

Anshin Wellness

A private AI wellness companion for Mac. Runs entirely on-device.

Press Kit
Launching June 9
anshinwellness.pro

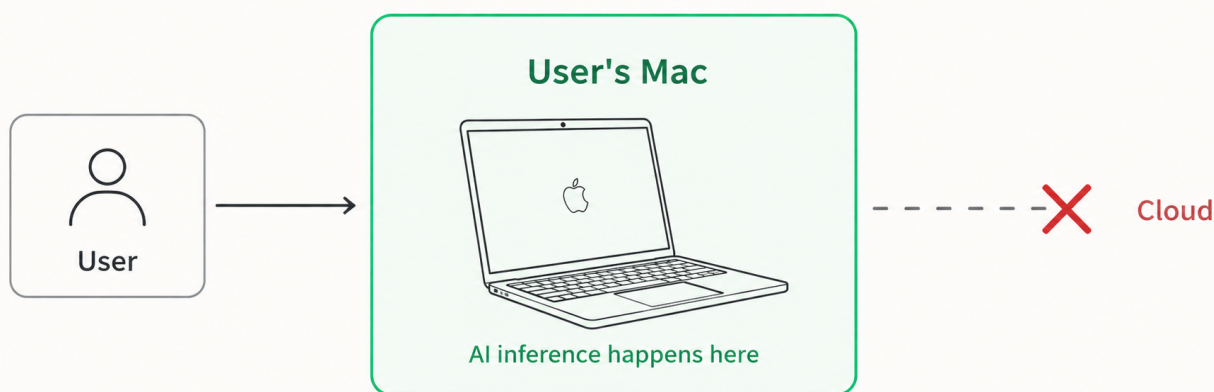
● Local & Private • No cloud • No accounts • No data collection

Why this exists

Anshin was built by a solo developer in India to solve a problem most wellness apps ignore: people will not be honest with an AI they do not trust. Every major mental health app sends conversations to a server. Your most private thoughts — anxiety, grief, relationship problems, intrusive thoughts — sit somewhere you cannot control, potentially used to train models, and exposed to breaches.

The answer is not a better privacy policy. It is a different architecture. The AI model is bundled inside Anshin and runs locally on Apple Silicon. After a one-time setup, the app works fully offline — on a plane, in a tunnel, anywhere. Privacy is structural, not policy: we cannot access user data because it never reaches us.

Privacy architecture



Conversations never leave the device.

Key facts

PLATFORM

macOS, Apple Silicon

PRICING

One-time purchase

CATEGORY

Lifestyle

LAUNCH

June 9 (preorder live in 145 regions)

PRIVACY

Fully on-device, offline after setup

AI RUNTIME

Local inference via Ollama (Qwen 2.5)

