



More Power through Relaxation!

**brainLight**<sup>®</sup>

LIFE IN BALANCE

◆◆◆ Est. 1988 ◆◆◆

Relaxation technology Made in Germany! Repeatedly awarded for: Innovation, high quality, design, functionality and ergonomics. Awarded by the PLUS X AWARD panel as "Deep Relaxation System of the Year" and "Product of the Year" for 2012/13, 2013/14, 2014/15, 2016/17 and 2019 and most recently again in 2021 and 2023.



**brainLight relaxTower with brainLight-Shiatsu-Massage-Chairs**



# brainLight®: Relaxation in a New Dimension

At **brainLight**, people and their lives have always been central to what we do. Ever since **brainLight** was founded in 1988, we have been working on improving the quality of life of our customers. With our innovative technology, we offer you a variety of systems and services.

With our many years of experience, **brainLight** has become the world leader in the field of holistic relaxation systems. These support the brain to reach a mentally focused state through advanced audio-visual relaxation technology. This is combined with a state-of-the-art Shiatsu massage chair, which provides deep physical regeneration. Our combination of relaxation technology for both the mind and body makes the **brainLight** products unique worldwide.

## brainLight®-Synchro PRO



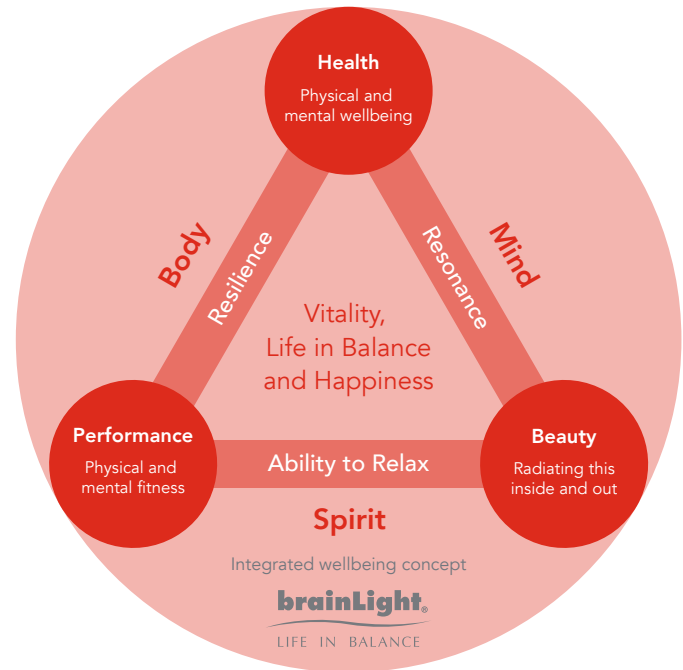
*The Synchro PRO –  
the best addition  
to your fitness routine*



# brainLight®: Integrated Wellbeing Concept

The integrated **brainLight** wellbeing concept makes increasing your health, performance, beauty, vitality and happiness possible.

At the core of this concept is balance and happiness, which is based on the **brainLight** principle. We understand that finding solutions to achieve this is a significant challenge, both in business and personal life. To be in balance is the secret of life. We should organize our lives to bring our body, work and social environment, family, friends and finally, the part in us that seeks meaning in life, into harmony with one another. A life in balance increases quality of life and joy of living. The integrated wellbeing concept reflects this through the integration and connection of the key elements in life.



# How does the **brainLight**<sup>®</sup>-System Work



You select the desired program, put on the headphones and have the visualization glasses ready. Simply let go and experience a unique kind of physical and mental relaxation.

In addition to the light effects of the visualization glasses, you enjoy beautiful, relaxing music with or without spoken accompaniment, while you are pleasantly massaged by the Shiatsu Massage chair. Your mind seems like it's floating. Exciting colors, shapes and patterns are created behind your closed eyes.

Through the use of **brainLight**-Sessions, you will feel calm and deeply relaxed within a few minutes. Your breathing slows down and becomes more even.



