

Choosing the Right Tuning Element Piece for You

Finding the right piece from [Tuning Element](#) is about matching your current needs, sensitivity level, and wellness goals with the appropriate frequency blend and product style.

Tuning Element organizes many of their wearable products into progressive “Levels,” each designed to provide broader energetic and wellness support. The company describes these products as frequency-based wellness tools intended to support balance, hydration, sleep, energetic alignment, and the body’s natural processes.

Start Here: The Discovery Clip

One of the easiest and most affordable ways to experience Tuning Element technology is the **Discovery Clip**.

The Discovery Clip is designed as an introduction piece for:

- First-time users
- People unsure which level to start with
- Sensitive individuals wanting gentle support
- Customers wanting to “test the waters” before investing in a necklace or bracelet

Many people use the Discovery Clip by:

- Attaching it to clothing
- Clipping it onto a bra strap, waistband, hat, or pocket
- Keeping it near the body during the day
- Using it during travel, stressful situations, or while working

The Discovery Clip may be ideal if you:

- Are new to energetic wellness tools
- Want a lower-cost entry option
- Prefer subtle support
- Are highly sensitive to energy shifts
- Want to experience Tuning Element frequencies before upgrading

For many customers, the Discovery Clip becomes:

- A daily grounding tool

- A travel companion
- A starter piece before moving into higher-level jewelry
- A simple option for children or highly sensitive individuals

Who should start with the Discovery Clip?

- Curious beginners
 - Skeptical but open-minded users
 - People wanting gentle support rather than stronger energetic intensity
 - Those exploring energetic wellness for the first time
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Understanding the Levels

Level 1 — Foundational Everyday Support

Level 1 is designed for:

- Daily energetic maintenance
- Homeostasis
- General balance
- Everyday wellness support

Best for:

- Beginners
- Daily wear
- Gentle support
- Sensitive individuals
- Prevention and maintenance

You may notice:

- Feeling calmer
- Better grounding
- More balanced energy
- Improved resilience to stress

Best starting products:

- Discovery Clip
- Bracelet
- Necklace

Level 2 — Recovery & Physical Support

Level 2 builds on Level 1 and adds broader support intended for:

- Repair processes
- Recovery
- Physical stress
- Athletic or active lifestyles

Best for:

- Physically active people
- Recovery support
- Stress and fatigue
- Ongoing physical demands

Good fit if you:

- Work long hours
- Feel physically depleted
- Exercise heavily
- Want stronger support than Level 1

Level 3 — Clarity & Whole-Body Balance

Level 3 combines Levels 1 and 2 while adding frequencies intended to support:

- Mental clarity
- Focus
- Broader energetic regulation

This is often considered one of the most versatile starting points for people wanting comprehensive support.

Best for:

- Busy professionals
- Energy workers
- Frequent travelers
- People experiencing overwhelm or “brain fog”

Many customers choose Level 3 if they:

- Want both mental and physical support
 - Feel emotionally overstimulated
 - Want one piece for everyday life
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Level 4 — Energetic Awareness & Alignment

Level 4 expands further into energetic support and is often chosen by people already familiar with:

- Meditation
- Energy work
- Holistic wellness
- Intuitive practices

These pieces often use sterling silver construction for enhanced conductivity.

Best for:

- Empaths
- Healers
- Bodyworkers
- Reiki practitioners
- Highly intuitive individuals

You may prefer Level 4 if you:

- Feel highly affected by environments
 - Absorb other people's stress easily
 - Want stronger energetic alignment and grounding
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Level 5 — Maximum Full-Spectrum Support

Level 5 combines all previous levels with the broadest range of frequency support offered by Tuning Element.

Best for:

- Experienced users
- Those wanting the highest level available

- Customers seeking maximum support in one piece

Often chosen by people who:

- Have already used lower levels
 - Want a long-term investment piece
 - Prefer not to upgrade later
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Choosing the Right Product Style

Discovery Clip

Best for:

- Beginners
- Gentle introduction
- Portable support
- Budget-friendly entry point

Great if you:

- Want to try frequencies first
 - Prefer subtle energetic support
 - Are highly sensitive
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Necklaces

Best for:

- Whole-body support
- Continuous energetic balance
- Daily wear

Often preferred for:

- Nervous system support
 - Emotional balance
 - Overall energetic alignment
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Bracelets

Best for:

- Grounding
- Convenience
- Subtle daily support

Ideal if you:

- Prefer lightweight wear
 - Work with your hands
 - Want a lower-profile option
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Sleep Necklace

Best for:

- Sleep support
- Nervous system calming
- Rest and recovery

Recommended if you:

- Have trouble winding down
 - Wake frequently
 - Feel overstimulated at night
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Aqua Tune Bottles

Best for:

- Hydration support
- Daily vitality
- Athletic recovery

These are designed to energetically structure water for daily wellness support.

