

*Wellbeing Menu*  
*for bon vivants*

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relax**Tower** *Air*

**brainLight®**

LIFE IN BALANCE



# What do you experience?

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During the session you feel calm and deeply relaxed within a few minutes, after a short period of getting used to the new impulses. Your breathing slows down and becomes regular.

To give you an idea how the stimulus works on your eyes and ears, here some comparisons:

Visualize the magic of a flickering fire, the game of light and shadow while driving through a tree-lined avenue, or the sparkle of the sun reflected on the sea.

Accompanying the light impulses you listen to beautiful, relaxing music. Some programs are narrated, others are not.

You experience a new way of physical and mental relaxation. Your mind seems to float. Magical colours, shapes and patterns unfold in front of your inner eye.

# Effects of the **brainLight**® relaxTower

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## **I. Immediate effects after one session:**

- Instantaneous stress relief
- Deep relaxation after only 5 to 10 minutes
- Substitute for about 2 hours of sleep (deep regeneration)
- Preparation and support for therapies
- Access to your right cerebral hemisphere and therefore to your subconscious
- Synchronization of the two cerebral hemispheres
- Integration and absorption of subject matter into your long-term memory

## **II. Medium-term effects after about 5 sessions:**

- Improved tranquillity and ease in your everyday life
- Higher resistance towards stress
- Better performance
- Raised mental clarity
- Enhancement of your personal wellbeing
- Activation of your inner healing powers

## **III. Long-term effects depending on how regularly you complete a session:**

- Better concentration
- Better memory
- Improved reactions
- Lasting resistance towards stress
- Better performance in many areas
- Daily difficulties will be seen as a task, chance and challenge
- Raised brain activity
- Making correct decisions intuitively
- Experiences of meditation
- Designing your future out of your inner wisdom and strength
- Intensification of your sensory perception



Dear **brainLight®**-user!

Please choose a program, dial the corresponding number and insert the required coins. Afterwards, please put on the headphones and have your visualization glasses ready if you have picked a program that includes the visualization. Now, simply surrender to the delight of this wellbeing experience ...

You can end your session at any time by pushing the star button.

If you suffer from epilepsy, have a pacemaker, or if you are pregnant, please enjoy your session without the visualization glasses. If you are pregnant, have acute back complaints, suffer from thrombosis or osteoporosis, as well as if you weigh more than 140 kg / 308 lbs / 22 st., please choose a program without massage.

We wish you a wonderful experience!

Your **brainLight®**-team





*The first time . . .*

# The program for your first session

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If this is your first time of enjoying the holistic **brainLight**® wellbeing experience, we recommend:

## *Introduction, Program 01*

*approx. 20 minutes*

*(You will find introductory programs in different languages further on in the manual).*

You will hear the most important details about your session while being massaged. Subsequently, you will experience a beautiful, narrated **brainLight**®-session with light and music. To finish, you will be guided back into this reality with a quick wake-up massage, so that you can master the challenges of your everyday life feeling fit and refreshed.

Would you like to find out more about the background and function? Please choose Program 93.

# The relaxation quickie ...

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You don't have much time and would like to get fit, refresh yourself before an important meeting or would simply like to get your mind clear for your next demanding task? The **brainLight®** relaxTower has the menu to suit your needs:

**Enjoy a stretch massage, while listening to an interesting, short lecture:**

- **Program 90:** Lecture "Stress management" with stretch massage
- **Program 91:** Lecture "Enhancing your creativity" with stretch massage
- **Program 92:** Lecture "Building up self-confidence" with stretch massage

**Enjoy a back massage (without calf massage), while listening to an interesting, short lecture:**

- **Program 93:** Lecture "Background and function of the **brainLight®**-System" with back massage
- **Program 94:** Lecture "Easy learning" with back massage



# Short Programs up to 10 minutes

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Enjoy a back massage (with calf massage), while listening to positive affirmations for your day:

- **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

Enjoy different kinds of massage while listening to pleasant, relaxing music:

