

Hot Flashes

caused by the daily onslaught of constant hot flashes.

including delivering safe and effective relief from hot flashes.

What is a hot flash, anyway?

How it works

How does the Wave warm or cool the skin?

insomnia, sleep disturbance, and nighttime hot flashes.

refreshment help you feel calmer during stressful moments.

Why choose the Wave?

Backed by studies

nighttime sleep.

Better nights

All-day comfort

Less stress

Get the app for more control

Natural and safe

FSA-eligible

Affirm payment

Free shipping

payments that work for your budget.

relief and help to manage the discomfort.

that can help with controlling hot flashes.

MOBILE APP

Press

Patents

again.

App Store

Google Play

for hot flashes without hormones.

Take control of your hot flashes

While in the past, managing hot flashes meant hormone therapy, prescription meds, or ice packs, relief from hot flashes is now just a tap away—with the Wave® from Embr Labs.

But you're not alone: 70% of women going through menopause experience hot flashes, which can last for a

decade or more. For some women, that can mean years of challenges, stress, sleeplessness, and anxiety

flashes. The Wave is a smart device that you wear on the inside of your wrist, where your skin is highly sensitive to temperature. It uses a compact thermoelectric heat pump to create a series of cool or warm sensations that

run from 5 minutes up to 9 hours at a time. Using patented technology, the Wave allows you to tap into your

body's natural ability to rebalance your perception of temperature and help you to feel better overall—

Embr Wave. Cooling technology for hot

This can happen for many reasons, but it's a common part of the hormonal changes that occur during menopause. How can a cool sensation on the wrist treat hot flashes all over the body? There's a scientific reason why thermal sensations on your skin—like a cool cloth on your forehead— can help you feel better. These local thermal sensations send a comfort signal to the part of your brain that's

associated with emotion, stress, pleasure, and thermoregulation. Simply cooling one spot on your inner wrist

can change how you feel overall, thanks to this natural response mechanism. The Wave is engineered to take

advantage of this pathway to the brain in a precise and repeatable way. In a study at UC Berkeley, participants

The Wave is a low-power, completely silent wearable that warms or cools the skin on the inside of your wrist.

Accessories for

Embr Wave 2

It uses advanced thermal technology to generate waves of warming or cooling sensations in carefully

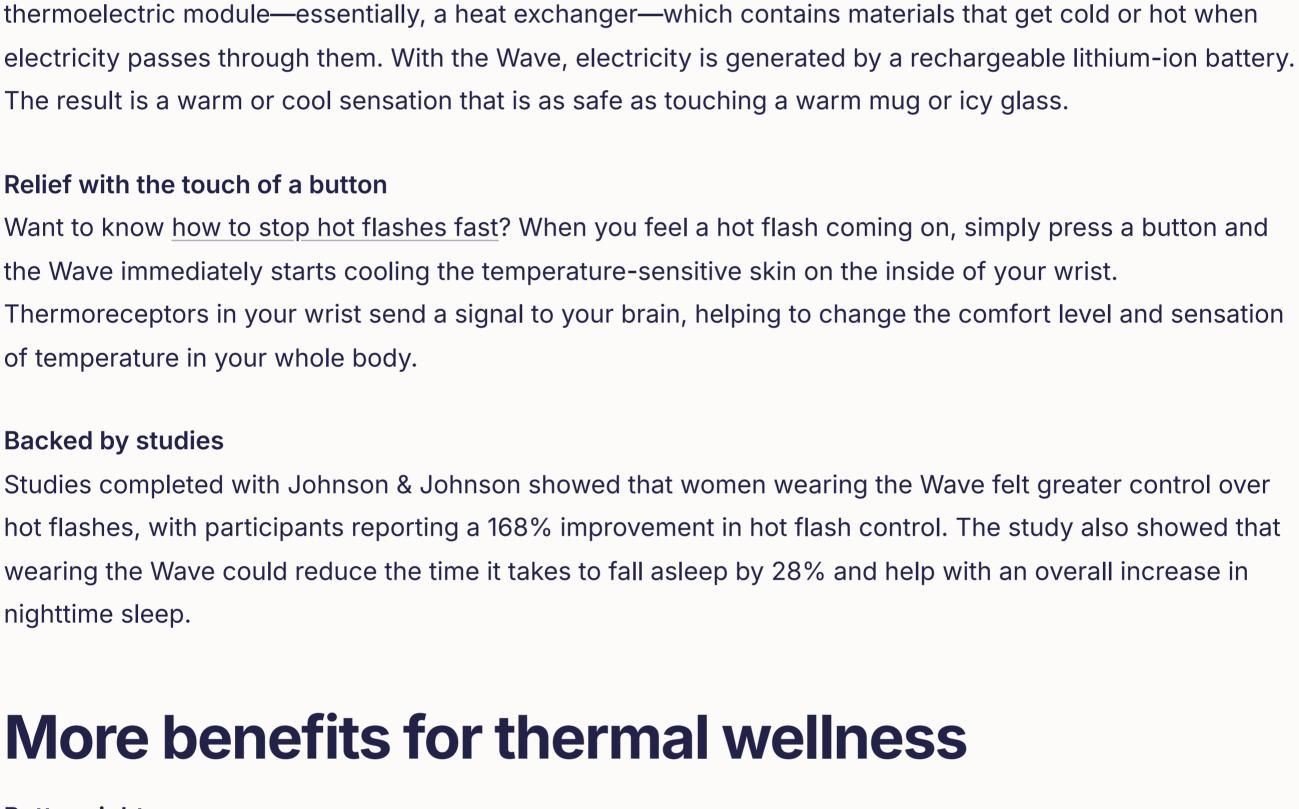
You get a hot flash when your brain acts on a false signal that it needs to expel excess heat from your body.

