

brainLight®

LIFE IN BALANCE

Zenesso



*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[®]-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

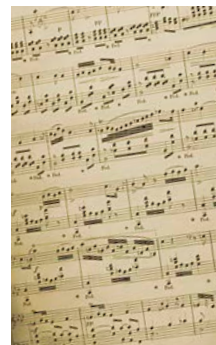


On this page you will find an overview of all program-sets available to date in English.



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 *Zenese*



The conception of the **brainLight-4D-Shiatsu-Massage-Chair *Zenese*** has been inspired by far-eastern philosophies. It creates an elegant interaction of opposites – of yin and yang, passive and active – which is necessary to harmonize body, mind, and spirit.

Zenese is able to cradle and gently touch you, but also to strongly massage, elongate, stretch, and strengthen you – depending on what you need at the moment to center yourself. Thanks to an intelligent body sensor, the chair not only adjusts its massage vertically, horizontally and deep into your body, but also determines the individual contours of your back. The massage techniques are based on the classical Swedish massage as well as the Japanese Shiatsu, thus working along different acupuncture-points to allow your vital energy "Qi" to flow freely.

This in turn is based on the Traditional Chinese Medicine (TCM) and their teachings of the different meridians or energy gates flowing through your body. Indulge!

FUNCTIONS

- **Exact positioning** of the massage arms
- **Air pressure massage** in 3 intensity settings for the following areas, selectable individually or in combination: arms & hands, thighs, upper arms & shoulders, feet & calves
- Positioning of **air pressure massage cushions** for the upper arms- & shoulder area adjustable manually in 5 different heights
- **5 types of back massage:** Kneading, Shiatsu, Tapping/Pounding, Kneading + Tapping, Slapping



Kneading Shiatsu Tapping / Pounding Kneading + Tapping Slapping

- Up to **6 speed settings** and **12 different 3D intensity-settings** for back massage can be selected manually
- **Foot-sole massage:** automatic sequences I and II, or manually adjustable
- **Seat-swing-function** with 2 speed settings to release tensions in hip- & pelvic area
- **Infrared heating function** in the back area, can be turned on/off individually
- **Sitting- & reclining positions can be adjusted manually;** separate adjustment of backrest, seat angle and footrest possible
- **4 automatic reclining positions:**
 - FLOATING 1: slightly reclined chair position, conveying a sensation of floating
 - FLOATING 2: lower reclined chair position, which conveys a deeper sensation of floating
 - HEART-BALANCE-POSITION: especially relieving the spine and supporting circulation
 - INVERSION: stimulating brain activity and oxygen supply
- **Emergency stop button:** the massage can be terminated immediately and easily from any chair position
- **Timer function**
- **Automatic switch-off.**



NEW: Air cushions that massage your upper arms and shoulders can be adjusted manually in 5 different heights so that the optimal position for various body sizes can be achieved.

– Functions and Features

FEATURES

- Remote control panel with clear LCD display
- Control panel holder can be installed optionally
- 2 accessory bags for storing the control panel, your tablet, mobile phone, books, magazines, etc. can be attached to both armrests with velcro
- Fabric case for storing the **brainLight**-Visualization-Glasses or your own glasses during a **brainLight** session
- Foam insert in the back area; can be easily removed, if a stronger back massage is desired
- Foam pads in the foot area; can be easily removed, if a stronger foot-sole massage is desired
- Flexible-three-part footrest that can be extended by 22 cm (approx. 8.6 inches) to suit different body sizes
- Floor protecting casters on the bottom of the footrest
- 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,- €

TECHNICAL SPECIFICATIONS AND DETAILS

Vertical range of the massage rolls: 77 cm (approx. 2 feet 5 inches)

Position angles of the chair: 110° – 216°

Operating voltage: AC 220 – 240 V; 50 – 60 Hz

Wattage: 150 W

Weight: 120 kg +/- 3 kg

Motor voltage: 24 V

Dimensions: approx. L 148 cm x W 78 cm x H 120 cm

approx. L 4' 9" x W 2' 6" x H 3' 9" (feet & inches)

Dimensions when chair is fully reclined and footrest

horizontal: approx. L 200 cm x W 78 cm x H 98 cm

approx. L 6' 6" x W 2' 6" x H 3' 2" (feet & inches)

PRICE

brainLight-Shiatsu-Massage-Chair *Zenese*: 5.800,- €

All prices are net prices. Shipping costs excluded.

Air Pressure Massage



9 different Color-Combinations



Your personal *SPA* right at home:



* Glass-Metal-Pillar
not part of the standard
delivery contents!

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:

„I am excited. After a slipped disk in the CDH-area (neck) I often had to use painkillers and the mobility of my right shoulder was heavily restricted. After only a few weeks, there was great improvement: almost no painkillers anymore and the mobility of my shoulder is back at 100 %.”