- **Program 12:** Neck massage (without calf massage) with the piece of music "Free flow"
- **Program 13:** Neck massage (with calf massage) with the piece of music "Chill fit"
- **Program 14:** Stretch massage with the piece of music "Energy"
- **Program 15:** Stretch massage with the piece of music "Free time"

Enjoy a beautiful, narrated **brainLight®**-session with light and music, without massage:

- **Program 16:** Quick meditation "Stocking up on energy"
- **Program 17:** Quick meditation "Being powerful"

## More time to indulge ...

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You have 20 minutes to go on "vacation", in order to meet your challenges afterwards with more stress resistance and more balance. Here, a five star choice from our menu:

### Enjoy different kinds of massage while listening to pleasant, relaxing music:

- **Program 20:** Back massage (without calf massage) with the piece of music "Fantasy"
- **Program 21:** Back massage (without calf massage) with the piece of music "Space"
- **Program 22:** Back massage (with calf massage) with the piece of music "Creativity"
- **Program 23:** Back massage (with calf massage) with the piece of music "Wellpower"

### Enjoy the all inclusive wellbeing session: A massage to be followed by a fascinating **brainLight®**-relaxation with light and music, and at the end a quick wake-up massage:

- **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"

## 20-minute Programs

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Enjoy the all inclusive wellbeing session: A massage to be followed by a wonderful, narrated **brainLight**®-relaxation with light and music, and at the end a quick wake-up massage:

- **Program 26:** All inclusive wellbeing session: "Refreshed and cheerful within 20 minutes"
- **Program 27:** All inclusive wellbeing session: "Tranquil and balanced within 20 minutes"

Enjoy a beautiful, fascinating **brainLight**®-session with light and music, but without massage:

- **Program 28:** Music session "brainFlight"
- **Program 29:** Narrated relaxation session "Journey through the body"

"If you succeed in conquering inner tranquillity,  
you have achieved more than the one  
who has conquered cities and whole empires."

*Michel de Montaigne*

# Plenty of time to indulge and let go ... 30-minute Programs

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You know the value of investing 30 minutes of your day in your health. Regular relaxation is one of the most important conditions for vitality into old age and is a preventive against many so called civilization diseases. Let go and feel how all tension is drifting out of your body and psyche ...

**Enjoy different kinds of massage while listening to pleasant, relaxing music:**

- **Program 30:** Back massage (without calf massage) with the piece of music "Sky"
- **Program 31:** Back massage (with calf massage) with the piece of music "Chill out"

**Enjoy the all inclusive wellbeing session: A massage to be followed by a fascinating brainLight®-relaxation with light and music, and at the end a quick wake-up massage:**

- **Program 32:** All inclusive wellbeing session with the piece of music "Falling waters"
- **Program 33:** All inclusive wellbeing session (without calf massage) with the piece of music "Freedom"
- **Program 34:** All inclusive wellbeing session with the piece of music "Ocean"



# 40-minute Programs

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Take out time for yourself regularly to reprogram your subconscious mentally with the help of our autosuggestions. We recommend completing an autosuggestion at least 21 times, ideally once a day at the same time, in order to achieve the desired result best. We wish you every success!

Enjoy the all inclusive wellbeing session: A massage to be followed by a wonderful, narrated **brainLight®**-relaxation with light and music, and at the end a quick wake-up massage:

- **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"

"Leisure and wellbeing are  
essential conditions for culture."

*Max Frisch*



# International Introduction Programs

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- **Program 51: German**    **FIRST SESSION: Introduction + Session**    20 minutes
- **Program 80:**    French    FIRST SESSION: Introduction + Session    20 minutes
- **Program 81:**    Italian    FIRST SESSION: Introduction + Session    20 minutes
- **Program 82:**    Spanish    FIRST SESSION: Introduction + Session    20 minutes
- **Program 83:**    Dutch    FIRST SESSION: Introduction + Session    20 minutes
- **Program 84:**    Norwegian    FIRST SESSION: Introduction + Session    20 minutes
- **Program 85:**    Turkish    FIRST SESSION: Introduction + Session    20 minutes

# Health promotion and health management at the workplace:

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

The company 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 effectiveness. 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. It can also have a positive effect on the image of the company.

