

GHARLENI

RLX **WELNAMIS**

BINAURAL VIBROACOUSTICS LOUNGER



WAVES OF WELLNESS FOR MIND AND BODY

Welnamis is an acoustic and vibrational technology that trains the brain to relax and benefit from deep relaxation techniques. Using specific vibrations and binaural audio frequencies, Welnamis makes it possible for even the busiest minds to achieve deep levels of relaxation in one session. Similar to meditation, specific sounds slow down mental activity and vibrational frequencies act on the energy centers of the body. The foundational technology is the Quantum Harmonic audio treatment. It delivers symptom-reducing and resilience-building multilayered programs through stereo headphones.



Supports wellness for the
management of chronic stress

Deep relaxation for busy minds

Reduces symptoms of stress and
anxiety

Enhances mood

Improves conditions for sleep
quality

Evidence based

BRAIN WAVES

It's all about frequencies

The human brain is a remarkable organ, housing approximately 100 billion neurons that communicate through electrical signals. Despite their minuscule size, current science and technology have not yet advanced enough to detect individual neuron activity at such a detailed level.

Nevertheless, existing technology enables scientists to observe overall patterns of brain activity, providing insights into how neurons within the brain fire at any given moment. This collective brain activity exhibits a rhythmic pulse, akin to the functioning of the heart. These pulses, known as brainwaves, occur at various speeds, indicative of different mental states.

For instance, during deep sleep, the brain pulses approximately three times per second, while during intense concentration, it may pulse up to 50 times per second. Different frequencies of brainwaves have been associated with distinct "states of mind." Slower brainwaves evoke a sense of relaxation and introspection, whereas faster brainwaves can signify heightened concentration or stress.

All Welnamis Wellness programs have been thoughtfully crafted to stimulate various states, ranging from activation and relaxation to meditation and sleep.

Synchronization of brain waves using Binaural VibroAcoustic stimulation

Binaural sounds (with both ears) are a psychoacoustic phenomena that is perceived when two sounds with slightly different frequencies are applied separately to each ear.

The brain automatically generates a third frequency, which results from the difference between the two original carrier frequencies. With the help of these frequencies it is now possible to specifically influence the different frequency ranges in the brain, as the neurons automatically try to adapt to the external frequency.

These sound frequencies, when precisely delivered, create synchronizations between the left and the right hemispheres of the brain. This process is called brainwave entrainment.

These binaural sounds are embedded in relaxing, specially composed music and work in a frequency range that is not perceptible to the human ear.

The second important feature of the Welnamis experience is the technology of pure synchronized sine-waves that are delivered through tactile transducers embedded in the surface of the lounger. Perceived as gentle vibrations which affect the energy centers of your body, this sinewave frequencies multiply and accelerate the brainwave entrainment process.

Welnamis offers a complete experience of impulses from audio and vibrational frequencies to calm the body and mind and bring both into a relaxed state.

“The combination of music and vibrations really helped me just feel rested for those 20 minutes - how I couldn't even sleep last night!”

Astrid- Spa Director



THE WELNAMIS PROGRAMS

Designed and curated for different outcomes.

Touch

Operates in the mid-Alpha brainwaves. Light vibrations designed to induce a sense of calm and relaxation, and help alleviate stress.

Deep

Program with deeper multi-channel vibrations for a more intense physical experience with an orchestrated audio program of musical notes, tones and natural sounds, for deep relaxation and improved sleep patterns.

Gentle

A combination of lighter and deeper vibrations designed for both relaxation and chakra balancing. Multi-channel frequencies resonate with the body's energy centers to attain a deep, relaxed state.

Energy

Operates from Alpha to Theta brainwaves. Vibration program designed to balance the body's energy centers, to help with resiliency and deliver a relaxed mental state.

Stress Relief (~10 Hz)

This program operates in the Alpha brainwave category and targets a brainwave frequency somewhere in the 10Hz range. This provides a nice relaxing experience, but will leave the user able to process cognitive thoughts and be fully "present"... yet deeply relaxed. A program that is great for first time users, as well as for people with symptoms of anxiety and stress.

Mindfulness (~6 Hz)

This program operates in the Theta brainwave category and targets a brainwave frequency in the 6Hz range. This is a frequency that will "turn off" the conscious mind, but keep the subconscious active. This produces dreamlike meditative experiences that are normally experienced in very deep meditation. This is one of our most popular frequency ranges, as users tend to have vivid and wonderful experiences.

PowerNap (~4/partly at 2-3 Hz)

This program operates in a very deep Theta level (4Hz range), and dips in to the Delta level (2-3Hz), where both the conscious and subconscious mind are "turned off". The delta level is the brainwave state where our body releases serotonin, melatonin and endorphins that are responsible for feelings of wellbeing. In today's busy world, many people do not achieve delta brainwave patterns during an entire night's sleep. Using this program can allow a few precious minutes in deep delta level brainwave patterns, which can equal more than a full night's rest, inciting a healthy physical and emotional rejuvenation process.

Awareness (~40 Hz)

Instead of lowering the brainwave levels this program raises the brainwave levels to around 40Hz, in the gamma range. Recent research shows that gamma brainwaves improve cognitive function and memory, and have even been shown to reduce dementia and Alzheimers Disease in clinical trials. Gamma waves are also the brainwaves associated with compassion and gratitude. It should be used by people who have experienced the first three programs repeatedly. Not to be used in the evening, before bed-time, as it increases the brain activity and the user may find it difficult to switch to sleeping-mode.

RLX WELNAMIS

Binaural Vibroacoustics Lounger



Features RLX Welnamis:

- Optional design variants
- Easy-to-clean synthetic leather cover
- Standard upholstery color: dark grey. Other colors from our color collection on demand
- Electrical inclination adjustment
- Heating for lounger surface
- Optional color-matched neck rest



- Access height: 42 cm
- Projection length: 190 cm
- Width: 70 cm
- Load capacity of the table surface: 160 kg

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