

# beurer wellbeing

german  
engineering

Calmness is the cradle  
of strength.



stress releazer®



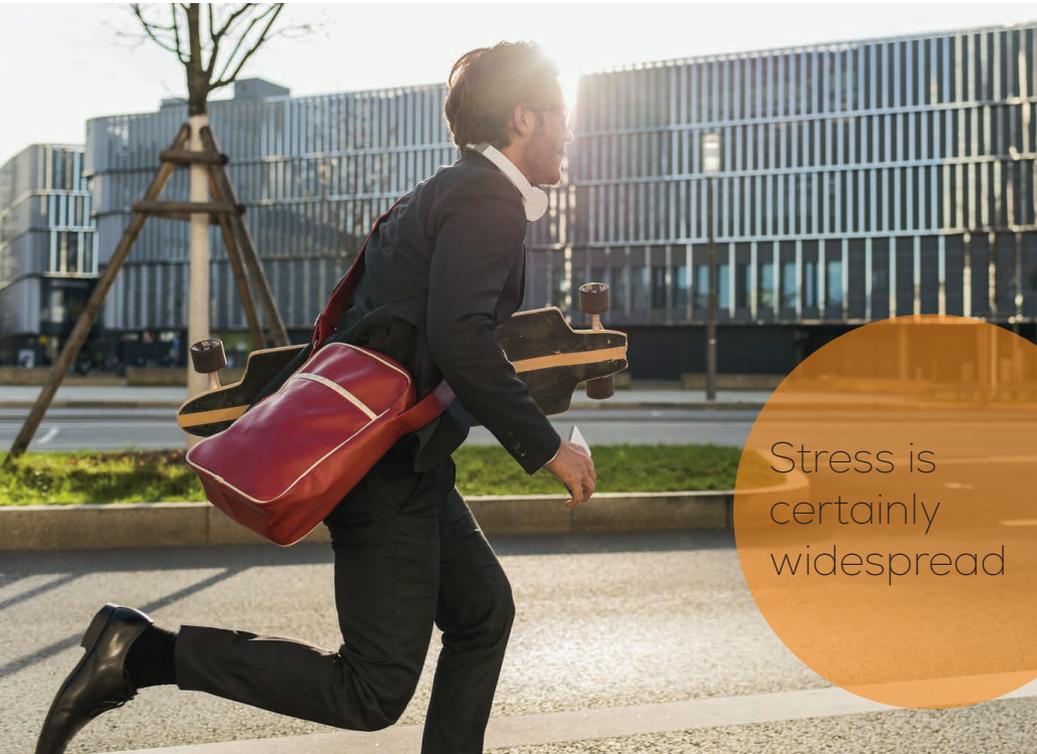
**beurer** wellbeing

There is a place of calm  
in each of us.

It's time to discover it in you.



Stress is  
a phenomenon of our time



Stress is  
certainly  
widespread

Rushing from appointment to appointment, multiple stresses from work and family, self-generated pressure and emotional conflicts – everyone feels different about the causes of stress.

stress releaZer®

When we feel stressed and overwhelmed, stress hormones flow in our body, preparing us for significant physical effort. This physiological stress response is a relic from our ancestors. When there was danger, it was a case of fight or escape!

Nowadays, our body's natural response is increasingly out of place in the modern world. Anyone who physically lets off steam during exercise reduces their stress hormones. But there's not always time or energy for that after a long day.

The **physical reactions** should not be underestimated: the result can be an increase in blood pressure due to narrowing of the vessels, or increased respiratory rate and heartrate.

Some people are good at dealing with stress, calmly accepting situations that other people may find stressful. But most **people are sensitive to stress**.

Finally, there's now a little gem with a big impact. The **Beurer stress releaZer** relieves stress symptoms in a natural way, without medication or expensive therapies.



Listen to your inner voice.

We will support you in a natural way to  
discover your place of calm.



## stress releaZer – harmonising your breathing



Mindfulness –  
take care of  
yourself

If you feel stressed, you're not alone. **Stress levels are rising worldwide. 6 in 10 workers experienced increased stress.** Although women in employment are affected particularly often, the impact of stress is also felt by men.

stress releaZer®

The innovative **stress releaZer from Beurer** was developed in collaboration with scientists and **counteracts the effects of stress in a targeted way, through respiratory training and vibratory massage.** Comfortably at home, or whenever you feel it would help.

Rhythmic **vibrations** (20-50 Hz) cause the heart to relax. Our blood pressure drops, we calm down, and we feel warm, revitalized and that our circulation is working well. **Blue light** and **heat** enhance the effect in a natural way.

