

wavebalance®

The holistic treatment system for movement, therapy and wellness

With BalanceFloater® and in-house training

For your signature treatment and multi-sensory space



wavebalance® ~ your benefits at a glance

As a holistic treatment system, wavebalance® achieves outstanding and lasting success in therapy and wellness applications. This enables you to offer your guests a unique and novel experience on the BalanceFloater®, while also setting you apart from your competitors.

Your benefits with wavebalance®:

- » Unique as a holistic treatment system
- » Currently in vogue as a treatment and wellness offer and in growing demand due to its novel and unique features
- » Treatment system based on physiotherapy, proven and seamlessly integrated treatment method, school of movement according to the principle of waves and spirals
- » In 2018, it was presented with an award from the Deutscher Wellnessverband für integratives Behandlungsritual (German Wellness Association for Integrative Treatment Ritual) in the category of wellness & spa innovations.
- » **You can expect:**
 - Complete treatment system „ready to use“ from one provider: Treatment system, BalanceFloater® installation, in-house training, support with spa menu and where necessary with signature treatment, ongoing support if required.
 - Three to six customised, classic wavebalance® spa menu treatments, support with implementing your signature treatment
 - Tailor-made training programme as in-house training
- » Simple installation of BalanceFloaters® in treatment room (approx. 12 square metres), without major renovation and disruptions to ongoing operation
- » Superior product quality through cooperation with highly-qualified manufacturers:
 - BalanceFloater®: Akva Waterbeds A/S, Danish manufacturer of high-quality waterbeds since 1981, produced with renewable energy, raw materials and craftsmanship that fulfill the highest standards of quality and eco-friendliness
 - AURA the high-end sound system: BAS Burmeister audio produces unrivalled sound experiences through spherical sound technology
- » Complete treatment system that can be effectively refinanced and profitably deployed with a comparatively fast return-on-investment (details on return-on-investment upon request)
- » As desired, support following installation and training as a wavebalance® service partner



wavebalance® applications: movement. therapy. wellness.

Mit wavebalance® gives rise to a flow that combines movement and rest, therapy and wellness in an innovative and holistic way:

- » Symbiosis of body and water work, cradled, carried and moved
- » Gentle, rhythmic touch treatments according to the dynamic spiral principle – effective over the long-term
- » In combination with novel sound and frequency applications – invigorating sensual experience
- » Alternating between rhythmical, dynamic and deep tranquility– modern and holistic
- » Unique, sensual and refreshing at the same time – increased sensitivity of perception



movement ~ for sport and fitness

- » Experience mobility, feel the joy of movement
- » Improved coordination, rhythm and stability for optimum movement patterns
- » Strengthening all muscles, particularly posture
- » Being aware of the whole body with every movement
- » Active support through oscillating water
- » Harnessing resistance of the water
- » Motor learning via systematic, sensory feedback information of the oscillating water
- » Can also be used in water or via movements in the upright position



therapy ~ for health and prevention

- » Improvement to sensory function and ability to relax
- » Mobilisation of self-healing powers through your body's own intelligence
- » Holistic mobilisation, especially for disorders and illnesses of the muscular-skeletal system
- » Restoration of muscle and joint functions through oscillating 3D mobilisation
- » Removal of adhesions through oscillating 3D fascia work
- » Relaxation and pain relief for joint, muscular and nerve-related disorders
- » Gently let yourself fall into therapeutic hands to the rhythm of the waves



wellness ~ for relaxation and beauty

- » Feeling safe and developing trust
- » Increased ability to relax
- » More vital energy and inspiration
- » Water as a life-bearing and life-mediating element (elixir of life)
- » Sensation of weightlessness and of being carried and cradled
- » Movement of whole body with the most subtle touches, relaxation that can be felt from head to toe
- » Can be integrated into everyday life

BalanceFloater® ~ the multi-functional sound and water treatment couch

The BalanceFloater® by Akva Waterbeds A/S couch combines maximum safety and stability with lasting massage and relaxation enjoyment as well as optimum lying and treatment comfort. The stable, padded frame provides secure support when getting on and off the couch. The Balance Floater® affords the therapists good support and seat functions for gripping techniques during use. All BalanceFloater® models come with elastic, wipeable hygienic stretch covers in white, beige or dark brown, which span the whole upholstered frame and can be cleaned with standard disinfectants. The base is made of stable, long-lasting birch multiplex. We'd also be happy to match the colours of the BalanceFloater® base to your interior.

The Aura Sound by BAS Burmeister Audio-Systemen works with special loudspeaker technology built into the BalanceFloater® and in the experience rooms. All components of BAS Burmeister Audio systems are manufactured by hand to the highest quality. Music is applied to the whole body via three zones from the couch area and as a stereo signal in the listening room. In particular, this stimulates acoustic coherence and the system of epicritical sensitivity (remote perception).

The individual selection of music, as well as the adjustment of music volume and oscillation intensity promise the highest quality of experience.

With various different sizes and designs, the BalanceFloater® are geared towards different applications for wellness, fitness and therapy. Can also be used for treatment with or without oil, as fitness or movement exercises, with or without sound installation.

The models/sizes:

BalanceFloater® Manual

- » weight: about 500 kg (400 litre water)
- » dimensions: 1,10 x 2,20 x 0,82 m (B x L x H)

BalanceFloater® Fluid

- » weight: about 600 kg (500 litre water)
- » dimensions: 1,20 x 2,40 x 0,82 m (B x L x H)

BalanceFloater® Active

- » weight: about 700 kg (600 litre water)
- » dimensions: 1,40 x 2,40 x 0,74/0,62 m (B x L x H)

BalanceFloater® Care

- » weight: about 830 kg (730 litre water)
- » dimensions: 1,70 x 2,40 x 0,74/0,62 m (B x L x H)



wavebalance® ~ the holistic treatment system

For many years, wavebalance® has been using the healing power of water for movement, therapy, and wellness.

For the releasing of vital energy and self-healing powers

The holistic treatment system combines sound, warmth, water and wave movements on the BalanceFloater® with the therapist's practical skills. This creates a unique all-round experience for your guests, which lays the foundations for fully unlocking vital energy and self-healing powers. wavebalance® is a treatment concept that can be used in all areas of life – from preventative health care to deeply relaxing, regenerative treatments.

BalanceFloater®

The BalanceFloater® was custom-made as a sound and water treatment couch for the wavebalance® treatments. It is filled with approx. 500 litres of water at a pleasantly warm temperature.