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 addiction. 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

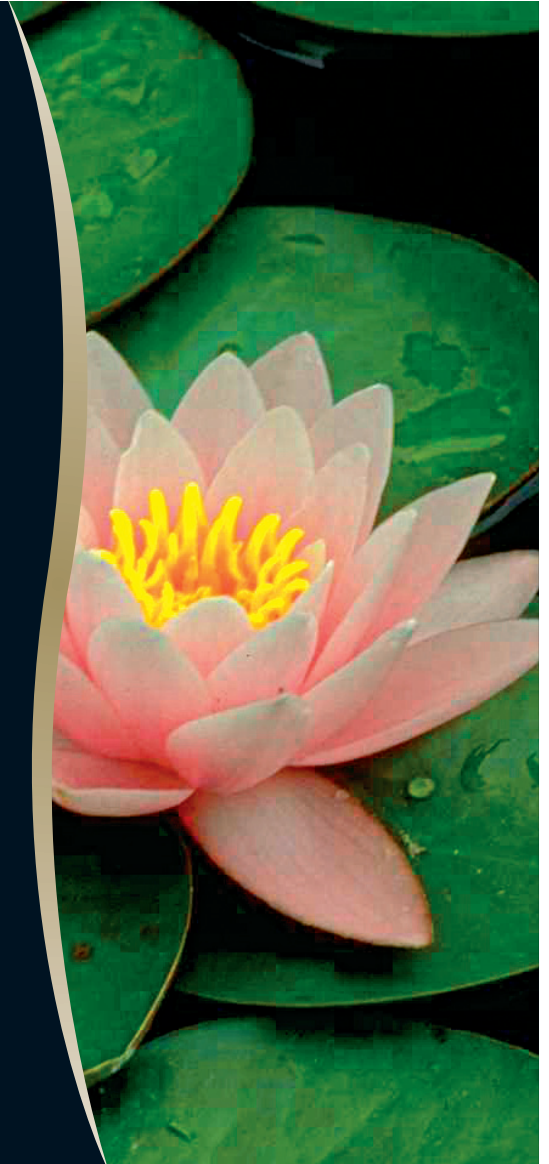


# Employees are the most important resource

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of the above mentioned illnesses cannot 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.

**This is where the **brainLight**®-System can help: regular Shiatsu massage and deep relaxation promote stress resistance, clarity of the mind and help the user to feel better and meet the demands of everyday life in a more relaxed manner.**





## Computer work:

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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 the working environment. Every second employee in Germany is working in an office, more and more people are working at a 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 orthopedists have to say. A crushing statement, as the computer was supposed to make work easier and faster. It seems that the change to the information society is done at the expense

# An end to back pain in sight?

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of public health. More and more people complain about back pain, 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 lopsided body posture. Long hours in front of the computer or driving a car are two typical reasons for 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.

Regular **brainLight**®-sessions can help: The user is first massaged softly, the back muscles are pleasantly loosened; this is followed by the deep relaxation phase – a quality break! The **brainLight**®-System with its visualization goggles offers another benefit apart from relaxation: With the eyes being closed, the blinking LEDs induce the pupil to follow the optical pattern. 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 in the office, **brainLight**® brings relaxation within only a few minutes - a necessity for stress relief and good performance.

# What happens during relaxation?

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We let go.

Everyday life, fears, worries.

During relaxation we seem to be changing our reality.

After relaxation our surroundings seem to be quieter, more loving and softer.

We get deep access to the part  
that is our true self, deep access to serenity, inner peace, harmony, happiness.  
To the extent that we take this serenity, the inner peace, the harmony  
and the happiness with us into our everyday life,  
they will multiply.





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