

# brainLight®

LIFE IN BALANCE



*Be in balance  
... and feel the difference.*

ENGLISH

# So much more than simply a massage chair:



Since 1988, we strive to support people with our products in their search of a happy and harmonious life. We are convinced that a world, in which everybody can consciously and steadily develop their inner potential and their (co-)human strengths, is a better place to live in for everyone. For our products to contribute to people dealing responsibly with their own personality and thus establishing this as a way of life in all of society is a deep desire of ours. Admittedly, a lofty and long-term goal, for which we are willing to give our best every day anew: in improving our technology and product line, in dealing with our clients, in the way we interact with each other in our company, and in working to enhance our own inner balance within and without the **brainLight**-Team.

## RELAXATION AT THE TOUCH OF A BUTTON

The **brainLight**-Deep-Relaxation-System implements a technological solution that combines different relaxation techniques so that they support each other. It is an audio-visual system that uses light- and sound stimuli, transferred through headphones and visualization-glasses to guide you quickly and reliably from feeling tense into a state of relaxation. This is supported and pleasantly amplified by the Shiatsu massage and the heating function of the massage chair.

## EASY TO HANDLE

The handling of the **brainLight**-Systems is really easy: Make yourself comfortable in the massage chair, choose a program and put on the visualization-glasses and

headphones. Even if you are new to this, you will be able to leave your daily routines behind and regenerate quickly. The **brainLight**-Sessions are an effective method to find your inner balance and to smooth out some rougher edges of your personality.

## A UNIQUE EXPERIENCE

Within a **brainLight**-Session you will experience a unique form of relaxation of body and mind. Within a few minutes you will feel calm and deeply relaxed. Your breath slows down and gets more even. In addition to the light-stimuli of the visualization-glasses you hear beautiful, relaxing music, with or without spoken accompaniment. Through this sensuous symphony of light, sound, and voice you will be transported into an as yet unimagined new world. Your mind seems to float and you experience yourself in an

intense and totally new way. Exciting colors, shapes or patterns emerge in front of your inner eye. To imagine how you might experience these stimuli to your eyes and ears, picture the magic of a flickering open fire, the interplay of light and shadow while traveling along a tree-lined road or the sparkling of the sun on the waves of an ocean.

## THE WORKINGS OF THE AUDIO-VISUAL TECHNOLOGY

A small, highly-developed computer – the heart of the **brainLight**-System – produces visual and optical signals which get transmitted per visualization-glasses and headphones. The brain spontaneously adjusts

to these frequencies and then produces its own frequencies, which correspond to the predefined impulses quite naturally.

Users of the **brainLight**-Systems are guided into very different states, depending on what kind of program is chosen. This can be either a meditation, relaxation or mental clarity. This phenomenon was named by Robert Monroe, a US-American, in the sixties. Stated in simple words, according to his theory – the so-called Frequency-Following Response (FFR) – the human brain follows a sonic or visual stimulus to which it is exposed over a longer period. In time it begins to vibrate in the same electric wave pattern as the given stimulus.

## brainLight<sup>®</sup>-Visualization-Glasses

An important component of the **brainLight**-Systems are the visualization-glasses. We offer these visualization-glasses with light-emitting diodes (LEDs) in different colors and in two different styles – for the curious, the adventurous, and people with special needs. Which kind of visualization-glasses one needs depends on your personal preferences. Following some information for your guidance.

### LEDS IN DIFFERENT COLORS

The **brainLight**-Visualization-Glasses with **white LEDs** are the standard feature of the **brainLight**-Systems. The color white produces the longest light wave and thus reaches most of the light receptors. These visualization-glasses produce the best stimulation. People, who do not see any colors in the beginning, while using white or green LEDs, will enjoy beautiful and bright light effects almost instantly when using **red LEDs**. The degree of stimulation is somewhere between the white and the green visualization-glasses. The visualization-glasses with the **green LEDs** are especially suitable for people whose eyes are sensitive or even highly sensitive to light. We also recommend them when using learning sessions and for children.