Our vegetative nervous system consists of the sympathetic and parasympathetic nervous systems. Controlled breathing training (**HRV training**) strengthens the parasympathetic nervous system and helps to bring it back into harmony with the sympathetic nervous system, which is often overactive due to stress. This contributes to inner balance and has a positive effect on the cardiovascular system.



The parasympathetic system serves the **regeneration of the organism** and builds up **energy reserves**, while the sympathetic nervous system makes us more willing to perform and reduces our energy reserves. A balance between these two is important for our wellbeing.

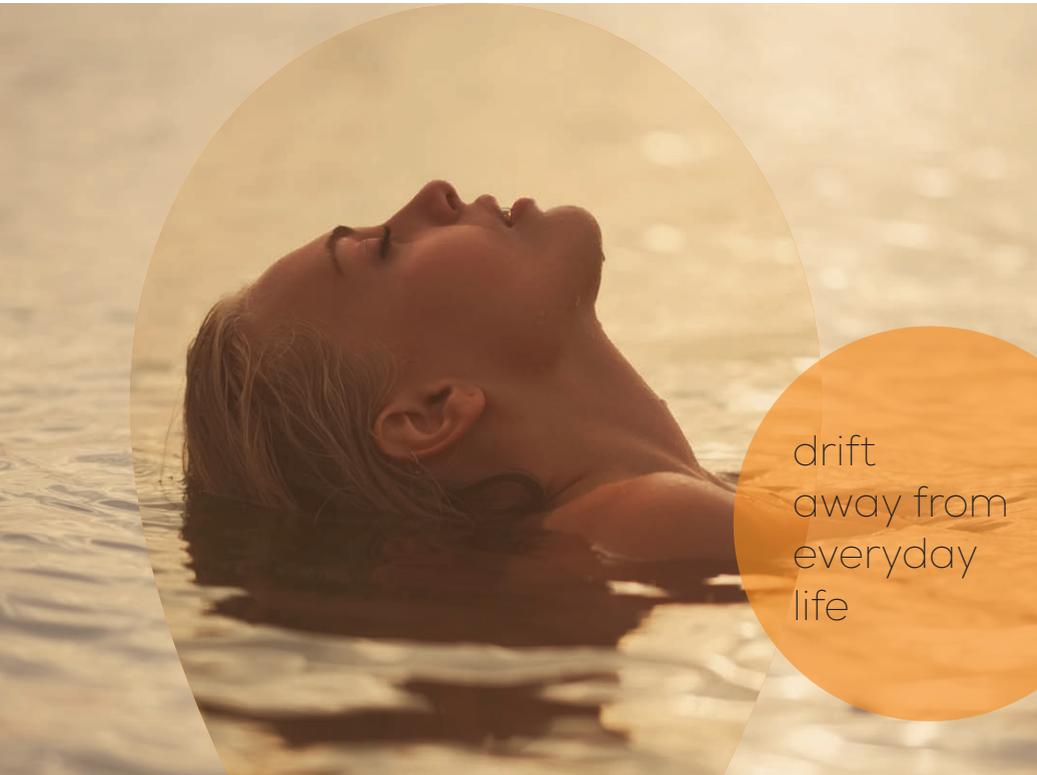
Breathing in harmony.

Start your personal anti-stress program today.





Calmness lives here – feel every breath



drift  
away from  
everyday  
life

Leave everyday life behind you. The **Beurer stress releaZer** makes it easy for you to enjoy short breaks, during which you can recharge your batteries.

