

... because it's bringing joy!



brainLight®-Systems

Wellness-Lounges • **brainLight®**-Synchros
Commercial Systems • Massage Chairs

Unique throughout the world: The ultimate relaxation system!

brainLight®

LIFE IN BALANCE

THE REVOLUTION OF GREY MATTER

A mini-holiday in your work break, stress relief, balancing out poor concentration, help against nervousness and insomnia, support with learning difficulties – all that merely through light- and sound impulses! That’s just the beginning!

The neuro- and brain technology is a relatively young science. What is it that tempts you about your work? Which successes do you claim for yourself and which aims do you have?

Vera F. Birkenbihl urges us: “From being a brain owner turn into a brain user”. With audio-visual systems you can put exactly that into practice. The aspect of personal responsibility within that is especially interesting: Everyone can reach the exact state of being they want to be in with the brainLight-Systems – hence also leave an undesirable state behind. In our head office, we have many folders full of letters from our customers, who gratefully share how their lives have changed since they started working with the brainLight-Systems: Children who have improved in school, people who finally manage to fall asleep easily, relax, meditate and even talk about experiences of healing. brainLight-Systems as a standard – that is my aim. Imagine a world where all humans are happy and balanced, how great that would be!

Statistics show how important deep relaxation is: Roughly 200.000 heart attacks each year, out of which 140.000 result in death. 50 % of all Germans die from cardio-vascular diseases. Due to increasing stress people lack motivation and performance. How often should you use the brainLight-System and in particular where is the mini-holiday for body, mind and soul available?

To people who claim to be very stressed out I recommend at least one brainLight session a day. Our systems for domestic use start from only 499,80 Euros. Apart from that, you can find brainLight relaxation oases in several gyms, cosmetic parlours, hotels, spas, rehab centres. Progressive companies with a focus on health management offer their employees quality breaks with brainLight, for example Unilever, RheinEnergie, BMW, Lufthansa and many more ...

You report that well-known businesses in the USA and Europe use brainLight-Systems to prepare for important negotiations and exhausting seminars in order to be more concentrated and motivated; their learning ability is raised. Our brain is less explored than the moon. Are you being exposed to positive influences only during a brainLight session? How much stimulation is good for our brain?

I would like to answer this question in accordance with Mr. Berger: Nowadays, versatile possibilities of using audio-visual stimulation arise within medical, psychological, educational and hedonistic practice. One of them concerns increased efficiency – this includes relaxation techniques, enhanced concentration and techniques of ‘New Learning’. The second possibility affects mental competence – such as altered states of consciousness, focused attention, directed behaviour modification and ‘Mind Design’ - a term used by the trend researcher and management trainer Gerd Gerken. In-between, there is a vast array of therapeutic methods, particularly with regard to the mind and psycho-neuro immunology: audio-visual stimulation combined with therapeutic suggestion, imaginative psychotherapy, active and passive visualization; on your own, with a counsellor or a therapist, autonomous or with an adequate audio program. To sum up, I can say that the positive effects of our systems have been confirmed. General warnings like “Careful, it’s weird, keep your hands off!” are unfounded. The contrary is true: All gathered observations show that for people interested in the matter these systems are capable of opening up new ways and possibilities, broaden their mental, emotional and spiritual potential, and enrich their lives significantly.

On your website, you say, “If you know a better method to relax, apply it”. In fact, it is an enormous progress to be able to relax optimally with the help of technology. How quickly is the state of relaxation achieved with your method and where will the development of these systems lead to, do YOU have visions?

You feel relaxed after only about 20 minutes. Dr. Gene Brockopp, a medical research scientist from Buffalo, New York, believes it is possible to “develop and design new cognitive strategies” with the help of audio-visual systems. Brockopp is referring to techniques that enhance our creativity and intellectual functions. This is mainly linked with the higher coherence of the brain hemispheres, that is stimulated by these systems, which is not only relevant for artists, athletes, scientists and businessmen but for example also for patients who want to have a positive impact on their immune systems with the help of images and suggestions. Throughout the last couple of years, scientists have found out more about the human brain than in the whole of previous history. They have discovered that our brain is by far more complex and more powerful than we ever imagined. By stimulating the brain in the right manner, it can easily reach excellence. My vision: the revolution of consciousness with the help of brainLight-Systems.

Which jobs are related to the development and distribution of audio-visual relaxation systems and are there any career opportunities for women, which future professions are arising through this market?

Mental trainers and coaches, jobs in relaxation studios. I am confident that in a few years our progress will be similar to that of the solarium industry: In most cities you will find studios where you can relax deeply for half an hour. It also makes sense to use the brainLight-Systems in schools: as a means for relaxation as well as for enhanced learning. A number of coaches and workshop leaders are already working with this technology – especially when it comes to mental training, these systems are a great support for all attendants. Moreover, audio-visual systems are a supporting tool in the therapeutic sector.



Allow yourself time for good ideas

It is known that the brain is the centre of our emotions – happiness – behaviour – learning capacity – concentration – memory etc.

Up to now, people have had few possibilities of activating this most important part of their body.

Not anymore. The only lately discovered potential of personal growth and change is being unlocked!

During and directly after using the **brainLight**®-System you feel that your brain is warm and well supplied with blood. The oxygen-level of the head is increased – you are fit and full of energy. The physical relaxation through the massage chair also has positive effects on the brain. These are so strong that some people say they could not

feel their bodies at all, while others claim that they felt their bodies more consciously than ever.

This state of relaxation brings considerable relief to the nervous system. One of the important long-term effects is the improved harmony of the autonomous nervous system, which regulates metabolism and the rhythm between activity and rest.

brainLight® relaxTower

Your power station for optimum performance in everyday life

On Oct 31st 2008, the latest **brainLight®** development, the so-called '**brainLight® relaxTower**', was launched – right on schedule for the company's 20th anniversary. Being the innovator as well as the sole supplier, **brainLight®** once more faces up to the challenges of a growing health care market. The **brainLight® relaxTower** together with the **brainLight®-Shiatsu Massage Chairs** guarantee an experience of deep wellbeing at the touch of a button, within the commercial sector.

The **brainLight® relaxTower** is the further development of the successful **brainLight®** relaxation system "Synchro be complete", specifically designed for commercial use. At the touch of a button, the user experiences a perfect combination of relaxation for mind, body and soul. The core of the **relaxTower** is a state-of-the-art computer, which harmonizes the brain waves via light- and sound impulses and at the same time controls a Shiatsu Massage Chair. This technology is unique throughout the world. Jochen Hufgard, managing director of **brainLight® GmbH**, on the novelty: "With our latest development, the **relaxTower**, we have extended our technical lead on the health care market."