### TYPES OF GLASSES

Our standard visualization-glasses are the **Transparent-Visualization-Glasses**, available in all three different LED colors. The opaque **DARK EDITION** are our special visualization-glasses, available in all listed colors and because of the more intense light-stimulation especially suitable for advanced users. The glasses of the **DARK EDITION** are completely light-tight. That way you are very well protected against any surrounding light changes when doing a **brainLight**-Session.



Standard-Visualization-Glasses transparent



Visualization-Glasses DARK EDITION opaque



# A sensuous symphony of light, sound,

## INSTANT PROGRAMS

All **brainLight**-Programs are instant-programs, meaning they consist of coordinated light- and sound frequencies, music, and possibly spoken accompaniment. They are put together in a variation of very different topics, so-called program-sets.

## ENGLISH PROGRAMS

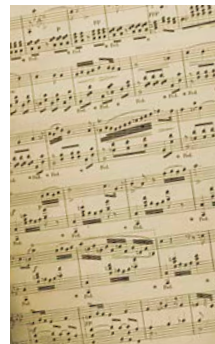


On this page you will find an overview of all program-sets available to date in English.



### THE **brainLight**-INTRODUCTORY-PROGRAM IN DIFFERENT LANGUAGES

Chinese, Czech, Danish, Dutch, French, German, Hungarian, Italian, Japanese, Norwegian, Polish, Romanian, Russian, Slovakian, Spanish, Turkish, and Urdu.



### MUSIC PLEASURE CLASSICAL TO MODERN

10 programs of "Purely Enjoying Music" without any spoken accompaniment. A symphony of light and sound, spanning from classical music of great composers to Latin, Lounge, New Age, meditation music, and all the way to Progressive Rock.



### BASIC-PROGRAMS

31 programs: **brainLight**-Introductory-Program PLUS thirty 10- to 30-minute programs for relaxation, meditation and to unwind.



### CLEVER – POSITIVE LEARNING EXPERIENCE TRAINING

10 programs to support faster and easier learning, designed to allow the training of your brain according to the newest standards of neural engineering.



### SPORTS PROGRAMS

10 programs of mental training for success in your sport. Such as: Gearing Up for Competition, Confidence and Self-Esteem, Muscle Memory Rehearsal, and Positive Target Focus Training.



### MAGIC SOUNDS BY DIETRICH VON OPPELN

These 10 **brainLight**-Programs allow you "Pure Enjoyment of Music" with some spoken accompaniment. For relaxation, dreaming, and meditation.



### CHILLOUT LOUNGE BY JESSICA BORN AND GEORG CROSTEWITZ

5 **brainLight**-Programs with timeless songs about silence and paying attention to all the small, but essential and beautiful things of life.



## YOUR PERSONALIZED **brainLight**-SYSTEM

In addition to the basic programs you can acquire different program-sets of your choice, whose topics fit your desires and goals. Our new software makes it possible to combine all **brainLight**-Programs that you are interested in, into your own personalized **brainLight**-System!

## PROGRAMS IN ADDITIONAL LANGUAGES

The range of the **brainLight**-Program-Sets is continuously added to and expanded according to the wishes of our customers.

On this page you will find an overview of all the programs available to date in other languages.



### CZECH:

- 31 Basic Programs
- 10 Programs „Požitek z hudby“



### HUNGARIAN:

- 26 Basic Programs



### DANISH:

- 26 Basic Programs



### JAPANESE:

- 31 Basic Programs



### FRENCH:

- 41 Basic Programs („Bien-être“)
- 10 Programs „Méditation & inspiration“
- 23 Programs „Clever“
- 20 Programs „Sport“
- 10 Programs „Plaisir musical“
- 10 Programs „Pleine conscience“
- 30 Programs „Auto-Guérison“
- 10 Programs „Training autogène“
- 10 Programs „Sans tabac“
- 10 Programs „Sons magiques“
- 20 Programs „Sommeil“
- 5 Programs „Chillout Lounge“



