

5 Senses

5 Senses is Plug-and-Play content designed specifically for Wearable Tech to reach enterprise goals and subscribers' goals for mental health, recovery and fitness via stress reduction.

5 Senses plugs into stress tracking to give immediate, real relief to wearable subscribers at the point of stress detection, accessed instantly in the same push notification via a secure, time-limited QR code/link to a web-view. We provide a licensing model that enables Wearable firms to embed effective stress mitigation into the existing user experience with minimal development work (no data pipeline) and control of the flow.

5 Senses is a web-based, lightweight, secure and private stress mitigation designed for seamless integration. No user data is collected by 5 Senses, or from our Wearable Partners (no PII, data storage, API calls, SDK dependencies, or app re-writes). For unlimited scaling, 5 Senses is accessed via time-limited QR codes generated on the Vercel serverless platform. The content is scientific. Multiple languages and formats are available (athletic, recovery, women's life course, longevity).

Technical Specifications

5 Senses is Plug-and-Play for Wearable Tech

- Trigger-based content when stress is detected
- Partners provide and control access through push notifications
- Secure access for your subscribers via time-limited QR codes/URL
- Private—No user data is collected by 5 Senses or from Wearable Partners—No SDK or API
- Lightweight—No app download is required
- Hosted on the web and Vercel serverless platform
- Content is 100% safe and gentle empirically-proven techniques & peer-reviewed science

Partner Integration

5 Senses is a hosted content partner with a context-aware delivery model.

- Trigger-Based Content Surfacing
- Licensees control the flow and 5 Senses provides secure access codes/links
- Wearable detects stress or fatigue in a subscriber
- Stress detection triggers a stress mitigation in Wearable logic
- Wearable app pushes a QR code or link to 5 Senses in the stress notification
- Subscriber taps → opens the spa experience in web-view or browser
- All actions happen within the Wearable ecosystem
- Bypassing API/SDK complexities entirely

Scientific Content

5 Senses deploys evidence-based findings and empirically-proven techniques from peer-reviewed science (RCTs) and classic texts (100%) selected by a stress scientist and combined with care to deliver a pleasant, effective experience that is safe for everyone.

Peer-reviewed sources include scientific findings about cross-talk among the body's skin, gut, nervous and immune systems by psycho-neuro-immuno labs internationally, Randomized Control Trials of stress mitigations, and empirically-proven techniques to re-unite the body and brain using attention, simple physical movements and 5 senses that have been scientifically-validated.

Empirically-proven techniques are sourced from the classic texts on Japanese Kampo/Zen meditation, Traditional Chinese Medicine/ Qigong and Ayurveda/Yoga.

Some practices are deployed from mindfulness-based stress reduction and sophrology (mindfulness for people who can't sit still) which are derived from the classic Eastern texts.

An expanding list of peer-reviewed scientific sources is available at <https://talktomeinflowers.com/science/>

High Confidence Quality Control: 5 Senses content is derived in a rigorous scientific protocol, developed by a stress scientist for safety and trust. A strict scope of knowledge is enforced to include empirically-proven practices with validated results only and to exclude secondary and tertiary sources (no blogs, opinion, or any practices which have not been evaluated scientifically).

For more information on integration, or a product demo, please contract Katrina Nakamura PhD at Katrina@Sustainability-Incubator.com. Mahalo.