The innovative sound and frequency application

A novel sound and frequency application unites feeling and hearing in a special way. wavebalance® uses the unique structure of water with its reactions to all types of vibration – ranging from natural sounds to speech to relaxation music.

In addition to wavebalance® therapy, you can use the BalanceFloater® for a variety of application and treatment methods.

In-house training

We've developed a simple training programme for the proven and seamlessly integrated wavebalance® therapy and its plethora of possibilities.

Two- to four-day trainings

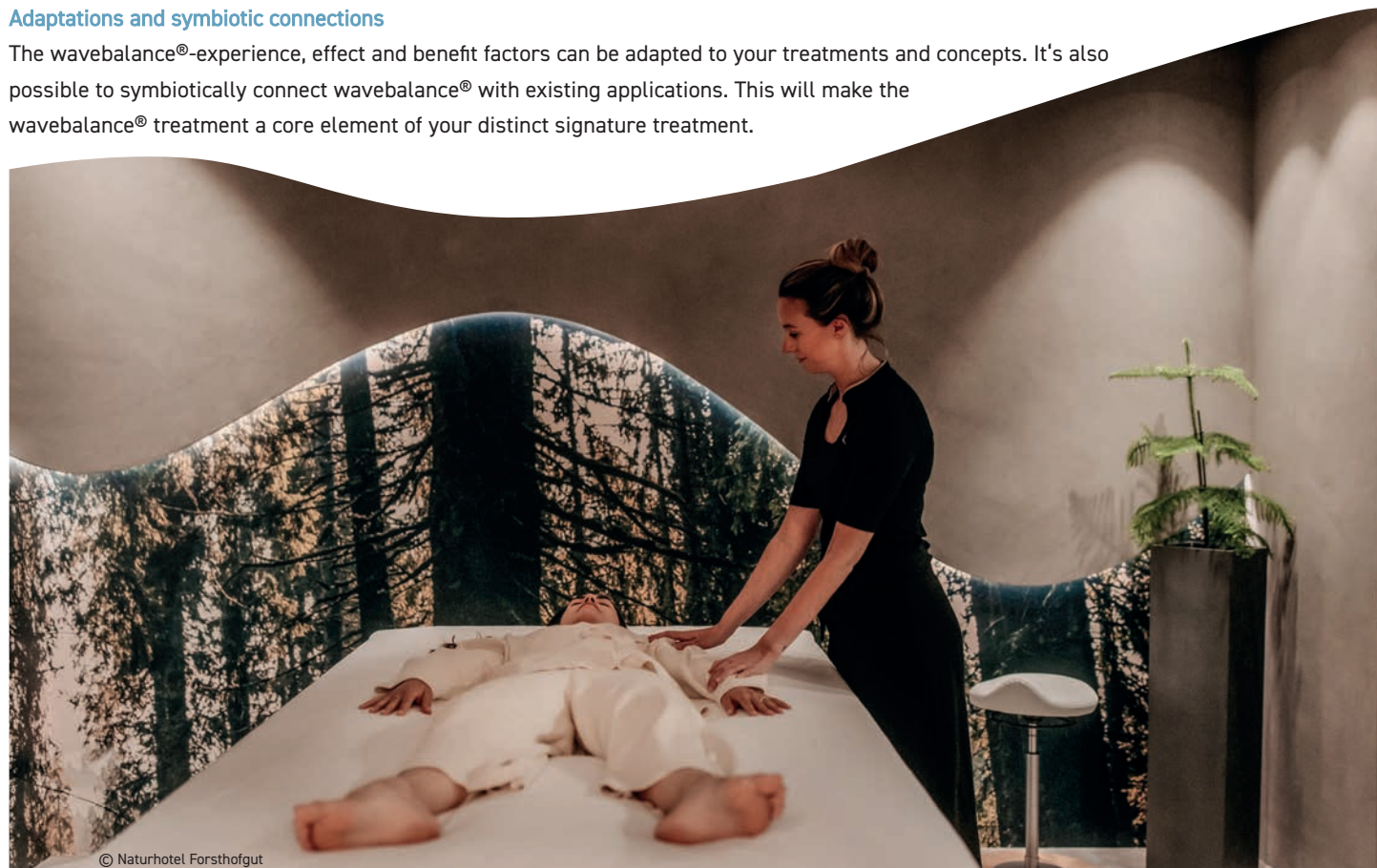
Following the acquisition of the BalanceFloater®, we provide in-house training over two- to four-days, depending on the size of your spa team. Your therapists can then implement the learned process in various fields of action and experience the BalanceFloater® and wavebalance® method as a „co-therapeutic“ approach.

Your own signature treatments

Do you want to bring your own signature treatment to life? We'd be happy to develop the concept with you.

Adaptations and symbiotic connections

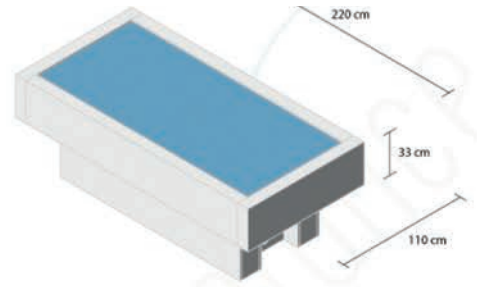
The wavebalance®-experience, effect and benefit factors can be adapted to your treatments and concepts. It's also possible to symbiotically connect wavebalance® with existing applications. This will make the wavebalance® treatment a core element of your distinct signature treatment.



BalanceFloater® Manual



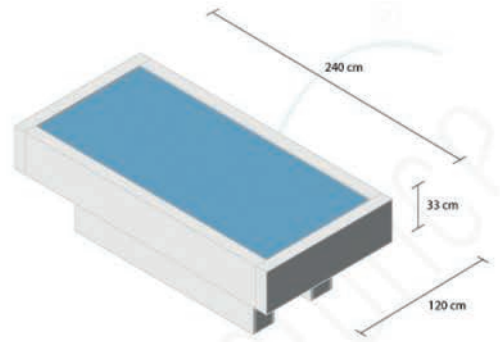
Liquid Element 0.90 x 2.00 m
 Volume: 400 litres of water
 Overall dimensions: 1.10 x 2.20 m
 Heights: 0.82 m (0.62, 0.74 m)