# Background and Effectiveness

**During the day, our brain works almost exclusively in the fast Beta frequency. In stressful situations, we perceive this as overstimulation. The various light and sound programs of the **brainLight-Systems** aim to lead the brain to the Alpha, Theta, Delta or the lower Gamma frequencies, as well as connecting both hemispheres of the brain.**

This is a specific state of mind and does not mean that the entire brain produces a dominant wave of the same frequency, about 10 Hz in the Alpha range. To get a better idea, imagine the frequencies of the brain waves going through peaks and valleys. The degree of connectivity increases the "power" of the brain and thus the amplitude of the waves (when two waves meet, they produce a larger wave).

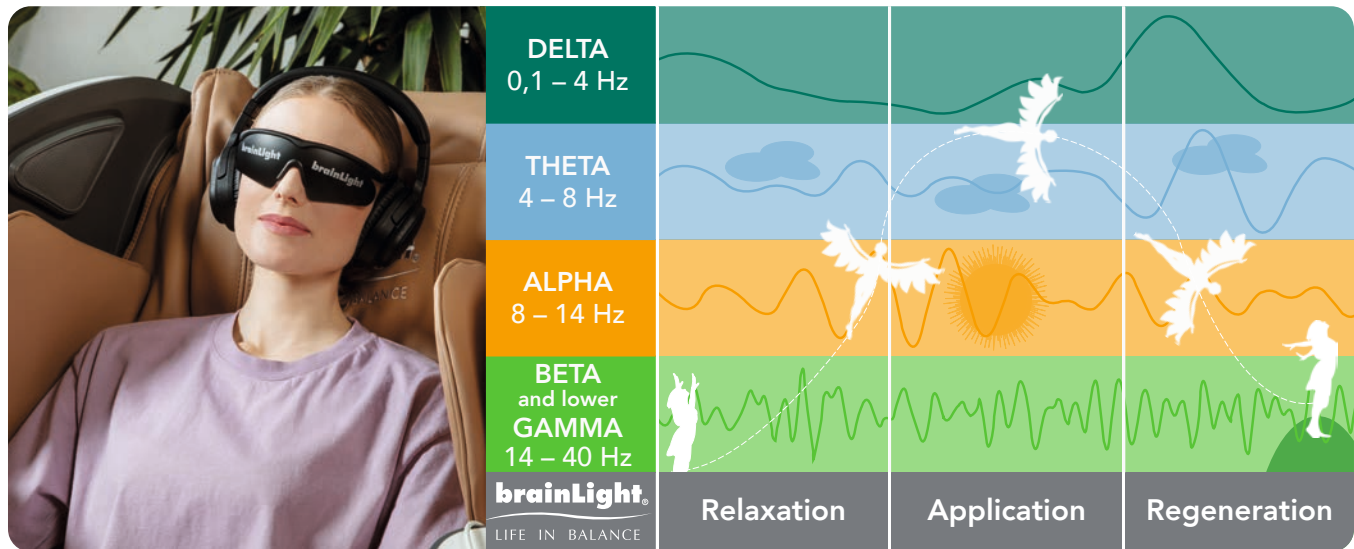
Put simply, a deep relaxation program may be carried out as follows: You are "picked up" in a mentally very active, possibly tense state of mind with fast flashing light and sound frequencies (Beta) and led through the slower frequencies into the Alpha range. Your breathing slows down, becomes more even and your muscles relax.

Calming and balancing the brain waves increases concentration and prepares the mind for learning. Alpha waves are a fundamental characteristic of mental and physical relaxation as well as of receptiveness, memory, creativity, imagination and intuition. Healing and self-regeneration, on the other hand, are best done in the Delta state.

# brainFlight with **brainLight**®

A **brainLight** relaxation session typically starts in the lower Beta frequency range. From there, the journey continues into the upper and lower Alpha ranges for

gentle harmonization. In the Theta and Delta frequency ranges, deep relaxation and regeneration take place.



# What do you Experience?



To give you an idea of how the stimuli effect your eyes and ears in the first few seconds of a deep relaxation program, think of the magic of a flickering fire, the interplay of light and shadow as you drive through a tree-lined avenue, or the sparkle of the sun on the ocean waves.