In areas, where deep relaxation is craved for, inner resources can be replenished quickly thanks to this technology. The trend of "power napping" can thus e.g. become a very effective way of quick regeneration. The **brainLight® relaxTower** is ideal for hotels, gyms, cosmetic parlours, waiting rooms, enterprises willing to invest

in the health of their employees, and of course spa- and chill-out areas. Moreover, self-employed licensees of **brainLight®-Systems** can generate profit by establishing the **relaxTower** in locations where mental and physical relaxation is in demand.



Operating the **brainLight® relaxTower** is fairly easy: The user gets comfortable in the massage chair, selects one of the 33 to 70 programs on the keypad, inserts the displayed amount of coins for a session of 10, 20, 30 or 40 minutes into the coin-slot, puts on visualization glasses as well as headphones and enjoys a refreshing break from everyday life.

First, he/she indulges in a Shiatsu massage loosening up back-, neck-, buttocks- and calf tension. Subsequently, the user is guided into a state of deep relaxation via light- and sound impulses and music. He/she starts to feel calm and balanced after only a few minutes. The breathing slows down and becomes more regular. He/she experiences a new way of physical and mental relaxation, in which the mind seems to be floating above the clouds. Beautiful colours and patterns like in a kaleidoscope arise in front of the inner eye, induced by the stimulating light frequencies.

Afterwards, the demands of everyday life appear in a new, positive light and a deeply felt sense of wellbeing settles in.

brainLight®

relaxTower Air Plus XL



Special comfort:
arm massage



Coin slot
for tokens or Euro coins



Integrated keypad with
program display



Lockable coin acceptor unit
with sales statistics

Introductory offer:

Scope of delivery:

1 **brainLight® relaxTower Air PLUS XL** with **brainLight®**-Shiatsu Massage Chair AIR PLUS including arm massage:

- 70 programs, visualization glasses, headphones
- Integrated coin acceptor and display showing program number and remaining session time
- Coin acceptor adjustable to tokens, Euro coins and other currencies
- Colour: TITANIUM or BLACK

relaxTower AIR PLUS XL 6.985,30 Euros

(**relaxTower AIR PLUS XL 5.870 Euros** excl. VAT)

2-year warranty.

Shipping costs excluded.

All prices stated incl. VAT (19 %).

OPTIONS for the **brainLight® relaxTower AIR PLUS XL**:

- Different colour: + 200,00 Euros
- Piano lacquer black: + 200,00 Euros
- Without coin acceptor: – 416,50 Euros

brainLight® relaxTower AIR



Scope of delivery:

1 **brainLight® relaxTower AIR** with **brainLight®**-
Shiatsu Massage Chair AIR PLUS:

- 33 basic programs, visualization glasses, headphones
- Integrated coin acceptor and display showing program number and remaining session time
- Coin acceptor adjustable to tokens, Euro coins and other currencies
- Colour: TITANIUM or BLACK

relaxTower AIR 6.188,- Euros

(relaxTower AIR 5.200,- Euros excl. VAT)

2-year warranty.

Shipping costs excluded.

All prices stated incl. VAT (19 %).

OPTIONS for the **brainLight® relaxTower AIR**:

- | | |
|--------------------------|----------------|
| • Different colour: | + 200,00 Euros |
| • Piano lacquer black: | + 200,00 Euros |
| • Without coin acceptor: | - 416,50 Euros |
| • Arm massage: | + 300,00 Euros |

brainLight® relaxTower GRAVITY

Scope of delivery:

1 **brainLight® relaxTower GRAVITY** with **brainLight®**-
Shiatsu Massage Chair GRAVITY:

- basic programs, visualization glasses, headphones
- Integrated coin acceptor and display showing program number and remaining session time
- Coin acceptor adjustable to tokens, Euro coins and other currencies
- Colour: TITANIUM or BLACK

relaxTower GRAVITY 6.664,- Euros

(relaxTower GRAVITY 5.600,- Euros excl. VAT)

2-year warranty.

Shipping costs excluded.

All prices stated incl. VAT (19 %).

OPTIONS for the **brainLight® relaxTower GRAVITY**:

- | | |
|--------------------------|----------------|
| • Different colour: | + 200,00 Euros |
| • Piano lacquer black: | + 200,00 Euros |
| • Without coin acceptor: | - 416,50 Euros |



The 33 basic Programs of the **brainLight® relaxTower GRAVITY** (subject to modifications)

(The massage settings of the relaxTower AIR differ slightly)

Program 01: FIRST USE with introduction

20 minutes



Short Programs up to 10 minutes

Program 90:	Lecture „ Stress management “ with Shiatsu massage (alternating positions)	
Program 91:	Lecture „ Enhancing your creativity “ with Shiatsu massage (with calf-swing massage)	
Program 92:	Lecture „ Building up self-confidence “ with Shiatsu massage (with swaying function)	
Program 93:	Lecture „ Background and function of the brainLight®-System “ with back massage	
Program 94:	Lecture „ Easy learning “ with back massage	
Program 10:	Positive affirmations for the beginning of your day with back massage	
Program 11:	Positive affirmations for the end of your day with back massage	
Program 12:	Neck massage with the piece of music „ Free flow “	
Program 13:	Neck massage with the piece of music „ Chill fit “	
Program 14:	Relax massage with the piece of music „ Energy “	
Program 15:	Relax massage with the piece of music „ Free Time “	
Program 16:	Quick meditation „ Stocking up on energy “	
Program 17:	Quick meditation „ Being powerful “	

20-minute Programs

Program 20:	Back massage with the piece of music „ Fantasy “	
Program 21:	Back massage with the piece of music „ Space “	
Program 22:	Back massage with the piece of music „ Creativity “	
Program 23:	Back massage with the piece of music „ Wellpower “	
Program 24:	All inclusive wellbeing session with the piece of music „ Deep insight “	
Program 25:	All inclusive wellbeing session with the piece of music „ Do it “	
Program 26:	All inclusive wellbeing session: „ Refreshed and cheerful within 20 minutes “	
Program 27:	All inclusive wellbeing session: „ Tranquil and balanced within 20 minutes “	
Program 28:	Music session „ brainFlight “	
Program 29:	Narrated relaxation session „ Journey through the body “	