BalanceFloater® Fluid



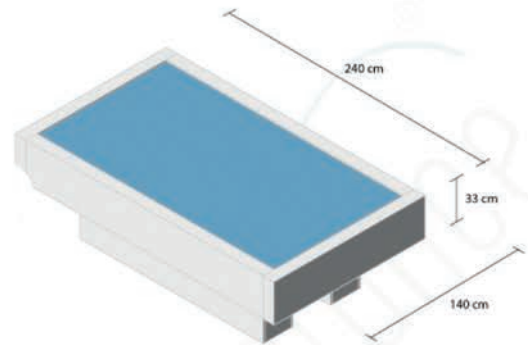
Liquid Element 1.00 x 2.20 m
 Volume: 500 litres of water
 Overall dimensions: 1.20 x 2.40 m
 Heights: 0.82 m (0.62, 0.74 m)



BalanceFloater® Active



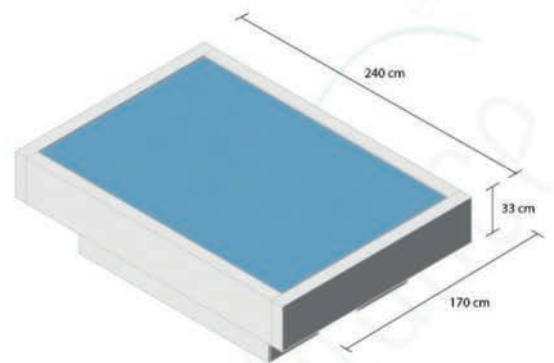
Liquid Element 1.20 x 2.20 m
 Volume: 600 litres of water
 Overall dimensions: 1.40 x 2.40 m
 Heights: 0.62 m / 0.74 m



BalanceFloater® Care



Liquid Element 1.50 x 2.20 m
 Volume: 730 litres of water
 Overall dimensions: 1.70 x 2.40 m
 Heights: 0.62 m / 0.74 m



Specifications

All BalanceFloater15 models come with a hygienic, washable cover, which can be cleaned with common disinfectants solutions. The all-purpose cover sheet allows for multiple treatment modalities, including Ayurvedic oil treatments, Lomi Lomi, as well as facials, scrubs and wraps.



Hygienic covers in 4 colours:



white



turquoise blue



dark brown



cream



Maintenance and Service

After installation, the water remains in the Balance-Floater® and is treated once a year using a water conditioner, to ensure the water is kept fresh.

Guarantee

The Balance-Floater® has a guarantee of 2 years for the heating system and cover fabrics and 5 years for all weld seams of the water mattress.

Materials

Since 1981, Akva Waterbeds A/S has been developing and manufacturing environmentally friendly water bed Systems in its own factory in Ry/Denmark.

Watermattress: The double-laminated phthalate-free vinyl with environmentally friendly premium plasticizer Mesamoll 2® from Lanxess guarantees durability and stability.

Cover Materials: Fabric is made of 100 % polyester, approx. 245 g/sqm Coating of Covers is 100 % polyurethane (PU), visco-elastic, wipe-resistant and water-proof surface according to ISO 10966

Samples of colours and finishes for the Balance-Floater® are available upon request.

Cleaning: We recommend using standard commercial cleaning agents and disinfectants which are harmless to textiles and PVC/Polyurethan.



The multifunctional BalanceFloater® water therapy couch for the ultimate massage and relaxation experience

wavebalance® has developed an innovative water couch for massage, exercise and cosmetic therapies, which can be individually adapted to the particular requirements of each house. wavebalance® truly represents an added value for every practice room.

The environmentally friendly BalanceFloater® came into being in Cooperation with Akva Waterbeds A/S, the Danish producer of top-quality waterbeds. In business since 1981, this export company manufactures to the highest ecological Standards. Available in different sizes and models, BalanceFloaters® are designed for a whole range of Wellness, fitness and therapy applications.

What's new and special about this water couch is the deeply relaxing effect resulting from the feeling of floating and of being cradled during massage, reinforced by the harmonious support for body movements on the heated, pressure relieving BalanceFloater®. If desired, an integrated sound system transmits music and sounds through the water to be experienced as soothing vibrations by the body.

The BalanceFloater® Aura expands wavebalance® with the unique high-end sound system that combines feeling and hearing. The secret of the BalanceFloater® Aura is using the oscillation behaviour of water for transmitting music. Natural sounds, language or relaxing music transmit this oscillation to the whole body as palpable Vibration. Feeling and hearing blend into one unique sensory experience. The BalanceFloater® Aura is the only system in the world which can regulate the intensity and frequency of three separate zones below the watercore independently. Combined with special B.A.S. Speakers, which use allround emitters to produce a surround-sound effect based on the spherical dispersion principle, this results in an especially natural and profound sound perception.

The BalanceFloater® Aura offers a wide range of regenerative applications in the fields of prevention, therapy, snoezelen®, spa, fitness, home and entertainment, optimally supported by the natural ambience of water. Our bodies are reminded of our time in the womb. Because of the water oscillation and the holistic effect on our health, the BalanceFloater® Aura takes on the role of a „co-therapist“, therapy facilitating the work of the therapist.

Ideally a room with a minimum size of 12-16 sqm exclusive cabinet. The therapists need at least 60-80 cm space to work around the whole BalanceFloater

Since the water couch is constantly heated to 32-35 °C, the room should either have a sufficiently large window that can be opened or have a ventilation and air conditioning system.

For sufficient hygiene and quick cleaning of the water lounger when used with oil, a sufficiently large washbasin for approx. 5-7 litres of warm water and a lockable drain valve is required. We recommend the installation of the BalanceFloater® by our professional staff, alternatively you can install it by help of our documentation and installation instructions video.

Heating system: Carbon Heater digital Spannung 230 V / Leistung: 240 W TÜV-GS geprüft und CE zertifiziert

Power Consumption: With a water temperature of 35 °C about 2-4 kW/h per day (depending on ambient temperature)

Power connection: Euro (standard) or USA/CAN/JP plug

Delivery 8 - 12 weeks after receipt of advance payment



BURMEISTER AUDIO



The structure-borne sound Converters integrated in the BalanceFloater® are divided into three zones, the intensity and frequency of which can be set independently from one another by a digital sound processor (DSP).
Transmission range of KSW modules with the frequency response in the water couch being cut at 500 Hz.