Matching the light effects of the glasses, you will hear relaxing music that is sometimes paired with a linguistic accompaniment. This means that you will experience a new form of physical and mental relaxation. Your mind will seem like it's floating. Stimulating colors, shapes and patterns are created in front your closed eyes. After relaxation, our environment seems calmer, more loving and gentler. We get a deep access to the realm that is our true self, an access to inner peace, serenity, harmony and happiness.



# Holistic relaxation generally leads to:

Dilation of the blood vessels

Resolving imbalances of the autonomic nervous system and neuromuscular conditions

Slowing down of the heartbeat

Activation of self-healing powers

## Wellbeing and happiness

Neural networking

Strengthening of the immune system



## Increased resilience to stress

Reduction of cortisol release

Harmonization of bowel activity and digestion

Harmonization of skeletal and fascial dysfunctions



**brainLight**  
LIFE IN BALANCE



## Our Product Recommendation

Audio-visual deep relaxation used for Fitness & Sport: the **brainLight** relaxTower PRO (also includes the sports programs) with Shiatsu Massage Chair Gravity PLUS.

Relax yourself fit!

Regardless of what you want to do for your body: relaxation is always essential. That also goes for your fitness routine. The right balance between relaxation and exertion is important, for muscle growth, for example. At the touch of a button, the **brainLight**-Relaxation-Systems provide you with an effective way to perfectly round off your physical training.

In fitness studios, the **brainLight**-Systems are used for a variety of purposes. Above all, after a tiring workout: simply regenerate yourself in the **brainLight**-Shiatsu-Massage-Chair and at the same time, strengthen yourself to face the demands of everyday life. Besides providing deep relaxation, the **brainLight**-Sports-Programs also offer mental training in many areas, including increasing your workout motivation. The

potential here should not be underestimated, taking into consideration the various studies assuming that sport performance is 80% dependent on the mental state of mind, and only 20% on the physical condition.

The **brainLight**-Systems can be used:

- for effective muscle relaxation and regeneration after training
- for mental responsiveness training
- as the perfect mental preparation for competitions
- to support you in reducing stress
- to increase motivation and mental stamina.

# Performance: Mental and Physical Fitness

Those who are fit, vital and relaxed feel good in their skin. Body and mind have found a balance here that make you powerful and active and ensures a healthy well-being.



The fundamental belief of the **brainLight** GmbH (Ltd.) is that relaxation is the essential requirement for mental and physical fitness.

**Here is a small selection of our all-inclusive wellbeing programs:**

- "Reducing stress"
- "Living more successfully"
- "Refreshed and cheerful within 20 minutes"
- "Ideal weight without dieting"

**our sports programs:**

- "Positive Target Focus Training"
- "Gearing Up for Competition"
- "Muscle Memory Rehearsal".



# brainLight®: A Unique Well-Being Experience



With regular use, the following results can be achieved:

- Stress reduction and stress resistance
- More energy and vitality
- Mental clarity and alertness
- Increased creativity
- Deep relaxation

# Vitality: Mental and Physical Relaxation

We characterize well-being as the harmonization between health and wellness and call this **brainLight-Balance**. Sustainable wellbeing, a holistic balance and a high quality of life are all key components.

Concentration and learning difficulties, stress, rushing, performance pressure, burnout – these are the consequences of our modern, technology dominated times. The **brainLight**-Systems offer you the chance to restore a natural balance back to your life. The fundamental concept of **brainLight** is that relaxation is an essential requirement for vitality as well as for concentration and performance. With the **brainLight**-Systems, improving your physical and mental capabilities as well as increasing your quality of life is made possible.

The fundamental concept of **brainLight** is based on the idea of holistic relaxation. A more relaxed state leads the way to health, improved performance and beauty. Only after these three aspects come together, can vitality be expressed.





# Our Recommendation for You:

**brainLight** relaxTower PRO  
4D-SPHERE



Our newest **brainLight**-System SPHERE offers you a perfect experience of well-being



**brainLight**-Synchro PRO  
containing the sports programs



The Synchro PRO – the best addition for your sport and fitness workouts

**brainLight**-Synchro PRO  
Gravity PLUS



More relaxation and performance with the Gravity PLUS and the Synchro PRO

Relaxation technology Made in Germany!  
Repeatedly awarded for: Innovation, high quality, design, functionality and ergonomics.



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