ENCRYPTION

AES-256-GCM with Argon2id key derivation

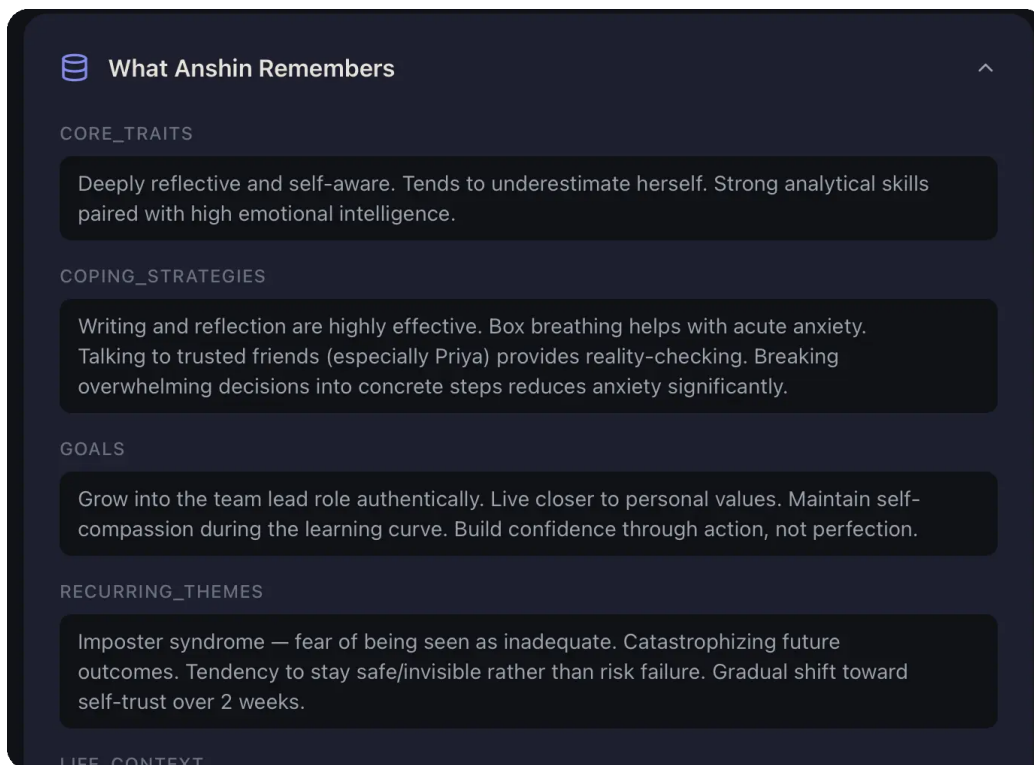
BUILT BY

A solo indie developer

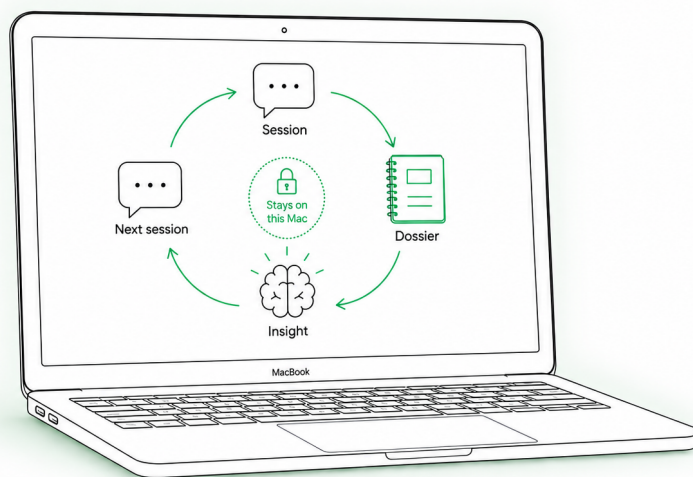
THE DOSSIER

A companion that remembers — only on your Mac.

Anshin builds a quiet picture of the user across sessions: who matters to them, what helps, what they keep coming back to. Future conversations build on past ones, so users never have to re-explain themselves.



The continuity is real. The privacy is not a tradeoff.



How the dossier works — a closed loop that never leaves the device.

Care in the details

Mental wellness software has to anticipate moments most apps ignore. Anshin was built around small, specific decisions like these.

● Touch ID, but only when it helps

Macs are often shared. A family member might know the login password. So Touch ID is offered as quick access, not as the only door. Users can disable Touch ID and rely on the PIN alone, with security questions for recovery. The default is convenient; the override is one toggle away.

● Routing for overwhelm

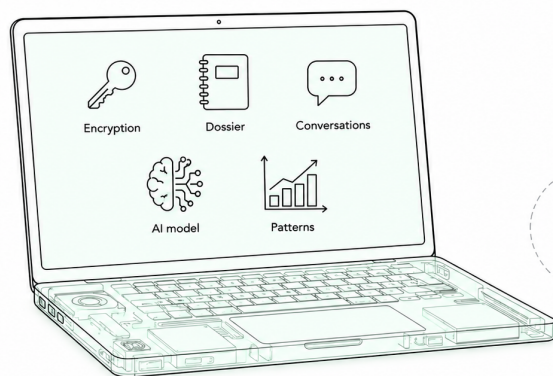
When pre-session mood and energy are very low, Anshin does not ask the user to pick a mode. It quietly routes to Breathe, where the prompts are shorter and the pace is slower. The four modes exist, but the user does not have to choose one when they cannot.

● An escape hatch, always findable

The crisis button — “I Need a Moment” — sits in the sidebar at all times, with a subtle pulse. It is sized larger than other buttons by design. When attention narrows, the way out should be the most findable thing on the screen, not the hardest to spot.

● Why this works, exactly when it matters

Every tool in Anshin includes a short, evidence-based explanation card drawn from peer-reviewed research. They rotate, so the content stays fresh, and auto-collapse after a few visits. Users learn the psychology behind each technique exactly when they need it, not in a separate tutorial.



All of this stays on the Mac



Built around how people actually use software when they are not okay.