



Welcome to the Mind Spa experience! You will find tools to not only help you relax, but also improve your concentration, memory, and help you to be a successful student. In the Mind Spa, you can

- Sit back in the massage chair
- Use biofeedback programs (EmWave and Journey to the Wild Divine)
- Have hot tea, read books and listen to relaxing music
- Meditate on cushions in a private room

To utilize the Mind Spa services, call our office for more information (410-455-2472) or email Dr. Alexis Melville (melville@umbc.edu).



UMBC Counseling Center

410-455-2472

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