B.A.S. Structure-borne Sound Converter / Sound Exciter
Built-in structure-borne sound Converter (KSW) module for waterbeds
High wideband reproduction with
High load rating of 100 W per module
Very sturdy design and, consequently, suitable for use under severe conditions
Waterproof (IP68)
2 exciters/KSW per module
Stainless steel plate with a thickness of 1.5 mm
Shielding from magnetic fields
Ind. cable harness and port

B.A.S. AURA Amplifier
3x 500 watts at 4 ohms
BAS 3-channel power amplifier with integrated DSP
Switch-mode power supply with automatic voltage detection and switching between 120 v and 230 v
Input limiter and peak limiter, intelligent mains protection
Switching-on, limit protection circuit against switch-on and switch-off transients
DC protection of Outputs
Weight 4.7kg
2x XLR input
USB and Ethernet interface



Music Player: Block CVR-100+ CD Internet Receiver, Silver Recommended. With the new CVR-100+ MKII, you can additionally control the volume and stand-by mode by means of an APP. By means of the hidden USB port integrated in the front behind a magnetic cover plate, music from USB flash drive or hard discs can even be played.
CD, DAB+, Internet radio, UKW, amplifier, media player, Bluetooth player, and high-resolution colour display!

Rating (RMS @ 4 ohms): 2x 60 watts Rating (RMS @ 8 ohms): 2x 48 watts
Analogue Outputs: 5x stereo / Digital inputs: 1x optical, 1x coaxial, 1x USB (front)
Loudspeaker Outputs: Switchable Outputs A/B AB
Frequency response: 10 Hz to 26 KHz / Frequency range UKW: 87.5 to 108 MHz /
Frequency range DAB+: 174,928 MHz to 239,200 MHz
File formats: AAC, AAC+, MP3, WAV, WMA, FLAC (gapless)
Streaming: DLNA / UPnP with BLOCK APP / Network: LAN (Ethernet) and WIFI 2.4 GHz
CD compatibility: HDCD/CD-R/CD-RW/MP3
Dimensions w/h/d: 440 x 118 x 330 mm incl. remote control
Features: Design aluminium front, sturdy aluminium side plates, height-adjustable sturdy aluminium



BURMEISTER AUDIO

System Sonata - B.A.S. Spherical Loudspeaker System, 3D Sound Ceiling-mounted Version



The sound system Sonata has been developed especially for an almost invisible acoustic irradiation. Even in rooms full of corners, the spherical loudspeaker technology features a clear and comfortable sound experience. The compact bass and broad-band satellites can be mounted in and under the ceiling. As an alternative, the bass can be integrated in the base of the water couch.

Tailored to your requirements and needs

The Sonata set comprises of a bass and two satellites. Colour styling as well as number of basses and satellites can be adapted to your individual requirements and be extended.

Technical Information of Sonata system

Satellites:

Loudspeaker 3" broadband loudspeaker
Nominal load rating 30 watts
Impedance 16 ohms
Frequency response 90 Hz to 16,500 Hz
Radiation behaviour Omni-directional 360° spherical
Sound pressure 91 dB(1W/1m)
Height 195 mm
Diameter 200 mm
Weight 2.55 kg

Subwoofer:

Loudspeaker 8" bass loudspeaker
Nominal load rating 2 x 60 watts
Impedance 2x8 ohms
Frequency response 35 Hz to 160 Hz
Radiation behaviour Omni-directional
Sound pressure 88dB(1W/1m)
Height 290 mm
Width 400 mm
Depth 350 mm
Weight 9.5 kg
Painting White, satin-finished



Stainless steel bracket for ceiling mounting of subwoofers. Ceiling mounting ring see above.
Pictures may show deviations. Subject to technical changes.

NEW: OPTION Basic

The wavebalance® Sound Installation Akva Sound from Akva Waterbeds A/S with BAS Sound Spheres or with Sound Bar from Teufel.

The heart of the system offers the fusion of spherical sound and gently perceptible vibrations in the water.

Two body sound transducers and a control unit create a unique sound experience. The water becomes an integral part that enhances the sound journey and creates a new dimension of well-being. The water-filled core transmits these as gentle vibrations onto and into the body, offering a unique perception of water and sound.

Technical Data Active Amplifier Module:

Output Power: 1 x 50 W, 4 Ohm / 1 x 50 W, 8 Ohm
 Input Impedance: 20 kOhm
 Max. Power Consumption: 320 W
 Shut-off Delay: 20 min
 S/N Ratio: 76 dB
 Crossover Frequency: 40 - 160 Hz
 Dimensions (W x H x D): 210 x 270 x 135 mm

- Mono amplifier in an enclosed housing
- RCA and speaker inputs and outputs
- Continuously adjustable level and crossover frequency
- Phase inversion switch
- Automatic on and off function
- Short circuit and thermal protection circuitry

Technical Data Sound Transducer Module:

Nominal Load Capacity: 25 W / 50 W
 Music Load Capacity: 50 W / 100 W
 Nominal Impedance Z: 4 Ohm



BAS Sound Spheres with 3-D Sound

The spherical sound transducers create a precise, holographic music ambiance. The acoustic point sound source is converted into indirect sound through spherical sound propagation. The entire sound spectrum and original sound image are reproduced without frequency losses, regardless of the listener's position. The finest sound details are highlighted, creating an intense listening experience, enhanced by the interaction with the water. Learn more about the technology behind our unique sound spheres.



Technical data sound ball:

Radiation behavior omnidirectional, or direct
 Configuration 2 satellites
 Speaker 5 inch broadband
 Rated load capacity 50 watts
 Impedance 8 ohms
 Frequency response 45-18 KHz
 Sound pressure 90 dB (1W/1m)
 Height 420mm
 Diameter 300mm
 Weight 6kg per ball
 Polished stainless steel version
 Polished brass
 white matt
 black Matt
 other colors possible

The feet are manufactured using a modern 3D printing process.

Images may contain variations. technical changes Reserved.

3. The configured iPad

Control your music wirelessly and comfortably while lying down using a specially configured tablet. Explore preloaded audio content like relaxing music, guided meditations, and nature sounds. A gateway to a holistic sensory experience.

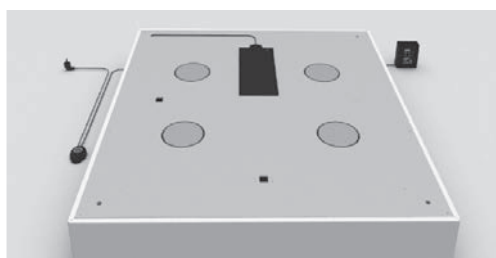
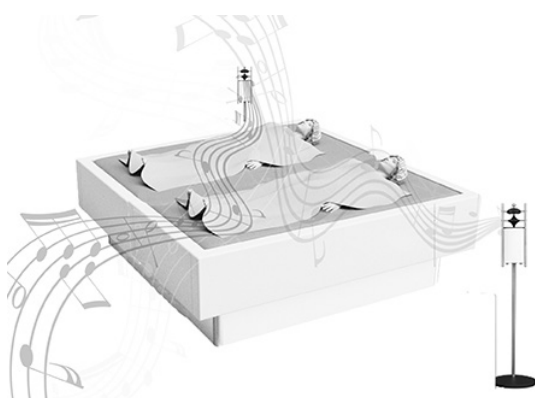
The Akva Sound System enables a special sound experience in which hearing and feeling sounds merge together in a fascinating way. This innovative solution offers profound relaxation and opens up therapeutic applications.



