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VR therapy. A Polish startup is starting to sell its own mobile relaxation goggles



VR TierOne, photo: press materials

Kuba Dobroszek 08/08/2023 Update: 08/08/2023



VR TierOne is a medical startup from the Wrocław area that has been combining medicine with new technologies for years. The company's new solution is mobile VR goggles, also addressed to retail buyers. Thanks to the compact solution and high-quality content, the user can indulge in deep therapeutic relaxation in the comfort of their own home.

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close to their place of residence, or even a garden. Secondly, not everyone can benefit from health-promoting contact with nature. I mean sick, immobilized or elderly people whose physical condition prevents them from changing their current surroundings and going for a walk. It is also an option for residents of big cities, busy and stressed, who do not have time for regular rest in the natural surroundings. The idea of relaxation goggles was born while working on our first device. We noticed that virtual reality will be useful not only at the stage of supporting the treatment of depression, but also in the prevention and reduction of stress harmful to health - explains Paweł Pasternak, general director of VR TierOne. He adds: - Our device allows users to completely immerse themselves in the world of virtual reality and contact with nature as close to a real experience as possible. Episodes depression, chronic stress, anxiety and insomnia are part of our reality today. We need to learn to help each other in this area and our goggles are the answer to these challenges.

VR TierOne - an immersive experience

Virtual contact with nature is close to real experience, although for obvious reasons it is not the same. Virtual relaxation, yes, takes advantage of the benefits of landscapes and sounds of nature, but - importantly - 360° films are enriched with voice-over recordings that guide the participant through the relaxation process with elements of meditation and mindfulness, based on breathing exercises. Thanks to these ingredients, the relaxation experience becomes complete and the VR properties are used to achieve relaxation in a short time.

A relaxation session using goggles lasts 10 minutes. During this time, in real conditions, it is difficult to even reach a place where you can fully cut yourself off from stressful factors and truly relax.

VR TierOne - from medical facilities to private homes

Among the places where VR TierOne GO goggles are used, there are medical facilities - e.g. SPZOZ Specialist Hospital of the Ministry of Internal Affairs and

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people in the Social Welfare Home in Sierpc and Poznań.

The VR TierOne GO solution is also used by universities, e.g. Opole University of Technology and the State Vocational University of Warsaw. prof. Stanisław Tarnowski in Tarnobrzeg.

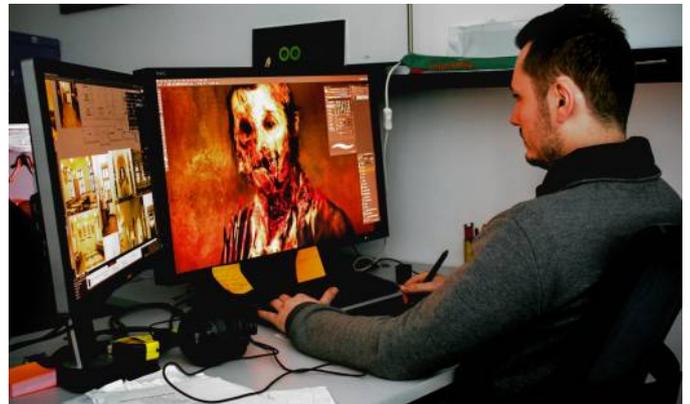
- We are excited to launch our product that allows everyone to discover virtual reality in a simple and accessible way. Our goal is to enable effective rest using VR experiences for everyone, regardless of technological advancement or location. VR TierOne GO is a step in this direction - sums up Paweł Pasternak.

Topics: [vr tierone vr virtual reality paweł parsternak](#)

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