### POLISH:

- 20 Basic Programs



### ROMANIAN:

- 31 Basic Programs



### RUSSIAN:

- 31 Basic Programs



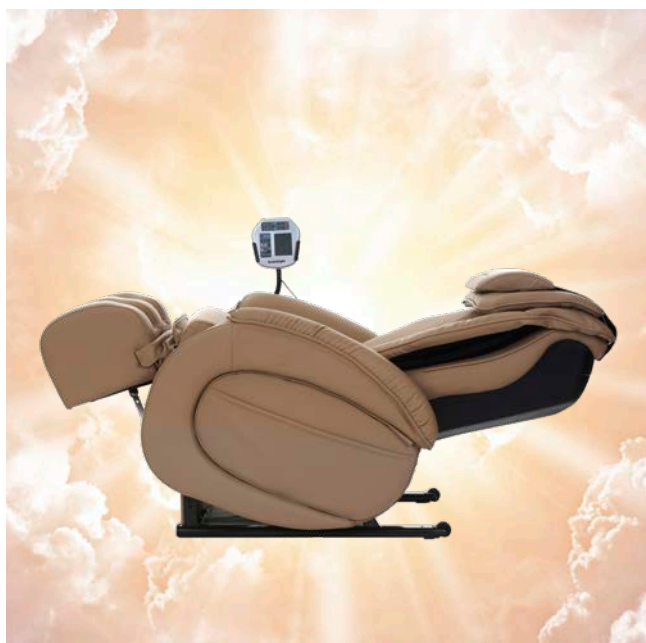
# brainLight®-Shiatsu-Massage-Chair Gravity PLUS

The **brainLight**-Shiatsu-Massage-Chair Gravity PLUS is the favorite model of our commercial customers. Without having to remove your shoes, the **brainLight**-Wellbeing-Experience can get started right away. Users are especially enthusiastic about the massage of the calves – an exclusive feature of this chair – and the vibration functions that enable the Gravity PLUS to gently relax your arms and legs. Another distinctive feature of the Shiatsu-Massage-Chair Gravity PLUS are the so-called rocking functions – which gently change the angles of the position from slightly reclining to a more and more horizontal position during the massage. The body's center of gravity gets shifted, thus varying the massage intensity, depending on gravity and chair angle, which in turn softly stimulates the blood circulation.

As with all our massage chairs, the massage techniques of the Gravity PLUS are based on different types of massages: the classical Swedish massage, the Japanese Shiatsu, and the traditional Chinese medicine (TCM) with their teachings of the different meridians (also called energy gates). The massage chair also works along your acupressure points. Let yourself be pampered!

## FUNCTIONS

- **Different types of massages**, which can be chosen singularly or in combination. Adjustable per control panel in various intensities:
  1. Acupressure massage
  2. Vibration massage
  3. Kneading massage
  4. Tapping/pounding massage
- **Acupressure points detection system**
- **Various sitting- & reclining positions** manually selectable
- **4 automatic sitting positions**
- **Up to 6 massage intensity-settings**
- **Differentiated combination of settings** possible (Position/Intensity/Type of massage/Area of massage/Automatic)
- **Vibration massage in seat- and arm area possible**, which can be combined with other manual functions
- 11 automatic programs
- Stretch- and rocking function
- Massage in calf area can be selected or deselected when using automatic programs
- **Specific massage** of neck, shoulders, and lower back
- **Infrared heating function** in the back area
- **Timer function**
- **Separate up and down adjustment** of back- and footrest electrically alterable
- **Reclining position** electrically alterable from 116° – 183°
- **Automatic switch-off**
- **Very energy-saving**



## AVAILABLE IN 17 DIFFERENT COLORS





## FEATURES

- Remote control panel with clear LCD display (German or English)
- Control panel holder
- Holder for storing the **brainLight**-Visualization-Glasses or your own glasses during a **brainLight**-Session
- Two pillows for the head- and neck area, which can be folded back
- Foam insert in the back area; can be easily removed, if a stronger back massage is desired
- Adjustable calf massage part: Length of calf rest can be changed manually
- Leatherette cover (real leather on request), easy to care for and disinfect

## ADDITIONAL OPTIONS

Overlay available in all five colors to soften the intensity of the back massage: 100,- €



### Infrared-Heating-Function



### Holder for glasses



## TECHNICAL SPECIFICATIONS AND DETAILS

Vertical range of the massage rolls: 105 cm (approx. 3 feet 4 inches)

