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The application RespiRelax+ allows you to manage stress through breathing exercises. It offers several features:

- Durée de la SÉANCE en minutes:** You can choose the duration of your session from 3 to 8 minutes. A red arrow points to the "5" button.
- RÉGLAGES AUTOMATIQUES:** This section includes four icons: TRAINING, ÉQUILIBRE (highlighted by a red arrow), RELAXANT, and DYNAMISANT.
- RÉGLAGES MANUELS:** You can manually set the duration of inspiration and expiration in seconds. Red arrows point to the "5" buttons in both rows of the inspiration and expiration sections.

L'application RespiRelax+

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En cas de troubles ou de pathologies respiratoires, consultez votre médecin avant de pratiquer.