Option 1



Option 2





*“Becoming active is easier
than we often assume.
When we discover our own
natural mobility, it virtually
happens by itself.”*

Manuela Sonntag, wavebalance® originator and trainer

How does the wavebalance[®] therapy system benefit your customers?

Characteristics of water in the wavebalance[®] therapy system

- Benefits of oscillating water
- Waves and spirals as core principles of movement
- Joy of movement; water as fun factor
- Water, liquid and yet so powerful
- Sensory experience and stimulation

Psychological benefits of wavebalance[®] therapy

- Deep relaxation - meditative state
- Positive experience of wellbeing
- Activation of creative potential
- Feeling of weightlessness - supports the body's and brain's ability to relax
- Feeling safe, developing trust
- Experiencing holistic touch
- Increased awareness of wellbeing

Physical benefits of wavebalance[®] therapy

- Prevention of muscular-skeletal disease
- Exercises for optimized movement patterns
- Increased mobility and flexibility
- Improved muscle coordination, rhythm and stability
- Heightened postural and movement awareness
- Positive impact on multiple body systems (muscular-skeletal, lymphatic, nervous, cardiovascular, respiratory and digestive systems)

How does the wavebalance[®] therapy system benefit your business?

Unique market position

- An innovative wellness concept, using the therapeutic effects of water in a new way, setting your business apart from your competitors
- wavebalance[®] therapy system and the BalanceFloater[®] offer your clients an optimized treatment system and school of movement, providing preventative health benefits as well as deeply relaxing regenerative treatments

Ease of integration into daily operation

- A standard sized treatment room is sufficient to set up your BalanceFloater[®]
- Only half a day set-up time
- After the initial training, you can offer wavebalance[®] treatments immediately
- Some of your existing treatment can be offered on the BalanceFloater[®]

Fast return on investment

Due to the novelty factor of the wavebalance[®] therapy system, your initial investment is returned very quickly

Case study: wavebalance[®] at the Allgäuer five-star resort Sonnenalp.

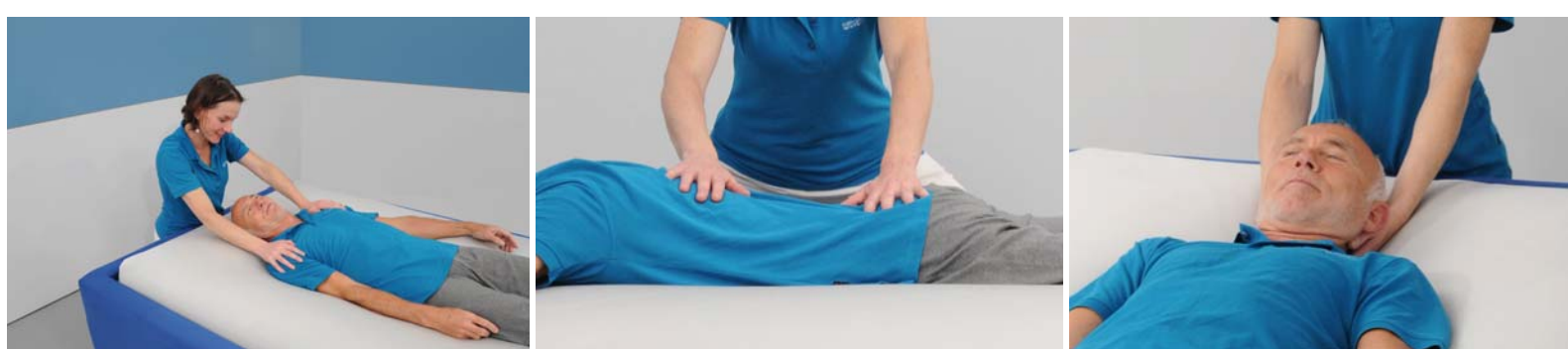
The Sonnenalp is one example of a hotel that has successfully implemented wavebalance[®]. The SPA experts there use their BalanceFloater[®] for massages, movement therapy and for warm water therapy. „The price-performance ratio convinced me. We were able to amortise the prime cost with-in a few weeks.“ – so Jörg Müller-Loennies, Spa Manager of the Sonnenalp.

wavebalance[®] Massage

for Wellness, Prevention and Therapy

Therapy on the BalanceFloater[®] harnesses the physical properties of water. In a harmonious and flowing manner the body is stroked and manipulated with smooth, soothing movements and brought into the rhythm of the waves. In the process the trainer or therapist induces rhythmic undulations that spread throughout the whole body. This integrative effect on the body image is supported by the complementary motion of the BalanceFloater[®] during the massage and therapeutic treatment. The wavebalance[®] massage techniques and hand movements gently mobilise joints and connective tissues, thereby promoting the ability to relax and let go through a feeling of lightness and of being cradled by the water.

So every application becomes a sensory, whole-body experience.



Movement and relaxation to the rhythm of the waves

The pace of life is increasingly hectic. Many people feel exhausted and suffer from painful joints and from backache especially. wavebalance[®] shows us the way to physical and mental equilibrium. Users experience movement and relaxation to the rhythm of the waves: powerfully dynamic, floatingly pleasurable and naturally regenerative.

Exploiting natural mobility

wavebalance[®] users no longer struggle with illness and discomfort but enjoyably exploit their own natural mobility – well into old age! The pleasantly soft BalanceFloater[®] actively supports the exercises. Even repetitive exercises are transformed into pure enjoyment by the momentum of the water.

Activating self-awareness

The holistic wavebalance[®] programme has been devised by physiotherapist Manuela Sonntag for custom made waterbeds – the BalanceFloaters. The programme is then continued in exercises in an upright position. It can be integrated into everyday life – when standing, walking, running and dancing – with a minimum of effort. In the process, users automatically train their self-awareness. They learn how to help themselves in future in cases of pain and excess strain.



Constantly dynamic spiral undulation

The innovative wavebalance® training is based on primal configurations of motion derived from water: constantly dynamic wave movements and spiralling torsion through the whole body. wavebalance® brings waves and spirals together in flowing harmony. Through linear, rotating and counter-rotating motion, the hips move in three-dimensional and symmetric circles of ebbing intensity. The BalanceFloater® constantly undulates along with these movements.