Position angles of the chair: 116° – 183°

Operating voltage: AC 100 – 240 V; 60 Hz

Wattage: 100 W

Weight: 77 kg +/- 3 kg

Motor voltage: 24 V

Dimensions: approx. L 114 cm x B 97 cm x H 117 cm

approx. L 3' 7" x W 3' 2" x H 3' 8" (feet & inches)

Dimensions when chair is fully reclined and calf-rest

horizontal: approx. L 178 cm x W 97 cm x H 86 cm

approx. L 5' 8" x W 3' 2" x H 2' 8" (feet & inches)

## PRICE

**brainLight**-Shiatsu-Massage-Chair Gravity PLUS:

3.700,- €

All prices are net prices. Shipping costs excluded.

# Your personal *SPA* right at home:



\* Glas-Metall-Säule optional,  
nicht im Standard-  
Lieferumfang enthalten!

Use the audio-visual **brainLight**-Technology in a certain area of interest, for relaxation, learning languages, reaching the weight you feel good with, increasing your performance levels, or for mental- and motivational training. Thanks to the modular construction of the **brainLight**-Systems you can expand your system anytime with additional program-sets.

The Synchro PRO allows you to combine your own selection of music with the 50 fixed- and frequency-fixed programs as well as additionally chosen **brainLight**-Programs. This is possible by using your smartphone, CD- or MP3-player.

## OUR CUSTOMERS ARE DELIGHTED:

„My whole family and I like to use the possibility to combine the massage and light-programs with our own music. All members of the family enjoy the massage with the **brainLight**-Chair for relaxation. Buying the **brainLight**-System was a really good decision. My **brainLight**-System runs reliably and I can really recommend **brainLight**.“ *Bernd Book*

„Having experimented already in the 90s (nineties) with the **brainLight**-Systems I had also tested a lot of different massage chairs in that time. What finally really convinced me is this intelligently done combination of meditation music and voice with a solid and well considered massage chair plus the optical glasses that go with it. Doing a daily foot reflexology training momentarily ... made it important for me, to have the released energy flow easily from my back up to my head. This gets supported superbly by the **brainLight**-Shiatsu-Massage-Chair.“ *M.T. Rothe*





## TECHNICAL SPECIFICATIONS AND DETAILS **brainLight**-SYNCHRO PRO CHAIR

**Dimensions:** Base plate: 23 cm x 23 cm (approx. 9 x 9 inches); Height: 16,5 cm (approx. 6.2 inches); Side length: 22,5 cm (approx. 8.9 inches);

**Weight:** 1,2 kg

**Color:** Black or white

- Touch panel
- Backlit LCD-display
- Display of program number and remaining session time
- Automatic stand-by mode
- Statistical survey: number of individual- and total sessions
- 50 fixed- and frequency-fixed programs as well as additionally chosen **brainLight**-Programs, can be combined with your own music selection by using your smartphone, CD- or MP3-player, laptop, or other external sound sources.



## ADDITIONAL OPTIONS

Add program-sets of your choice:

One additional program-set: 334,45 €

Three program-sets at a discount-price of: 500,- €

Overlay available in all five colors to soften the intensity of the back massage: 100,- €

Glass-Metal-Pillar with holder for headphones: 83,19 €

**brainLight** stool: 25,21 €



## DELIVERY CONTENTS

1 **brainLight**-Shiatsu-Massage-Chair Gravity PLUS and  
1 **brainLight**-Synchro PRO with 31 basic programs



### BASIC-PROGRAMS

31 programs: **brainLight**-Introductory-Program PLUS thirty 10- to 30-minute programs for relaxation, meditation and to unwind.

1 pair of Visualization-Glasses (white LEDs) with intensity regulator

1 pair of headphones with volume regulator

1 TÜV\*-certified adapter (220 V or 110 V) – with GS-sign (safety proven)

1 adapter cable

(TÜV\* – German Association for Technical Inspections)

## PRICE

**brainLight**-Synchro PRO Gravity PLUS:  
5.000,- €

All prices are net prices. Shipping costs excluded.