30-minute Programs

Program 30:	Back massage with the piece of music „ Sky “	
Program 31:	Back massage with the piece of music „ Chill out “	
Program 32:	All inclusive wellbeing session with the piece of music „ Falling waters “	
Program 33:	All inclusive wellbeing session with the piece of music „ Freedom “	
Program 34:	All inclusive wellbeing session with the piece of music „ Ocean “	

40-minute Programs

Program 40:	All inclusive wellbeing session with the autosuggestion „ Dealing with stress “	
Program 41:	All inclusive wellbeing session with the autosuggestion „ Relax “	
Program 42:	All inclusive wellbeing session with the autosuggestion „ Overcoming anxiety “	
Program 43:	All inclusive wellbeing session with the autosuggestion „ Balancing your moods “	
Program 44:	All inclusive wellbeing session with the autotrance „ Creative problem solving “	

Back warmth function during relaxation phase

Audio programme with massage; without visualization glasses

Without massage; chair reclines; with visualization glasses

Meaningful stories with relaxation music

Session starts with massage, followed by relaxation phase with visualization glasses

Session starts with massage, followed by relaxation phase with visualization glasses; short wake-up massage at the end

brainLight[®]-Synchro be complete with **brainLight**[®]-Shiatsu Massage Chair AIR PLUS



Decorative pillar
not included in the
scope of delivery.

Suitable for private users e.g. for relaxation, learning languages, motivational and mental training.

Commercial use (for spa areas in hotels; chill-out areas; gyms; waiting rooms, e.g. at the doctor's; beauty parlours; alternative practitioners; physiotherapists; trainers): relaxation, stress prophylaxis, mental programs, wellbeing programs and much more.

Health management in businesses: chill-out- and relaxation rooms for employees.

Scope of delivery:

- 1 **brainLight**[®]-Shiatsu Massage Chair AIR PLUS
- 1 **brainLight**[®]-Synchro be complete

4.998,- Euros

OPTIONALLY with arm massage + 300 Euros

2-year warranty.

Shipping costs excluded.

All prices stated incl. VAT (19 %).



Vacation in everyday life – with **brainLight®!**

With the brainLight®-System you can easily and comfortably train your mental abilities. Furthermore, it can be specifically applied for mental and physical relaxation. Physicians confirm the following results if the brainLight®-System is used regularly:

- Deep relaxation
- Stress reduction and stress resistance
- Increased energy and vitality

- Better health
- Increased mental clarity and agility
- Increased creativity and intelligence

You can for example rejuvenate during lunch break – why not take a vacation in everyday life? For the future, you can rely on recovering quickly and getting refreshed after any stressful situation!!

brainLight[®]-Synchro be complete with **brainLight**[®]-Shiatsu Massage Chair GRAVITY



Decorative pillar
not included in the
scope of delivery.

Suitable for private users e.g. for relaxation, learning languages, motivational and mental training.

Commercial use (for spa areas in hotels; chill-out areas; gyms; waiting rooms, e.g. at the doctor's; beauty parlours; alternative practitioners; physiotherapists; trainers): relaxation, stress prophylaxis, mental programs, wellbeing programs and much more.

Health management in businesses: chill-out- and relaxation rooms for employees.

Scope of delivery:

- 1 **brainLight**[®]-Shiatsu Massage Chair GRAVITY
- 1 **brainLight**[®]-Synchro be complete

5.474,- Euros

2-year warranty.

Shipping costs excluded.

All prices stated incl. VAT (19 %).

You won't believe it
until you have
experienced it yourself!



After the session

When the program has finished, give yourself some time to readjust to everyday life. Get up slowly and breathe deeply, before attending to your duties refreshed and with clarity.

Please feel free to share your experiences with us at any time.

We wish you deep regeneration and pleasure with the **brainLight**®-System.

brainLight[®]-Synchro be balanced with **brainLight**[®] Massage Chair HEAT'N'ROLL



Suitable for private users e.g. for relaxation, learning languages, motivational and mental training.

Commercial use (for rehabilitation clinics; nursing homes; hospices; alternative practitioners; physiotherapists; trainers): relaxation, stress prophylaxis, mental programs, wellbeing programs and much more.

Scope of delivery:

- 1 **brainLight**[®] Massage Chair HEAT'N'ROLL
- 1 **brainLight**[®]-Synchro be balanced

2.490,- Euros

2-year warranty.

Shipping costs excluded.

All prices stated incl. VAT (19 %).



What is the background of the effectiveness of the **brainLight**[®]-Synchro?

In the nineteen-sixties, Robert Monroe (USA) developed the “Frequency Following Response” theory (FFR) which – simplified – signifies that the human brain will follow a continuous acoustic or optical impulse and will eventually start swinging in the electric wave pattern of that exact frequency.

According to anthropologist Michael Harner scientists studying shamanistic rituals have discovered that, “theta frequencies induced by drum beats dominate during the initiation”. This means that if a sound, e.g. a drumbeat, is created in a certain frequency, and is then continuously repeated in a certain rhythm, the brain frequencies will change. The same happens with light impulses that reach the eye in a definite frequency.

Modern research into the effects of rhythmical light and sound started in the mid-nineteen-thirties when scientists found out that our brainwaves synchronize with the

rhythm of flashing light stimulation. This process is called ‘coupling’. If e.g. a stroboscope with a frequency of 10 Hz is pointed at the eye, EEG records show that the brainwaves of the test person change to the frequency of 10 Hz.

We know that in ancient times both phenomena were combined to reach a state of trance. Rhythmic drumbeats, rattles, clapping, singing together with flickering light, coming from campfires, candles, torches or the like.

In our modern technological world, this knowledge was revolutionized through microelectronics. In the nineteen-eighties the time for the first generation of modern audio-visual systems had come.

These systems compound a rich mixture of sounds, chords and frequencies and guide the user into different mental states, which span from light relaxation to extreme consciousness.

Relaxation at the touch of a button:

The strength you gain during deep relaxation expresses itself as inner peace and self-confidence, as resistance to stress and charisma. You will experience the dazzling array of life with a balanced state of mind. The **Synchro be relaxed** offers 18 programs, each including music, light, and sound, specifically designed for your relaxation. When you are able to stay calm, focused and balanced, it is easy to be successful and live life in joy.



