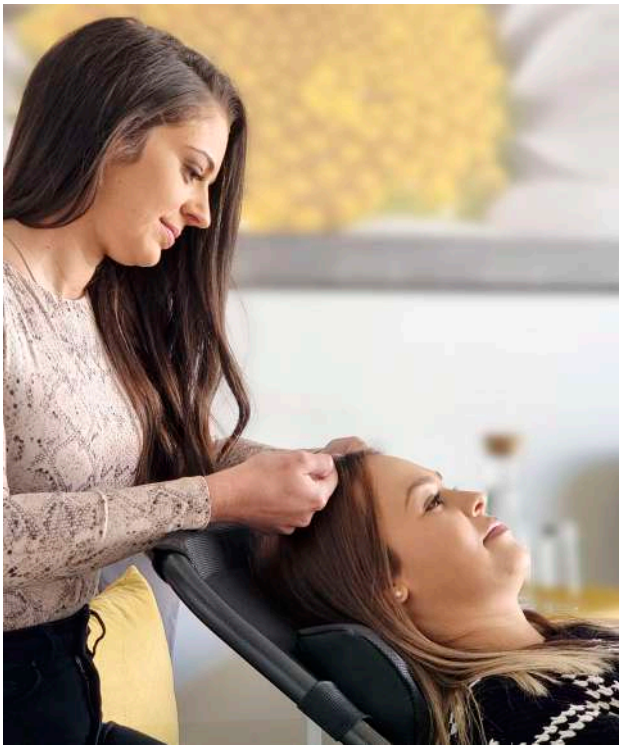
Access Bars® in Business is a revolutionary new approach to workplace happiness and well-being that is easy to implement in any organization.

The technique has been successfully used by organizations worldwide to decrease stress and increase happiness and productivity.

Bars in Business works with organizations of any size, and each program is tailor-made for the company and situation.

Access Bars is currently being used in 188 countries and over 500,000 people have used Access Bars to deeply relax, recharge their batteries, become more productive and have more ease in their lives.

FAST FACTS



What is Access Bars in Business?

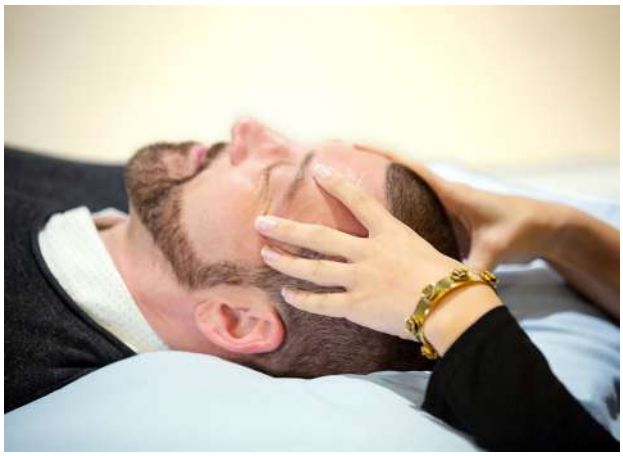
Access Bars in Business is a series of wellness programs incorporating the dynamic Access Bars, a light touch technique on the head that has similar effects to meditation. A 30 to 45-minute session of Access Bars provides deep relaxation, which can increase performance optimization, positive attitudes towards life and creativity, and prevent burnouts.

How does it help?

Access Bars quiets a racing mind, reduces stress and gives the brain a replenishing space. This space encourages creativity, increased productivity and the ability to harness one's intuition and attention.

How does it work?

The client lies or sits on a gravity chair or massage table, and the facilitator lightly touches different points on the head. During a Bars session, most clients experience a sense of ease and peace, and deep relaxation. When lightly touched, the Bars points stimulate a positive neurological response inside the recipient. This triggers the body's natural ability to relax and facilitates the physiological changes required for greater well-being.



BENEFITS

- Deeper RELAXATION and STRESS RELIEF
- Increased MENTAL CLARITY
- Enhanced MOTIVATION and easier communication
- POSITIVE EFFECTS on migraines and insomnia
- Enhanced MENTAL HEALTH: reduced symptoms of depression, panic attacks, and anxiety
- Greater intuitive AWARENESS
- Greater PROBLEM SOLVING and conflict resolution.

The Research

Dr. Terrie Hope, PhD, DNM, has been researching Access Bars for over 12 years and has discovered incredible results on how Access Bars change stress. Her research shows that an Access Bars session reduces stress levels and changes brainwave patterns from highly stressed to more relaxed. Activation in specific brainwave patterns suggests that regeneration occurs and the client's body, mental well-being, and cognition improve – in only 45 minutes.

In addition, further research, published (2017) in a peer-reviewed journal on Access Bars showed significant decreases of up to 84.7% in the severity of symptoms of anxiety and depression and an increase in brain EEG coherence. In 2023, published research in the same journal supported the first study, showing significant decreases in depression, anxiety, and stress, including Post Traumatic Stress Disorder.

Read here: The Effects of Access Bars on Anxiety, Depression and Stress in Police Officers.

FURTHER RESEARCH was done in 2015 by leading neuroscientist Dr. Jeffrey L. Fannin, with 60 participants. He discovered that Access Bars had a positive neurological effect on the recipients, similar to those experienced by advanced meditators – and it produced results immediately. Find the official white paper of this research here: Access Consciousness Bars Research 2015 Through Global Neuroscience Research Foundation.

Click here to watch Dr. Fannin show what occurs in the brain during an Access Bars session: Review of Access Bars by Neuroscientist Dr. Jeffrey L. Fannin.

Testimonials

"In changing times, programs like this are important for business and particularly staff retention and managing stress levels. We chose the "Bars in Business" wellness program for our employees and found it very beneficial. Each session was different and lasted 3-4 hours. It was very helpful for our business as it improved staff morale and engagement and created a more relaxed work environment."

Accounting firm, Ireland

"We invested in a series of sessions of the Access Bars – once a week for a month for 85 of our front workers.
We noticed that the general stress level decreased, there was more focus on making decisions, and people were way more motivated. I also hear more openness in discussions and generally feel we are more collaborative."

Lawyers association, Brazil

INQUIRIES

In addition to wellness programs, we offer 30-minute Access Consciousness Bars sessions for those who desire to deeply relax, recharge, and subsequently focus on tasks with greater ease.
barsinbusiness@accessconsciousness.com

Prefer to meet?

We can easily organize a discovery meeting which can be held online or in person, depending on location.

DETAILS

WEBSITE:
barsinbusiness.com

LINKEDIN:
www.linkedin.com/company/bars-in-business