Silke Westermeier

„We have been owning the **brainLight**-System (Touch Synchro 4D Zenesse) now for over two years and are very pleased with it. We use it to reduce stress after work, as an oasis of tranquility during lunch break, but also for activation when a high amount of concentration is needed. My husband, who is doing a lot of very creative and scientific work, appreciates the mental clarity and concentration, created by the combination of light impulses and massage. Even for his back pain – a long-term problem – the Shiatsu massage is especially helpful, because it is optimally adjusted to his body size.”

Ursula C. T.



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 4D *Zenese* 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 4D *Zenese*:
6.900,- €

All prices are net prices. Shipping costs excluded.

Treat yourself to a pleasant relaxation experience with the **brainLight**-Synchro PRO 4D *Zenese* 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 4D *Zenese*. Find out more about our product range (and other available options) by calling: +49 (0) 6021 59070!

DELIVERY CONTENTS

1 **brainLight**-Shiatsu-Massage-Chair *Zenese* 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 *Zenese*:
7.450,- € without coin-operated machine
7.800,- € 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.

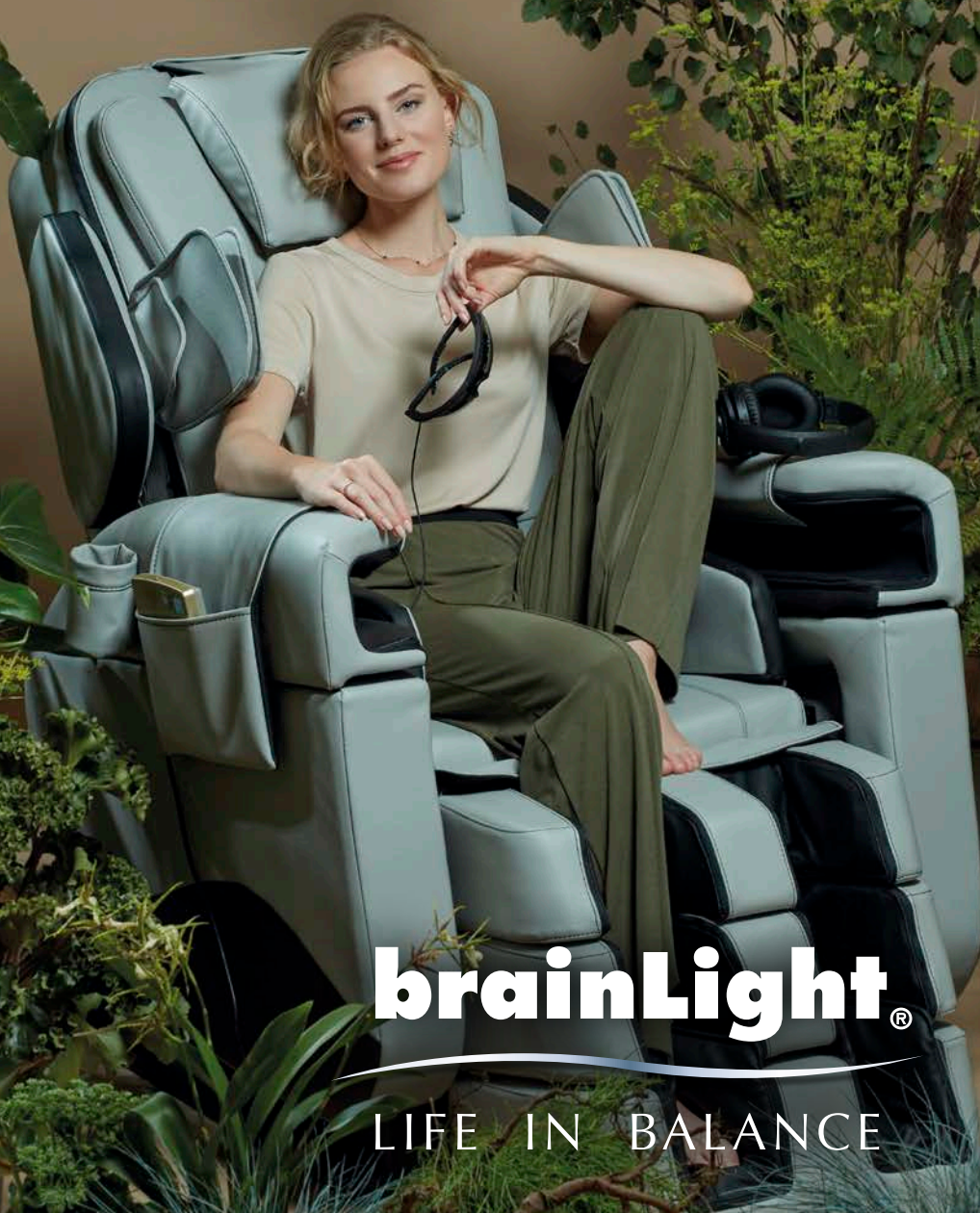


brainLight deep relaxation at Brose Fahrzeugteile in Coburg, Germany



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