MENTAL TRAINING

be relaxed – Mental Training Programs

01	For your first session: 20 min. INTRODUCTION	
02	dealing with stress	15 min.
03	relax	15 min.
04	healthy sleep	30 min.
05	overcoming anxiety	20 min.
06	give up smoking	30 min.
07	your chosen weight	30 min.
08	sleeping well	12 min.
09	inner strength	27 min.
10	selling successfully	30 min.

be relaxed – Music Programs

11	atmosphere	32 min.
12	falling waters	30 min.
13	freedom	30 min.
14	deep insight	20 min.
15	ocean	20 min.
16	smooth	30 min.
17	space	24 min.
18	clouds	30 min.

Absolute novelty, our technological quantum leap: The programs listed above are Instant Programs – language, music, light and sound are optimally attuned to one another. Additionally, the be Synchro features light- and sound programs for various areas of application such as meditation, learning languages, motivational training, visualization and many more.

Suitable for private users, specifically for relaxation. Furthermore, it is possible to combine your own audio tracks with selected **brainLight®** programs by connecting the Synchro to an external CD/MP3 player etc.

Can be used by two people simultaneously.

Scope of delivery:

- 1 **brainLight®-Synchro be relaxed** with remote control
- 1 pair of adjustable visualization glasses (white)
- 1 pair of adjustable headphones
- 1 AC adapter (220V or 110V) **CE**
- 1 adapter cable

10 Instant Mental Training Programs

8 Instant Music Programs

20 additional light- and sound programs to combine with external audio equipment (MP3/CD player etc.)

499,80 Euros

2-year warranty. Shipping costs excluded.

All prices stated incl. VAT (19 %).



Scope of delivery:

- 1 **brainLight**®-Synchro **be balanced** with remote control
- 1 pair of adjustable visualization glasses (white)
- 1 pair of adjustable headphones
- 1 AC adapter (220V or 110V) **CE**
- 1 adapter cable

- 10 Instant Mental Training Programs
- 30 Instant Music Programs
- 48 additional light- and sound programs to combine with external audio equipment (MP3/CD player etc.)

Can be used by two people simultaneously

999,60 Euros

2-year warranty. Shipping costs excluded.

All prices stated incl. VAT (19 %).

Suitable for: private users; chill-out areas in recreational enterprises such as gyms, cosmetic parlours, thermal spas, saunas, hotels, baths; chill-out areas for employees; special offers at hairdressers, pharmacies, cafés; mental training areas in educational institutions, seminar centres etc.

Balance at the touch of a button:

Discover your strengths with the **Synchro be balanced** and learn which abilities within yourself can be developed further. Find out how you can achieve more using less energy. Relaxation establishes itself as a principle of performance and living. The new trend is: High-tech for relaxation and mental expertise.

Choose between 40 specifically designed music-, voice-, light-, and sound programs which meet your needs for stress resistance, inner peace and balance, motivation and drive, well-being in your body and deep relaxation. No wishes remain unfulfilled!

Light- and sound programs for various areas of application, also light- and sound programs with fixed frequencies. Mental Training Programs on the following topics: “dealing with stress”, “relax”, “healthy sleep”, “overcoming anxiety”, “give up smoking”, “your chosen weight”, “sleeping well”, “inner strength”, “selling successfully”.

An utmost novelty, our technological quantum leap: The 40 programs are Instant Programs – language, music, light and sound are optimally attuned to one another.

The Synchro be balanced contains all programs of the Synchro be relaxed, plus 22 Instant Music Programs and 28 light- and sound programs in addition.

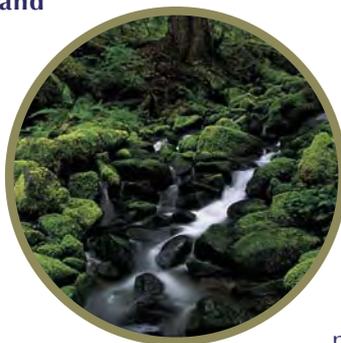
You CAN teach an old dog new tricks!

Productive and gentle learning is possible. Obsolete learning methods try to adjust the brain to the subject, which puts the learner under pressure and makes it hard to remember anything at all.

Our receptiveness for new information is best when the brain is in a state of alpha frequencies. Relaxed, yet focused, our memory works more effectively. On average, learning while in the alpha state is three times faster.

Simple but powerful new learning techniques (Superlearning, Suggestopedia) have been around for

some time now. Therein, rhythms and especially breathing techniques play an important role.



The **brainLight**®-Synchro is the consistent advancement of the Superlearning idea, as special learning programs make its practical application easy. Beyond that, the synchronization of the brain hemispheres is possible.

Thus, the **brainLight**®-Synchro revolutionizes adult education and unlocks new learning potential.



Scope of delivery:

- 1 **brainLight**®-Synchro **be complete** with remote control
- 1 pair of adjustable visualization glasses (white)
- 1 pair of adjustable headphones
- 1 AC adapter (220V or 110V) **CE**
- 1 adapter cable
- 10 Instant Mental Training Programs
- 30 Instant Music Programs
- 48 additional light- and sound programs to combine with external audio equipment (MP3/CD player etc.)

Unique throughout the world:
Automated massage chair control, attuned to all Instant Programs.

Can be used by two people simultaneously

1.499,40 Euros

2-year warranty. Shipping costs excluded.

All prices stated incl. VAT (19 %).

Suitable for: private users; chill-out areas in recreational enterprises such as gyms, cosmetic parlours, thermal spas, saunas, hotels, baths; chill-out areas for employees; special offers at hairdressers, pharmacies, cafés; mental training areas in educational institutions, seminar centres etc.

Wellbeing at the touch of a button:

The **Synchro be complete** provides holistic wellbeing programs for body, soul and mind. As with the Synchro be balanced you discover your strengths, learn which abilities within yourself can be developed further and how you can achieve more using less energy.

The 40 specifically designed music-, voice-, light-, and sound programs additionally feature an automatic control attuned to your Shiatsu massage chair. This means that you can combine the **Synchro be complete** with a **brainLight**®-Shiatsu massage chair of your choice.

Light- and sound programs for various areas of application, also light- and sound programs with fixed frequencies. Mental Training Programs on the following topics: “dealing with stress”, “relax”, “healthy sleep”, “overcoming anxiety”, “give up smoking”, “your chosen weight”, “sleeping well”, “inner strength”, “selling successfully”.

An utmost novelty, our technological quantum leap: The 40 programs are Instant Programs – language, music, light and sound are optimally attuned to one another.

Just like the Synchro be balanced the Synchro be complete contains all programs of the Synchro be relaxed, plus 22 Instant Music Programs and 28 light- and sound programs in addition.