Simple Self-Selection Guide

If you are...	Best Starting Point
Completely new to Tuning Element	Discovery Clip or Level 1
Highly sensitive to energy	Discovery Clip
Wanting general wellness support	Level 1
Focused on recovery or stress	Level 2
Wanting mind + body balance	Level 3
An empath or energy worker	Level 4
Wanting the broadest support possible	Level 5
Primarily focused on sleep	Sleep Necklace

Seeking mental support	Be Well
Wanting better Hydration	Aquatune

A Helpful Rule of Thumb

- **Discovery Clip:** Gentle introduction
- **Level 1–2:** Physical support & maintenance
- **Level 3:** Balanced whole-body support
- **Level 4:** Energetic awareness & alignment
- **Level 5:** Maximum full-spectrum support

Aqua Tune Bottles

For many people, hydration is one of the missing pieces in their wellness journey — and that’s where the Aqua Tune line fits in.

According to [Tuning Element](#), Aqua Tune bottles are designed to:

- Structure water
- Infuse water with beneficial frequency blends
- Support deeper hydration
- Support cellular communication and energetic balance

The company describes the water as “tuned water,” created through their Bio-Energetic Alignment Technology™.

Who Should Consider an Aqua Tune?

Aqua Tune may be ideal if you:

- Struggle to stay hydrated
- Feel depleted or fatigued often
- Are physically active
- Travel frequently
- Want an easy daily wellness habit
- Already use Tuning Element jewelry and want to layer support

Many users combine Aqua Tune with necklaces or bracelets because Tuning Element reports customers often notice stronger overall results when using both together.

Understanding the Aqua Tune Levels

Level 1 Aqua Tune

Best for:

- Everyday hydration support
- Beginners
- General wellness

A great starting point if you simply want to improve hydration while gently introducing frequency-based support.

Level 2 Aqua Tune

Level 2 bottles include additional frequency blends intended to support:

- Immune function
- Digestive support
- Skin support
- The human biofield/electromagnetic system

Tuning Element states these bottles structure and ionize water in under 60 seconds.

Best for:

- Daily wellness routines

- Recovery support
 - Gut and immune support
 - People wanting more than basic hydration
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Level 3 Aqua Tune

Level 3 expands further with additional frequencies intended to support:

- Vitamins and minerals
- Oxygen absorption
- Grounding support
- Broader energetic balance

According to Tuning Element, Level 3 includes “200% more tuning.”

Best for:

- Athletes
 - Energy workers
 - High-performance lifestyles
 - People wanting stronger energetic support from hydration
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What Is “Structured Water”?

Tuning Element references research around “structured water,” also called EZ water or liquid crystalline water, popularized by Dr. Gerald Pollack.

The company states their bottles use passive Extremely Low Electromagnetic Frequencies (ELEMf) to help reorganize water into forms that may be more easily absorbed by the body.

Many customers report benefits such as:

- Feeling more hydrated
- Better energy
- Improved recovery
- Enhanced mental clarity
- Better endurance

These claims are based on company descriptions and customer experiences and are not FDA-approved medical claims.

Add B.E. Well if:

- You want support with focus
- You struggle with your mindset
- You want to feel more at ease

Add an Aqua Tune Bottle if:

- You want stronger daily support
- Hydration is a challenge
- You're physically active
- You want to support recovery and energy naturally

Final Thoughts

Many customers start with the Discovery Clip because it provides an easy way to experience Tuning Element technology without committing to a higher-level piece immediately. Others know they want stronger support from the beginning and move directly into Level 3 or Level 4 necklaces.

The best approach is usually:

1. Choose the level that matches your current lifestyle and goals
2. Wear it consistently for several weeks
3. Observe changes in grounding, sleep, clarity, recovery, or stress response
4. Upgrade gradually if desired