engineered patterns, called Waveforms. These sensations send a feel-good message to your brain and quickly provide relief to your entire body.

reported feeling up to 9°F cooler after just three minutes of cooling with the Wave.

SHOP NOW

You can think of the Wave a little bit like a mini personal air conditioner or heater. It uses something called a



Explore thermal sessions specifically designed to lull your body into sleep and help you rest easy through the

night for up to 9 hours at a time. A crossover study showed that using the Wave for two weeks reduced

No matter where you go, the Wave puts the power of instant cooling relief or soothing warmth right at your

Temperature can be an effective tool in fighting stress—think of the soothing power of a warm bath or the way

resting your forehead on something cool can calm you down. The Wave gives you the ability to experience

these sensations on demand (no tub required), so you can let relaxing waves of warmth or cooling waves of

While you can operate the Wave using the buttons on the device, the mobile app unlocks the Wave's full

sessions designed for comfort, sleep, stress, and hot flashes; or edit and save your own. Reprogram your

The Wave works with your body's natural response to local thermal sensations to help you take control over

encourage your body to cool itself down, the way it wants to. It's one of the most effective natural remedies

your perception of temperature. In other words, it can use a small amount of cooling on your wrist to

power and lets you personalize your thermal experience. Discover recommended cooling and warming

fingertips. With the press of a button (or a tap in the app), you can start feeling better in seconds.

device's buttons to quickly access your favorites, adjust the lights, and set your Wave to run from 5 minutes up to 9 hours.

Feeling relief? Write a review on Embr Wave 2.

WRITE A REVIEW

The Wave has been approved for Flexible Spending Accounts (FSAs). Check with your employer or FSA

Buy your Wave with Affirm, a financing option that lets you make a purchase now and pay for it over time.

Spread your payments out over 3, 6, or 12 months (or more) to purchase your Wave with manageable

Every Wave comes with free shipping to addresses in the U.S. Free returns Return your Wave within 30 days and get a full refund. See our return FAQs for details. What are hot flashes? Hot flashes are sudden feelings of warmth in your body that can cause intense sweating, redness in the face and neck, an elevated heart rate, and feelings of anxiety. Hot flashes can be quite mild or very intense. Severe hot flashes can make it difficult to carry out daily activities. How does the Wave help with hot flashes? The Wave is a smart wristband that can deliver sensations of warmth or cooling to the sensitive skin on your wrist. This localized temperature sensation comes in waves that are scientifically designed to maximize your

administrator if you have questions about what's covered under your plan.

EMBR WAVE

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thermal comfort. For hot flashes, the device provides concentrated cooling waves that bring temperature

Does the Wave actually change my body temperature?

No. Even during hot flashes, your core body temperature stays right where it needs to be, around 98.6°F. Hot

flashes are a local reaction to a false signal to your brain that prompts your body to release excess amounts of

SUPPORT

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heat. The cooling sensation that the Wave generates sends signals to the brain to produce a soothing effect

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United States (USD \$) ∨

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