The **brainLight**®-Synchro be complete controls your **brainLight**®-Shiatsu Massage Chair

Would you like to take a break from stress and the demands of everyday life? The **brainLight®-Synchro be complete together with a Shiatsu massage chair is the ideal choice!**

Here are some tips to make the most out of your first session: Sit down in the massage chair and make sure that you won't be interrupted for the next 30 minutes. Put on the headphones and have your visualization glasses ready. Point the remote control towards the infrared receiver of the pyramid – the **brainLight**®-Synchro be complete. Press '0' - light flashes up in one side of the glasses, press '1' – the program starts. That's all you have to do. (All of the other two-digit programs integrated in

the **brainLight**®-Synchro be complete can be started just as easily.) Close your eyes and put on the glasses. You will hear everything else you need to know via headphones. Now just relax, let go, enjoy, let it happen ... Your massage chair starts out with a gentle and relaxing massage during which you listen to pleasant music. After a few minutes, the chair reclines and the **brainLight**® session begins. A calming voice guides you into states of deep relaxation, while light impulses induce colours and shapes in front of your inner eye. At the end of the program, a second massage gently awakens you. You are refreshed and balanced, making it easy for you to cope with the demands of life. A complete and holistic experience of well-being.



Vitality and resilience up into old age

HHealth and joy despite high demands at work and in our spare time are important criteria for our quality of life. However, many of us feel nervous and jaded.

More than 70 % of the population in the industrial countries suffer from chronic or occasional back pain, which often leads to physical and mental complications. Massages can be of tremendous help here. In many cultures all over the world, massage techniques have been used successfully throughout centuries to heal or



relieve various diseases, to enhance physical vitality and to stabilize emotional balance.

Relieving the spine and spinal discs regularly, combined with relaxing massage movements, provides ease and regeneration. With the brainLight-System this service is at your hand whenever you like it or need it.

Guaranteed without having to make an appointment, without waiting room stress and without medical costs.

Shiatsu Massage

Shiatsu massage was developed in Japan. It is based on the principles of Traditional Chinese Medicine (TCM) that is the theory of the Five Phases (teaching of the Five Elements) and the meridians. The meridians are a channel system by which the life force energy Qi (Chinese: Chi) is circulated through the body. Blockages in the energy flow manifest themselves as symptoms, pain, disequilibrium or illnesses and are ascribed to a 'lack' or 'surplus' of Qi.

Shiatsu treatment aims at tracing any stagnation and blockages and at releasing them, in order to stimulate the flow of Qi as well as harmonize and support the balance of body, mind and spirit.

This is achieved with soft pressure on the meridians and acupuncture points (Tsubos). The pressure is produced by the relaxing shifting of weight. Further techniques like rotation, stretching etc. are included as well.

Private and commercial use
Chill-out areas
Relaxation lounges
Beauty parlours



Ergonomic shape and Effective massage – the ideal combination for relaxation and rejuvenation



Seminar rooms
Saunas
Chill-out rooms
Waiting rooms
and more



Different angles support the cardiovascular system, promote relaxation and relieve the back

brainLight® Massage Chair Heat'n'Roll

- Ergonomic shape with wide and particularly high back rest
- Comfortable upholstery for extra support
- Easy shifting between upright and reclined positions via electric motor
- Individual body adjustment through variable neck cushion and variable leg rest
- Can be positioned to ideal angle for cardiovascular support, relaxation and back relief
- Heating in back area – relaxation through warmth
- High-quality design and extra pleasant appearance due to generous padding
- Back rest can be reclined to 170° – ideal positions for relaxation
- Timer function
- Leg rest individually adjustable
- Various types of massage:
 1. Rolling massage
 2. Compression massage
for the back area
 3. Tapping massage
 4. Wave massage
for 4 body regions, also combinable with heating in back area
- Massage type and massage region can be selected separately
- Individually selectable at three levels (I - III)

- 6 combinable massage programs for full body massages
- Automatic switch-off

Scope of delivery:

brainLight® Heat'n'Roll

Massage chair with remote control, packed in 1 box.

Package dimensions: approx. L 120 x W 80 x H 124 cm

Colours: black/grey, black/red

Size / Weight:

Chair upright: approx. L 77 x W 107 x H 118 cm

Chair reclined: approx. L 150 x W 77 cm

Seat height: approx. 50 cm

Weight: net 47 kg, gross approx. 55 kg

220 – 230 V, 50 Hz, 36 W



D-Heat'n'Roll 1.790,- Euros

2-year warranty.

Shipping costs excluded.

All prices stated incl. VAT (19 %).



Computer work: A stop to the torture of eyes and back at hand?

Back pain is one of the biggest health issues. Experts guess that up to 80 % of the population in industrialized countries suffer from back pain. Every year, health insurance companies in Germany pay more than half a billion Euros for the treatment of chronic back pain.

One of the main reasons is the change in our working environment. In Germany for example, every second employee is working in an office, more and more people are working in front of the computer. More than half of all PC users suffer from back pain. Eye-, muscular-, and skeleton discomfort are the most common reasons for health care visits and missed work.

„Ten years in front of a computer screen are equivalent to 30 years of other work“ – that’s what some orthopaedists have to say. A crushing statement, as the computer was meant to make work easier and faster. It seems that the change to the information society is done at the expense of public health. More and more people complain about backache, burning eyes, muscle tension – the list of troubles ranges from light pain to psychic dysfunction. Tension and pain in the back are caused by a bad or lopsided body posture. Long hours in front of the computer or driving a car typically cause such discomfort. The reason is that the muscles, mainly the scapula, harden and hinder the blood flow. When the muscles are hardened, they can neither be supplied with sufficient oxygen and nutrients nor can the used nutrients be exchanged. Tension and pain occur. However, all these problems are

not inevitable. Improvement in the ergonomics of workstations, proper lighting and – most importantly – work breaks will help employees to stay healthy.

Work breaks: All concentrated work needs phases of relaxation. Scientific studies show that the merit of a break does not depend on its length. The opposite is the case: several short breaks are more efficient than a long one. How the break is designed also plays an important role. Relaxation is the correct approach. Suitable methods are e.g. autogenic training or Yoga, but in most cases there is not enough time or space for these.

An alternative is the use of the combination of the **brainLight®-Synchro be complete** with the **brainLight®-Shiatsu Massage Chair**. The user is massaged softly, the back muscles are loosened – followed-up by the **brainLight®** relaxation session with light- and sound impulses: a true quality break! The **brainLight®-System** with its visualization glasses offers another benefit apart from regeneration: With the eyes being closed, the blinking LEDs induce the pupils to follow the optical patterns. The simulating movements strengthen the eye muscle and thus counteract the fixed stare and low blink frequency of concentrated computer work.