Natural movements and the effect of water

wavebalance® brings a new quality to movement training: powerful, playful and inspirational. By harnessing the healing and regenerative effects of the primordial element of water, exercising takes on a sensual dimension. The undulating movements seem wonderfully weightless and are also easy to learn - very easy, since wavebalance® is based on nature's own patterns of motion. In addition, the massage effect of the water stimulates the entire circulation of fluids in our organism. Users absorb the power of the waves during the exercises and re-energise their systems.

Strengthening body, mind and soul

While users move to the rhythm of the waves, blockages in the natural body flow are loosened. All joints and muscles, connective tissues and energy points are united in a harmonious composition. Stamina, coordination and the ability to relax are exercised. Posture becomes more upright; mobility is lastingly improved. Finally, users experience a state of deeply felt harmony. Body, mind and soul are in accord; the body's self-healing forces unfold.

Therapy, exercising and relaxation

wavebalance® has been conceived for people of all ages and does not require any previous knowledge. The exercises are learned on the BalanceFloater® and their intensity can be set individually. Regular exercising promotes wellbeing, is ideal for enhancing fitness and is suitable for therapeutic treatment, including in cases of chronic illness.

wavebalance® in an upright position



standing

walking

power walking

dancing

Continuation as a personal exercise programme


wavebalance® is about creative movements without pressure to perform or competitive elements. After just a few training sessions the exercises learned on the BalanceFloater® can be combined with movements in an upright position. This gives the possibility of a personal exercise programme, which can easily be integrated into the daily routine. With the addition of stretching and massage techniques, wavebalance® offers a complete school of movement, which as a form of help for self-help lastingly enhances the quality of life.

New movement patterns for daily life

wavebalance® activates our own body intelligence, so that users discover for themselves what does them good. Using the wavebalance® movements when walking, running or dancing, all the rotating, counter-rotating and linked movements of our body are perceived more consciously and united in a complex oscillating movement. In addition, we become more aware of wave traces which we leave behind us when we move. The result is a new and holistic body feeling.

Standing, walking, power walking, jogging, dancing

Walking means enjoying freedom of movement and independence. But in the daily routine we often feel we just have to get on as fast as we can. wavebalance® focuses attention on heedful walking as a natural form of movement. This activates the locomotor system and makes optimum use of the body's energy. Power walking, jogging or dancing further intensify the degree of movement. In the countryside or to the accompaniment of beautiful music, movement, breathing and mind journeys focus consciousness on the whole body. In this way, wavebalance® users arrive at their own personal form of fitness.



„Since getting to know wavebalance®, I feel like a movement specialist – whether I’m walking, exercising or dancing.“

With wavebalance® new patterns of movement are optimised and become second nature

Body, mind and soul pulsate along with the wave motion employed in walking

wavebalance® treatments

wavebalance® yoga massage



Therapy on the BalanceFloater® harnesses the physical properties of water. In a harmonious and flowing manner the body is stroked and manipulated with smooth, soothing movements and brought into the rhythm of the waves. In the process, the trainer or therapist induces rhythmic undulations that spread throughout the whole body. This integrative effect on the body is supported by the complementary motion of the BalanceFloater® during the massage and therapeutic treatment. The wavebalance® massage techniques and hand movements gently mobilise joints and connective tissues, thereby promoting the ability to relax and let go through a feeling of lightness and of being cradled by the water. So every application becomes a whole-body sensory experience.

wavebalance® oil massage



- Includes simultaneous anterior and posterior massage strokes with client lying in supine position
- Allows for full body effleurage strokes synchronized with the BalanceFloater® wave movements
- Renders the subtlest massage strokes perceptible through the vibration of the water
- Dissolves blockages and fascial adhesions
- Provides alternation between dynamic and calm states

wavebalance® exercises



The innovative wavebalance® training is based on primal configurations of motion derived from water. Providing constantly dynamic wave movements and spiralling torsion throughout the whole body, wavebalance® brings waves and spirals together in flowing harmony. Through linear, rotating and counter-rotating motion, the hips move in three-dimensional and symmetrical circles of ebbing intensity. The BalanceFloater® constantly undulates along with these movements. wavebalance® brings a new quality to movement training:

powerful, playful and inspirational. By harnessing the healing and regenerative effects of the primordial element of water, exercising takes on a sensual dimension. The undulating movements seem wonderfully weightless and are also easy to learn - very easy, since wavebalance® is based on nature's own patterns of motion. In addition, the massage effect of the water stimulates the entire circulation of fluids in our organism. Users absorb the power of the waves during the exercises and re-energise their systems.

wavebalance® movement school



After the initial training on the BalanceFloater®, users are able to continue the dynamic oscillations of the water when moving in an upright position and incorporate them very naturally into everyday life. Whether standing, walking, running or dancing, through the wavebalance® programme users are able to activate their body's natural intelligence, train their whole-body rhythms and achieve inner balance.

Walking means enjoying freedom of movement and independence. But in the daily routine we often feel we just have to get on as fast as we can.

wavebalance® movement training focuses attention on heedful walking as a natural form of movement. This allows for a personal exercise programme, which can easily be integrated into the daily routine. Using the wavebalance® movements when walking, running or dancing, all the rotating, counter-rotating and linked movements of our body are perceived more consciously and united in a complex oscillating movement. In addition, we become more aware of wave traces which we leave behind us when we move. The result is a new and holistic body feeling.

wavebalance® meditation



Breathing, recreation, mental training: relaxing, regenerating, recharging...

In the natural ambience of water the body immediately relaxes and inner stress simply flows away. Nowadays it is a great boon to feel relieved of stress and experience regeneration throughout the whole body. Self-healing forces are readily mobilised through meditation and relaxation. Accessing the subconscious activates new energies and releases profound feelings of happiness. The resulting state is reminiscent of the

carefree time spent in the womb. The trainer uses the methods to which the client responds most intensely and positively. Borne by warm water, cradled and given verbal guidance in breathing, the client achieves a state of deep relaxation within the first few minutes.

wavebalance® water relaxation



wavebalance® has developed a unique, easy-to-learn treatment in warm water. The dream water journey begins on the surface of the water, supported by soft neck cushions and other floatation aids. As the practitioner applies gentle and rhythmic impulses at various key points of the body, all parts of the body react and move freely in a relaxed way. New, never experienced flows of movement in waves and spirals emerge and are felt sometimes with more, sometimes with less momentum, like gently caressing water. Carried, moved, touched in the

familiar milieu of water, the elixir of life.