Treat yourself to a pleasant relaxation experience with the **brainLight**-Synchro PRO Gravity PLUS on a daily basis. Find out more about our product range and program-sets in additional languages by calling: +49 (0) 6021 59070!

# An *Energy-Refilling-Station* for many areas:



- **brainLight**-Relaxation-Systems provide a component to Corporate Health Management and low-threshold offers for employees to take a quality-break
- relaxed studying with **brainLight** for school or university, individual self-improvement and seminars
- **brainLight**-Mental-Training for any hobby- and professional sportsperson in addition to physical training
- for the benefit of guests: **brainLight**-Deep-Relaxation in hotels and spas
- **brainLight**-Sessions in addition to beauty treatments and while waiting in a beauty- or wellness studio
- **brainLight** for better health- and living quality in support of hospitals, physicians, physical therapists, and natural health professionals
- the **brainLight**-Wellness-Lounge – Relaxation at the touch of a button as a highlight of any event!
- sustainable physical and psychological relaxation with **brainLight** for staff, residents, and relatives in nursing homes, rehabilitation centers, residential care homes, etc.

## THESE COMPANIES RELAX WITH **brainLight**:



WARRANTY: 24 months for private use, 12 months for commercial use. All products subject to technical changes.

## TECHNICAL SPECIFICATIONS AND DETAILS

### **brainLight** relaxTower PRO

Dimensions: L 23 cm x W 23 cm x H 90 cm  
(approx. 9 x 9 x 35.4 inches)

Weight without/ with coin-operated machine:  
13,4 kg / 14 kg

Color: TITAN or black, other colors upon request  
(Surcharge: + 168,07 €)

- Display showing current program and remaining session time
- Integrated key pad
- Statistical survey: number of individual and total sessions
- Lockable compartment for coin removal and exchange of program card
- **External payment systems upon request**



Coin slot for various currencies or tokens



Lockable coin- or token compartment with turnover statistics



Integrated key pad showing current program and remaining time on display

You and your staff can enjoy relaxing times with the **brainLight** relaxTower PRO Gravity PLUS. Find out more about our product range (and other available options) by calling: +49 (0) 6021 59070 !

## DELIVERY CONTENTS

- 1 **brainLight**-Shiatsu-Massage-Chair Gravity PLUS and
- 1 **brainLight** relaxTower PRO with 31 basic programs



### BASIC PROGRAMS

31 programs: **brainLight**-Introductory-Program PLUS thirty 10- to 30-minute programs for relaxation, meditation and to unwind.

- 1 pair of Visualization-Glasses (white LEDs) with intensity regulator
  - 1 pair of headphones with volume regulator
  - 1 TÜV\*-certified adapter (220V or 110V) – With GS-sign (safety proven)
  - 1 adapter cable
- (TÜV\* – German Association for Technical Inspections)

## OPTIONS AND PRICES

**brainLight** relaxTower PRO Gravity PLUS:  
5.550,- € without coin-operated machine  
5.900,- € with coin-operated machine

## ADDITIONAL OPTIONS

Add program-sets of your choice:

One additional program-set: 334,45 €

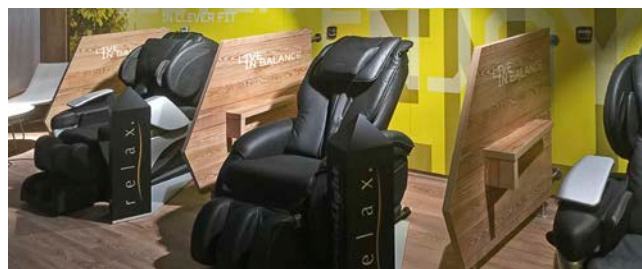
Three program-sets at a discount-price of: 500,- €

Overlay available in all five colors to soften the intensity of the back massage: 100,- €

All prices are net prices. Shipping costs excluded.



**brainLight** deep relaxation at Brose Fahrzeugteile in Coburg, Germany



**brainLight** deep relaxation at CleverFit (Fitness chain, Germany)



Relaxation technology Made in Germany! Repeatedly awarded international prizes.



ENGLISH



**brainLight®**

LIFE IN BALANCE

[www.brainlight.de](http://www.brainlight.de)