In chill-out rooms or directly in the office: **brainLight®** brings relaxation within only a few minutes – a necessity for stress relief and good performance.

Private and
commercial use
Chill-out areas
Relaxation lounges
Beauty parlours

Seminar rooms
Saunas
Chill-out rooms
Waiting rooms
and more



OPTION with arm massage
+ 300 Euros

brainLight®-Shiatsu Massage Chair AIR PLUS

- Back- and calf rests can be moved up and down simultaneously or independently
- 11 automatic programs
- 4 different width settings for the back
- Heating function
- Calf massage can be added to automatic programs
- Timer function
- Alarm function for 1-8 hours; soft massage automatically starts 1/2 hour before alarm goes off
- Back rest continuously variable to 175°
- Various types of massage:
 1. Acupressure massage
 2. Vibration massage
 3. Kneading massage
 4. Tapping massage
 5. Stretching massage
 6. Rolling massage
 7. Combination massage
 8. Calf massage
 9. Shoulder-tapping massage
 10. Neck massage
 11. Shiatsu massage
 12. Air pressure massage in lower back and buttocks area
- Massage types can be selected separately or in combination
- Individually selectable at different levels via remote control
- Various positions can be selected manually
- 7 intensity settings

- Air pressure calf massage with kneading function
- Differentiated adjustments possible (position / intensity / automatic)
- Vibration massage (4 different cycles) can be combined with manual functions
- Automatic switch-off
- Clearly laid out, informative LCD display
- Can be upgraded with **brainLight®-Synchros**

Scope of delivery:

brainLight®-Shiatsu AIR PLUS

Massage chair with remote control, packed in 1 box.
Package dimensions: approx. L 120 x W 80 x H 75 cm

Size / Weight:

Chair upright: approx. L 120 x W 90 x H 120 cm
Chair reclined: approx. L 180 x W 90 x H 76 cm
Seat height: approx. 50 cm
Weight: net 75 kg, gross approx. 82 kg
220 – 230 V, 50 Hz, 70 – 420 W



D-CHI AIR 3.588,- Euros

OPTION with arm massage + 300 Euros

2-year warranty.

Shipping costs excluded.

All prices stated incl. VAT (19 %).



Health promotion and health management at the workplace: Employees are the most important resource

In most companies, the pressure to perform, the drive to succeed and the lack of time dictate an employee's attitude towards work. Is it still possible for employees to perform well and have fun at the same time? Yes!

The company management can take various measures aimed at health improvement. A successful business needs employees who are relaxed, healthy and committed. Only people who are fit on a physical and mental level can succeed in mastering the demands of professional daily life. The goal of health management is to maintain, promote and strengthen health, happiness at work and efficiency.

It is a known fact that health promotion pays off for companies: satisfaction at work, an increase in productivity and a better working atmosphere are the results. Employees call in sick less often. Overall, it has a positive effect on the image the company projects.

The German government agency for education and sports (BBS) wrote in an article that, indicated through research, a large number of today's history of illnesses is related to stress at work. Muscle and skeleton disorders

are mentioned first, followed by heart and cardiovascular disease, stomach- and intestinal- as well as psychiatric problems, including addictions. From the view of health care policy chronic diseases are a special concern. The majority of sick days in companies are not created by an accumulation of short-term illnesses, but from chronic illnesses in middle and older age.

The problem will continue to grow as the average age of long-term employees rises. Most of the above mentioned illnesses could not be attributed to one single cause. Many factors, especially pressure at work, aggravate their development. As a rule, they cannot be cured completely once they have come to the surface.

With this in mind, preventative health care achieves outstanding significance.

Here, the **brainLight**®-System can be of tremendous help: regular Shiatsu massages and deep relaxation promote stress resistance and clarity of the mind. The user is supported to feel better and meet the demands of everyday life in a relaxed manner.



Private and
commercial use
Chill-out areas
Relaxation lounges
Beauty parlours



Seminar rooms
Saunas
Chill-out rooms
Waiting rooms
and more



brainLight®-Shiatsu Massage Chair GRAVITY

- Stretching / swaying function
- Back- and calf rests can be moved up and down simultaneously or independently
- 10 automatic programs
- Heating function
- Calf massage can be added to automatic programs
- Timer function
- Back rest continuously variable to 175°
- Various types of massage:
 1. Acupressure massage
 2. Vibration massage
 3. Kneading massage
 4. Tapping massage
 5. Stretching massage
 6. Rolling massage
 7. Combination massage
 8. Calf massage
 9. Shoulder-tapping massage
 10. Neck massage
 11. Shiatsu massage
- Massage types can be selected separately or in combination
- Individually selectable at different levels via remote control
- Various positions can be selected manually
- 7 intensity settings
- Calf massage with kneading and rolling function

- Differentiated adjustments possible (position / intensity / automatic)
- Vibration massage (4 different cycles) can be combined with manual functions
- Automatic switch-off
- Clearly laid out, informative LCD display
- Can be upgraded with **brainLight®-Synchros**

Scope of delivery:

brainLight®-Shiatsu GRAVITY

Massage chair with remote control, packed in 2 boxes.
Package dimensions: approx. L 115 x W 65 x H 105 cm

Size / Weigh:

Chair upright: approx. L 140 x W 85 x H 115 cm
Chair reclined: approx. L 180 x W 85 x H 76 cm
Seat height: approx. 50 cm
Weight: net 60 kg, gross approx. 82 kg
220 – 230 V, 50 Hz, 68 – 420 W



D-CHI GRAVITY 4.101,- Euros

2-year warranty.
Shipping costs excluded.
All prices stated incl. VAT (19 %).

