

There's A Frequency for That!

Experience the power of sound frequencies in an intuitive, easy-to-use format called **Frequency Sets!**

There are 1,250+ frequencies in these 166 specialized Frequency Sets. Each set contains the most effective frequency combinations to make self-care with the WAVwatch even better.

Favorites

Now with 6 playlists!

FirstWAV

- WAVrelief
- LymWAV
- ParaWAV
- Vagus Nerve
- WAVdefense
- Good Energy >
 - Evening Rhythm
 - Jet Set
 - Metabolic Reset
 - Mito Boost
 - Morning Rhythm
 - Vitality Boost

- WAVdetox >
 - Chemical Support
 - EMF Support
 - Environmental Support
 - Glyphosate Support
 - Metal Support
 - Mold Support
 - Plastics Support
 - Spike Protein Support
 - Vaxx Support

BrainWAV

- Athletic Brain Recovery
- Brain Fog
- Brain Recovery
- Brain Support
- Cognitive Wellness
- Head Tension
- Mental Clarity
- Neurological Wellness
- Recall Boost
- Severe Head Tension
- Spectrum Balance

Chronic

- Exhaustion
- Immune Balance
- Immune Support
- Metabolic Health
- Motor Function
- Motor Support
- Mucus Support
- Neural Health
- Swelling Support

Emotions

- Calming
- Fear
- Harmonize
- Mental Clarity
- Mood Balance
- Relaxation Support
- Self-Control
- Solfeggio Energy
- Stress Relief

Germ Support

- Cold Sore Support
- Common Cold Support
- Germ Support EB
- Immune Response Support
- Microbial Balance
- Respiratory Support 1.9
- Respiratory Wellness
- Tropical Recovery
- Yeast Balance

Kids

- Kids Cough
- Kids First Aid
- Kids Sleep
- Kids Spectrum Balance
- Kids Virus
- Kids Vitamin Support

Men

- Healthy Hair
- Hormone Support
- Intimate Infections
- Penile Support
- Prostate Support
- Testes & Scrotum Support
- Virility Aid

Organs

- Adrenal Health
- Bladder Health >
 - Bladder Support
 - Bladder Wellness
 - Urinary Health
 - Urinary Wellness
- Cardio Wellness >
 - Arterial Wellness
 - Blood Flow Balance
 - Blood Flow Support
 - Blood Wellness
 - Heart Health
 - Heart Support
- Ear Function
- Eye Clarity
- Eye Support
- Gallbladder Wellness
- Kidney Support
- Kidney Wellness
- Liver Wellness
- Lung Support
- Lymphatic Wellness
- Pancreatic Health
- Spleen Support
- Thyroid Balance
- Thyroid Health
- Thyroid Support

Pain

- Arthritis Support
- Back Support
- Bone Recovery
- Bone Support
- Dental Support
- Facial Nerve Support
- Gum Health
- Lower Joint Support
- Muscle Recovery
- Muscle Support
- Nerve Recovery
- Nerve Flexibility
- Nerve Sensation
- Upper Joint Support
- Vein Circulation
- Vein Support

Sleep

An advanced combination of frequencies using Chinese Body Clock and Vagus Nerve Reset to help you experience deep, restful sleep.

Self Care

- After-Party Support
- Airborne Sensitivity
- Bites & Stings
- Cysts
- Digestion >
 - Acid Balance
 - Bowel Movement
 - Bowel Support
 - Digestion Support
 - Leaky Gut
 - Upset Stomach
- Dizziness Relief
- First Aid
- Food Sensitivity
- Head Tension
- Nail Wellness
- Nausea Relief
- Respiratory >
 - Breathing
 - Coughing
 - Lung Wellness
 - Seasonal Wellness
 - Upper Respiratory Support
- Severe Tension
- Sinus Support
- Skin Health >
 - Skin Cleanse
 - Skin Irritations
 - Skin Restore
 - Skin Support
- Severe Tension
- Sleep Balance
- Throat Comfort
- Throat Health
- Vitamin Boost

Women

- Bladder Support
- Breast Care
- Breast Support
- Cervical Care
- Cycle Support
- Healthy Hair
- Hormone Support
- Intimate Infections
- Perimenopausal Balance
- Urinary Wellness
- Vaginal Support

Weight

- Emotional Wellness
- Metabolic Support
- Weight Balance

All Files

View all Frequency Sets on the WAVwatch

Recording

Connect the dongle (sold separately) to record prayers or affirmations.

Settings

Change common settings like time and date, display, language, and more.

Improve Your Sleep

- Coughing
- Lung Wellness
- Seasonal Wellness
- Upper Respiratory Support

Reduce Stress

Fight Pain

- Skin Cleanse
- Skin Irritations
- Skin Restore
- Skin Support

Boost Energy

Does NOT

- Vibrate or have electrical stimulation
- Use WiFi, Bluetooth or emit EMFs
- Store, track, or share your health data

wavwatch

Important Disclaimer:

The WAVwatch is a low-risk, acoustical frequency product in the "General Wellness" category, designed to support self-care and overall wellness.

It is not intended to diagnose, treat, cure, or prevent any disease or medical condition.

The WAVwatch is not FDA approved or classified as a medical device, and its frequencies are considered experimental.



Looking for something?
Try the Frequency Finder!