The three sequences

Using the example of a wave ritual of 60 minutes

1. Therapy – Care Treatment



Proven, intense therapy made of traditional, founded physiotherapy (20 minutes)

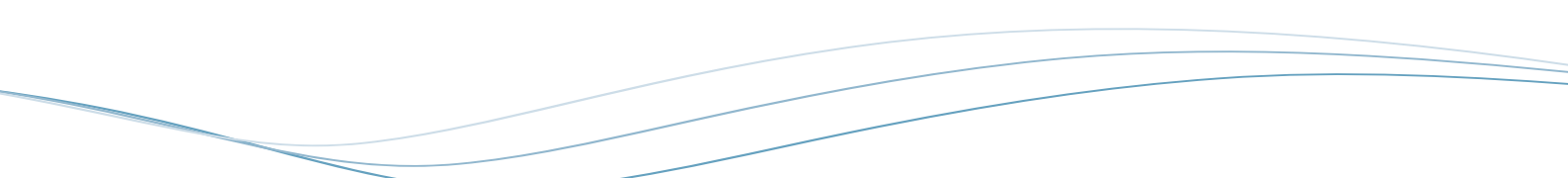
Systematic treatment on the basis of the diagnosis

In a personal conversation, the therapist (practitioners who do not have any therapeutic education can learn this sequence as preventive application) gathers information on the condition and requirements of the guest. This communication provides the guest with confidence for being able to relax and rely on the therapist during the treatment.

While the guest is lying on his/her back on the BalanceFloater®, the therapist clarifies on the basis of specific questions, a full body oscillation test, and palpation where there are paresthesiae, tensions, and blockings. Thanks to the easy rhythm of the waves on the BalanceFloater®, the therapist reaches deep structures of the connective tissue in three-dimensional, repeating motions from all sides but in particular those of the spine. The flowing, mobilizing movements, impulses, and effleurages help to release deep tensions and long-term blockings.



The guest obtains new mobility from the power of the waves.



2. Wellness – Energy Treatment

Oscillations in accordance with water and touch

Flowing, rhythmic motions and minimum, slightly changing touches as well as uniform, repetitive impulses result in a deep condition of relaxation. Soft, natural motions extend to the entire body by applying pressure to key points giving an impulse.

Thanks to the deep relaxation, you can forget everyday concerns and come into contact with deeper sensations. Dreams, fantasies, and desires stir up. This is how the guest can discover their heart's desires. He/she slips into a dreamland of touches and rhythmic oscillations. The complete room is filled with a feeling of well-being.

Now, the guest can let go completely and devote him-/herself to the feelings of touching and relaxation. You clear your mind. New relaxation patterns for body, mind, and soul can be experienced which can be memorized and applied in your daily routine.



Soft, rhythmic manual treatment for regeneration, harmonization, and vitalization (20 minutes)



3. Meditation – Relaxation Treatment

Meditative flow as a trip to your own creation energy

In the third sequence, the wave ritual turns into a meditative flow. The guided meditation is an efficient method of cutting out the stimulus saturation from the outside world. As a consequence, mindfulness as well as harmony of consciousness are boosted. This is a good condition for being able to handle future challenges more calmly. Old patterns can be abandoned and you are able to build a bridge between the conscious self – the mind – and the unconscious self – the longings, desires, and dreams. In the flow, you open up to new things.

The effect of sound and frequency is achieved by the BalanceFloater® Sound which uses the dynamic behavior of the water to transfer the music. Whether natural sounds, speech, or music – the core filled with about 500 liters of warm water transfers the oscillation frequencies of up to 500 Hz to the entire body as soft vibration.

The waves enter the cells through the sense organs; the vibration excites the entire skeleton. Since the human organism mainly contains water, the waves can expand perfectly inside the body – from the middle to the entire body. Feeling and hearing blend into one unique experience which initiates cellular resonance processes and forms multi-dimensional body images through different perceptual channels.



Meditative trip on the BalanceFloater® Sound (20 minutes)

wavebalance[®] training

Training for your massage therapists, physiotherapists and beauticians is conducted on site by our training professionals in English. We take great care to arrange training schedules for your employees which minimise the impact on daily operations. Professional and personal training, on the basis of existing knowledge and qualifications can be conducted at your premises or at the wavebalance[®] studio in Wuppertal..

Practical sessions are conducted in pairs on one BalanceFloater[®]. All practical sessions can be customised in harmony with your treatment standards.

wavebalance[®] trainings at the wavebalance[®] studio in Wuppertal

Course contents

In the further training to become a wavebalance[®] trainer, movements and treatments are taught by means of active experiences on the BalanceFloater[®], in the patient's position as well as in the trainer's position.

Massages are the main component of the further training. The contents can be adapted to the special requirements of each participant.

Participants learn to perceive and move their bodies in an increasingly free and conscious way by means of the wavebalance[®] technique, learning how to professionally convey these skills to their guests and clients. The movement patterns may then be adapted to daily movement disciplines in an upright posture, integrating them in a more conscious way. This is a basic requirement for achieving health awareness.

Professional and personal training, on the basis of your knowledge and qualifications, can be conducted at your premises or at the wavebalance[®] studio in Wuppertal.

Foundation or advanced seminars:

for groups of 2-5 over 2-4 days

We are happy to arrange for your individual requirements in advance.

Emphasis

- wavebalance[®] massages with or without oil: massage techniques and movements from head to toe
- 3D mobilisation, touching and being touched on water
- Waves and spirals as fundamental movement of physiological locomotion
- wavebalance[®] exercises on the BalanceFloater[®]: four movement figures (Wave, Wale, Bird, Mountain) for better co-ordination, strengthening the support muscles and relaxation
- Incorporating wavebalance[®] into daily life (strolling, walking, jogging, dancing)
- Customer orientation and marketing

Participating in wavebalance[®] basic and further training seminars offers two opportunities:

consolidation by means of thematic seminars and/or further training in order to become a wavebalance[®] training teacher.

Why wavebalance® treatment system?

The wavebalance® therapy system was developed by Manuela Sonntag, the well-known German physiotherapist. Its unique feature: warmth, water, wave motion and the manual skills of the therapist are holistically united – as the basis for the full unfolding of the body's self-healing forces.