Friedrich-Alexander-University Erlangen-Nuremberg, Germany:

Degree Dissertation on “The Enhancement of Memory and Concentration via Audio-visual Stimulation with Optic-acoustic Systems”

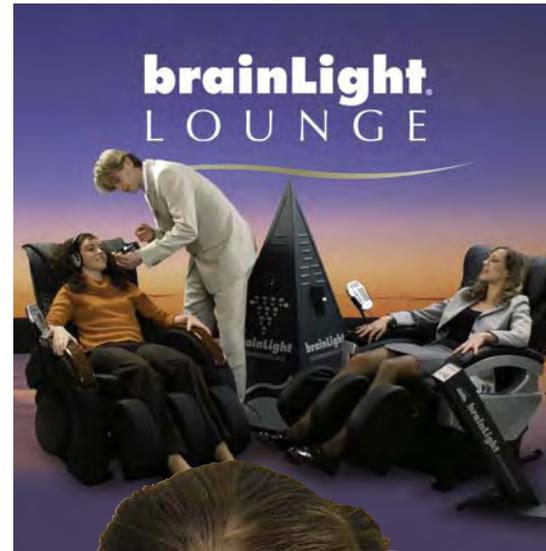
At the Friedrich-Alexander University Erlangen-Nuremberg in January 2009, Viktor Wuchrer examined in an experimental survey the impact of audio-visual alpha- and beta frequencies induced by optic-acoustic systems regarding the enhancement of cognitive performance. The results of his dissertation confirm a strong effect of the alpha treatment on memory and concentration. In addition, a strong effect of the beta treatment on concentration was verified, not, however, on memory. The experiment supports the repeatedly publicised findings about the effectiveness of audio-visual stimulation via optic-acoustic systems regarding cognitive performance. Previous scientific research also confirmed the positive effects of optic-acoustic systems concerning relaxation and the activation of cognitive performance. The Frequency Following Response, on which optic-acoustic systems are based, therefore allows the conclusion that its active principle can be used – to some extent – for the regulation of mental states and a certain “readiness to learn”.

Participants: 104 students between the age of 18 and 41 were examined in a laboratory experiment.

Procedure: Two variations each of the sub-test “Gegenstände” (objects) from the “LGT-3” (Learning- and Memory Test) according to Bäumler (1974) were used for the capture of memory performance, hence additionally in parallel form A and B, eliminating memory effects in the follow-up test. In this memory test, the participants had to memorise 20 visual objects within one minute, in order to reproduce them unaided afterwards. The participants’ concentration was determined with the help of the “d2-Concentration Test” according to Brickenkamp (2002): They had to process 14 lines of 47 items each as well as distinguish correct symbols from incorrect ones and cross them out in order. For each line, exactly 20 seconds of processing time was given until all 14 lines had been attended to. The **Synchro CD-ROM** by **brainLight**® was applied for the technical treatment, whereby two specific programs with alpha- and beta frequencies, which - depending on the conditions of the test - were induced. In particular, a program with the constant frequency of 10 Hz was played for the alpha treatment and a program with 18 Hz for the beta treatment, each for the duration of 20 minutes. Instead of doing a session with the optic-acoustic system, the participants of the control group had to read the prose text of a guided meditation and write an essay about it, which comparatively served as the placebo treatment.

Results: Concerning the alpha treatment it proved to be true that participants who were specifically stimulated audio-visually with an alpha program of 10 Hz were able to reproduce significantly more items in the memory test ($M = 1.73$, $SD = 2.38$) compared to the control group without audio-visual stimulation ($M = -.04$, $SD = 2.03$). On average, the alpha group remembered 1.7 memory items more in the follow-up test in comparison to the control group that hardly improved. With regards to the d2-Concentration Test, the former group also showed a significantly higher concentration rate ($M = 69.44$, $SD = 26.19$) compared to the control group ($M = 49.00$, $SD = 21.55$). Accordingly, the alpha group processed on average 69 items after a **brainLight**® stimulation of 10 Hz versus the control group achieving only 49 items in the follow-up test. The test subjects for the beta treatment, however, demonstrated a highly significant improvement of their concentration performance in the d2-Test ($M = 72.50$, $SC = 19.88$) compared to the control group ($M = 49.00$, $SD = 21.55$). Even though the beta group on average also reproduced more items than the control group in the memory test, the divergence is below statistical significance.

Summary: The examinations at hand show that test subjects are generally more susceptible to new information and external stimuli of all kinds through the induction of an average alpha state of 10 Hz, which can therefore conduce to a learning environment, too. Hence, this state of mind could be connected to a kind of attentiveness that is slightly turned inwards for the absorption of information and at the same time still perceives all surroundings. Likewise, the alpha state subsequently contributes to a better reproduction of memory material. With regards to an activation induced by beta frequencies, explicit improvements of concentration and at processing external stimuli become apparent, which also involves an attentiveness turned outwards. This kind of mental activation that can be generated by using optic-acoustic systems, specifically through audio-visual stimulation, thus implies the possibility of regulating mental states. Consequently, the applicability to corresponding tasks can be deduced. Thus, beta frequencies (18 Hz) in particular would for example complement attentive and active processing of subject matter or enhance the motivation to learn, while average alpha frequencies (10 Hz) would support memory performance and the absorption of new information.





Studies and research on audio-visual systems

Relaxation: Dr. Norman Thomas and his assistant David Siever, University of Alberta, Florida, USA, published a convincing study on the "Effect of repetitive audio-visual stimulation on skeletomotor and vasomotor activity". Two groups of so-called "hypnosis-resistant" people were tested; the first group was audio-visually stimulated with 10 Hz, the second group was asked to visualize a calming image and relax "traditionally". Afterwards, they were examined with an EEG and their muscular tension as well as their index skin temperature was measured. The result: Most people in the second group stated to feel more relaxed, the measured data, however, proved the opposite: their muscular tension had increased. The other group, on the contrary, obtained a state of long-lasting, deep relaxation that was confirmed in the follow-up examinations. The scientists concluded that, "autosuggestion is less effective than audio-visually induced relaxation. It seems that audio-visual stimulation is an easy method for people who normally are resistant to hypnosis."

Cerebral performance: Dr. Robert Cosgrove anaesthetist of Stanford University's School of Medicine, California, USA, began examinations around optic-acoustic stimulation, in 1988. In his résumé, he summarizes that "this method induces a state of very deep relaxation for most people. The calming effect is so obvious that we consider making use of it for patients before and after operations. Besides, we are testing optic-acoustic machines for their benefits regarding the treatment of chronic stress." Furthermore, Cosgrove talks about the great potential for supporting optimal cerebral performance: "Regular use of audio-visual apparatuses seem to be very exciting: it could retain and improve brain capacity and eventually slow down the decrease of cerebral performance that is traditionally linked to the elderly."

Great future: Dr. Bruce Harrah-Conforth, Indiana University, USA, also researched into the effects of audio-visual

systems. With the help of an EEG, brain stimulation could be clearly measured, a phenomenon he calls "Brain Entrainment". A control group that was stimulated by pink noise did not show the effect. Dr. Harrah-Conforth is convinced that light- and sound signals can bring the sympathetic and parasympathetic nervous system into states which he calls "hyper- and hypo-arousal or ecstasy and Samadhi". He continues: "Brain entrainment is extremely effective in inducing a change of consciousness and is nearly foolproof." Even though this technology is still in the early stages of development, he predicts a great future for audio-visual systems.

New cognitive strategies: Dr. Gene W. Brockopp, medical researcher from Buffalo, New York, USA, is convinced that it is possible to "design and develop new cognitive strategies with the help of audio-visual systems". Brockopp refers to techniques that enhance creativity and intellectual activity. This is in particular related to the coherence of the brain hemispheres generated by these systems. It is not only beneficial for artists, athletes, scientists and businessmen, but also for patients who would like to influence their immune system positively with the help of images and suggestion.

Hypnosis: Many scientists are interested in this aspect, for example well-known biofeedback researcher Dr. Thomas Budzynski. He considers audio-visual systems to be "very effective hypnotic facilitators", which plays a decisive role within New Learning and directed behaviour modification (autosuggestion and self-programming). It can be applied in connection with therapeutic suggestions or adequate recordings.

Better suggestibility: Dr. Roman Chrucky, Medical Director of North West Jersey Development Center in Totowa, New Jersey, USA, has collected similar results: "The tranquilizing effect of optic-acoustic systems often lasts for two to three



Studies and research on audio-visual systems

days; also, the effectiveness of hypnotic inductions and common suggestibility is strongly enhanced." Furthermore, Chrucky sees a direct connection between optic-acoustic stimulation and new, creative ideas and thoughts.

Audio-visual stimulation and migraine: The English physician Dr. J. Anderson successfully treated migraine patients with audio-visual systems. Out of the fifty patients examined, forty-nine reported that the "photic stimulation" relieved their migraines; in 36 cases they could be eased fully. It was not a long-time study, however, and other examinations showed limited results. In addition, migraines are a very complex problem, as psychological, social and systemic factors play a role.

Better sleeping: Dr. William Harris, Director of the Penwell Foundation, USA, specialized in AIDS research, has also worked with audio-visual stimulation for medical purposes. He regards the systems as the ideal support for immunodeficient patients, as they facilitate better sleeping patterns and easily teach focusing and visualization techniques, which are most effective in states of relaxation.

Hyperactive children: In his speech at the yearly meeting of the AAPD (Association of Applied Psychophysiology and Biofeedback) in 1991, Dr. Harold Russe reported that audio-visual stimulation in beta frequency could increase the cognitive activity of hyperactive children. They scored up to 10 points more in IQ tests. He considers the combination of audio-visual stimulation and EEG feedback a specifically effective training program for children with attention deficits / hyperactivity disorders.

Competitive sports: Audio-visual systems are of great interest within the field of competitive sports as well. G. Batik concludes in his degree dissertation titled "Audio-visual

stimulation from the viewpoint of sports psychology" at the Institute of Psychology, University of Vienna: "Optic-acoustic systems definitely enhance relaxation. The more physically fit the person is, the stronger the effect. The heart rate is generally lower when audio-visual systems are employed than when they are not used. The body reacts to audio-visual systems with slowing down the heart rate and with lower blood pressure. Optic-acoustic systems reduce fear better than normal relaxation."

Easier learning: In her degree dissertation, Petra Braunschmied-Wolf looked into the pragmatic influence of audio-visual stimulation on learning behaviour. Applying programs for enhanced concentration, the group using audio-visual stimulation "increased their performance by 100 % in relation to the control group without the support of optic-acoustic equipment". However: "The factor whether a test person experienced the stimulation as pleasant or unpleasant had a significant influence on the learning efficiency (learning improvement of approx. 45 % with a positive experience, against a neutral or negative experience).

Hemispheric synchronization: Is a very specific condition and does not mean that the whole brain creates a dominant wave of the same frequency, for example 10 Hz in the alpha state. Instead, it helps to imagine brain waves like valleys and mountains. Synchronization happens when all brain waves reach their peaks at the same time, in sync with each other. When the brain waves are in sync, the "power" of the brain increases. Dr. Fehmi of the Princeton Biofeedback Research Institute, USA, discovered that audio-visual systems stimulate the brain in a way that makes it reach synchronization more easily.



Frequently Asked Questions

Is mental training with the brainLight®-System dangerous? No. The brain is physically stimulated with sensory impulses, hence in a natural and gentle way through the sense organs eyes and ears. The machine works exclusively with natural frequencies (up to 40 Hz) and the programs aim at optimizing the organizational form of the brain.

Is there any proof of the function and effectiveness? Yes, the EEG records of scientific examinations confirm the effectiveness. In the USA and in Europe, more and more doctors, therapists, physiotherapists etc. include the brainLight®-Synchro in their practice.

What do I have to do to make sure the brainLight®-System works for me? Nothing. Because of the coherent approach and without any extra effort the brainLight®-Synchro will inevitably cause positive experiences. At the most, you can help to access to your inner depth more easily by creating a cosy environment.

How do brain waves develop? Measurable electronic potential fluctuations occur because the chemical environment of our nerve junctions, the synapses, changes constantly. Thus, the waves are the expression of dynamic processes in a particular area of the brain. Within this process the nerve cell is sensitive to different degrees, which means it will conduct impulses more quickly or more slowly.

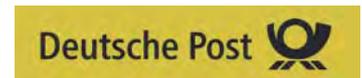
How are the frequencies of the brainLight®-Synchros generated? A valid question as we are talking about very low frequencies of approx. 0.5 – 30 Hz, which cannot be played back even through huge speakers. Instead, the brainLight®-Synchro emits a quantity of light- and sound impulses equivalent to the Hz rate. Thus, a frequency of 10 Hz matches 10 audio- and visual impulses per second.

When should you not use the brainLight®-Synchros? If you suffer from epilepsy or have a pacemaker, you should enjoy your brainLight® sessions WITHOUT using the visualization glasses. As a sheer measure of precaution we also recommend this to pregnant women.

When should you not use the brainLight®-Shiatsu Massage Chairs? You cannot use our massage chairs if you weigh more than 140 kg / 308 lbs / 22 st. Please choose programs without massage if you have acute back complaints, suffer from a herniated disc or osteoporosis. If you have varicose veins or are prone to thrombosis, you cannot use the calf massage functions. As a sheer measure of precaution we also recommend this to pregnant women.

My questions concerning brainLight® +49 (0) 6021 59070 or info@brainLight.de:

References



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