- Manuela developed a school of movement training for holistic regeneration, which can be successfully taught and implemented for your clients.
- Treatments, massages, therapy techniques and exercises are based on the natural undulating motion of waves. This gave rise to the 3D oscillation technique.
- Clients experience powerful dynamics, the soothing sensation of floating and naturally regenerative treatments.
- The natural mobility of the body is employed and enhanced.
- Joints experience maximum relief; the muscular system is strengthened to optimum levels.
- The entire organism is stimulated and mobilized

The body's own intelligence and self-awareness are activated (support for self-help). This in turn leads to:

- increased deep inner harmony
- new, healthier movement patterns
- wavebalance® therapy is suitable for people of all ages and requires no previous knowledge.

Becoming a wavebalance® partner

With wavebalance® and the BalanceFloater® you provide your clients with an optimised method of treatment and mobility training. wavebalance® is new and unique. It can be integrated into your current operations with no major building alterations and without disruption. Working together with you at your premises, we develop a tailor-made concept for the profitable operation of your wavebalance® system.

We support and accompany your project as required, from the development stage and design of the provision you offer, all the way to turnkey implementation.

Testimonials



Bernhard Kommerell, occupational health physician at KSD Industrial Healthcare, Solingen:

“As an occupational health specialist I regularly encounter the results of insufficient exercise and unbalanced work postures, which sadly are commonplace in our modern working world. As a corrective, I would like to see a training method which involves large parts of the body’s muscular system, which avoids posture anomalies and which is enjoyable, as well!

The prevention and treatment of osteoarthritis requires regular movement of the joints without major impact or shear stresses. Swimming is usually recommended as one of the most favourable sports. But for various reasons, a lot of patients are not attracted to water and can’t get excited about swimming.

The movement patters of wavebalance® recreate the natural swimming style of fishes and make possible the benefits of the movements in water ‘on dry land’. The response of the water to the movements and the resonance of the waves, which the patient or user feels and must adjust to, also train coordination and proprioceptive skills. This wards off the risk of injury – e.g. through falls – during sport, at work and in leisure activities.”



SONNENTALP
RESORT · SPA · GOLF

Sonnentalp Resort Spa Golf

Spa, Physiotherapie und Osteopathie

Sonnentalp 1

87527 Ofterschwang / Allgäu

The five star resort hotel offers its guests 3 wavebalance®-Signature-Treatment couches. “Sonnentalp Spa has been using the therapeutic power of water for a long time but wavebalance® treatments really do achieve completely new results. On the waterbed, the body becomes light and completely relaxed through the rhythm of the waves. Blocks disappear, joints are relieved and muscles relax. The same is true of the mind: inner stress just ebbs away – a lasting and holistic effect on the body, mind and soul.” **Jörg Müller-Loennies, spa manager, Sonnentalp resort**



“wavebalance® is designed to encourage everyone to assume more responsibility for the quality of his or her life. wavebalance® is not a panacea or a magic bullet for health or relaxation. It is a comfortable, unique, challenging and fun product that can serve as a very pleasant aid supporting a broad-based commitment to a healthy lifestyle.

I congratulate the makers of wavebalance® on their creativity in the design and function of wavebalance® and particularly for showcasing this product as a complement to REAL wellness lifestyles. All good wishes for great success.”

Don Ardell, publisher and wellness coach

wavebalance® Partner

wavebalance AURA with sound

- Winkler Bräu QuellenReich SPA, Velburg/Lengenfeld, Oberpfalz-Bayern
- Alpenkönig Genusshotel, Oberstaufer, Bayern
- LAVA e Sal Hotel&Spa, Ostróda, Polen
- Amrei Suites, Schruns, Vorarlberg, Österreich
- Moselschlösschen Spa&Resort, Traben-Trarbach, Rheinland Pfalz
- Aqua Dome, Tirol Therme Längenfeld, Österreich
- Naturhotel Forsthofgut, Leogang, Salzburger Land, Austria
- Resort Bergkristall, Oberstaufer, Allgäu
- Vila Vita Rosenpark, Marburg an der Lahn, Nähe Frankfurt a.M.
- Parkhotel Burgmühle, Fischen im Allgäu
- Landhotel Rittmeister Kräuter Spa, Rostock
- Mountain Resort Feuerberg, Bodensdorf / Kärnten, Österreich
- Quellenhof Luxury Resort, Lazise Gardasee, Italien
- Radisson Blu Hotel & Residences, Zakopane, Polen
- Hotel Zamek, Ryn-Masuren, Polen
- Best Western Plus Hotel Podklasztorze, Sulejów, Polen
- Primavera Jastrzębia Góra, Jastrzębia Góra, Polen
- Slow Concept, Żary (Sorau), Polen
- Naturheilpraxis Lorsch, bei Frankfurt a.M.
- MeerWerk Spa & Physio, Bad Doberan bei Rostock
- Krankengymnastik/Physiotherapie Wolff, Bad Pyrmont
- Praxis am Meer, Dr. Betina Bruker, Westerland Sylt

wavebalance SPA and MED without sound

- Bio- und Wellnesshotel Stanglwirt, Going, Österreich
- Merkur Lifestyle, Bad Tatzmannsdorf, Burgenland / Österreich
- Sonnenalp Resort, Ofterschwang, Allgäu
- Physiotherapie der St. Lukas-Klinik, Stiftung Liebenau, Baden Württemberg
- Geelsgardsskolen, Schule für Kinder mit Behinderung, Kopenhagen, Dänemark
- Praxis für Ergotherapie-Wittenstein, Wuppertal
- Wohlfühl-Therapie-Praxis- Chakesti Nähe Leipzig
- Naturheilpraxis - Ute Stringfellow, Nähe Hamburg
- Naturheilkundezentrum GeGaMed, Lahstedt, Nähe Hannover
- Wiesbaden SPA, Wiesbaden, Hessen
- Familienhotel Allgäuer Berghof, Ofterschwang, Allgäu
- Hotel Sonnenhof, Lam Bayerischer Wald
- Lindenhof, Naturns, Südtirol / Italien
- H+ Hotel & Spa Friedrichroda, Thüringen
- Hotel Balmer See, Usedom
- Buxton Crescente Health Spa Hotel, United Kingdom
- Syltsea Hafen Spa, List auf Sylt

Nähere Informationen siehe unter www.wavebalance.de



Have we awoken your interest?

Then we're happy to provide you with further information or a customised offer.

You can reach us conveniently via email or telephone.

We look forward to speaking and working with you.


wavebalance®



Manuela Sonntag

Friedrichstr.15
D-42105 Wuppertal



MOBIL: +49 172 57 03 783

MAIL: post@wavebalance.de

WEB: www.wavebalance.de



movement



therapy



wellness