stress releaZer®

**Breathing trainer**  
Exercises for breathing in harmony

**Stress relief**  
Calming and relaxation device

**Light**  
Optional blue relaxation light

**Breathing cycles**  
A selection of 3 breathing cycles (10, 12 or 14 seconds)

**Vibratory massage**  
For stress reduction

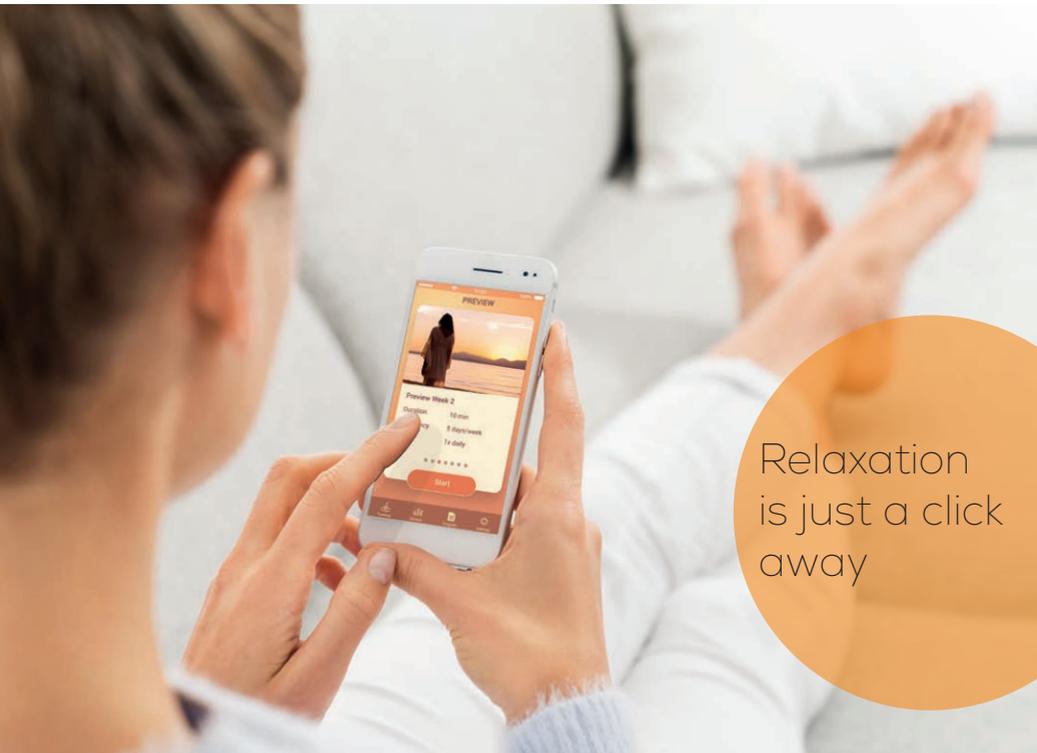
**Heat**  
Optional heat function

**Music**  
Relaxing music selection using an app: sounds of the forest, jungle and sea



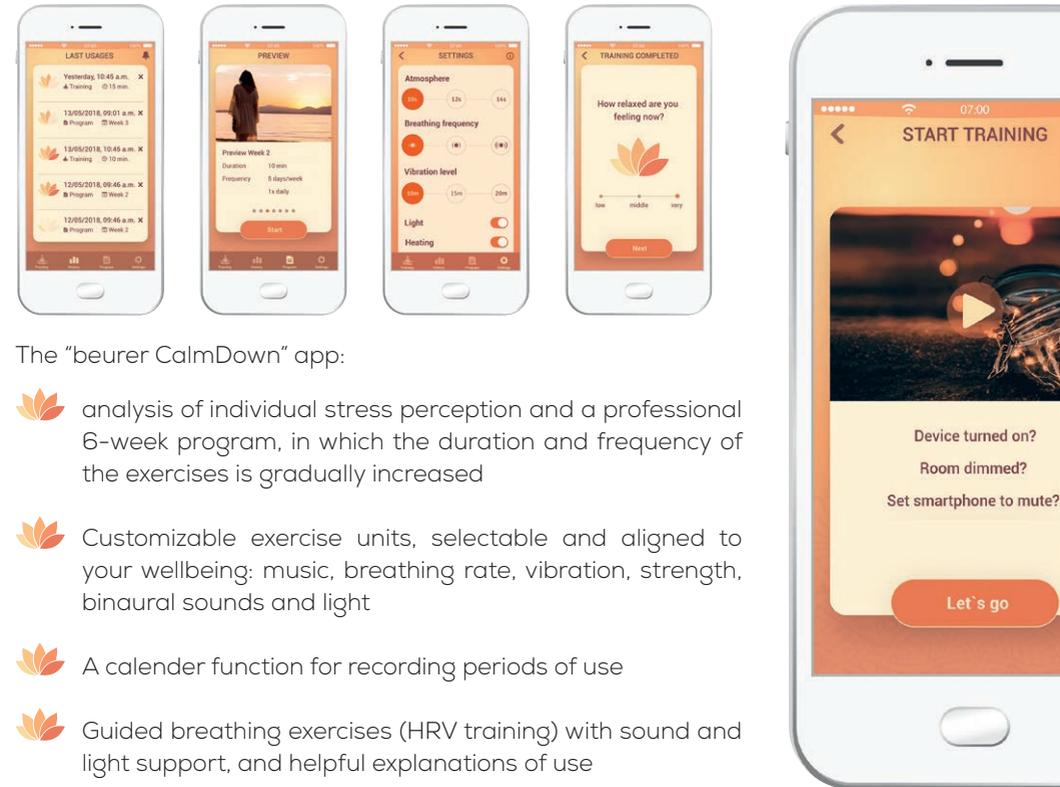


## The “beurer CalmDown” app – an individual anti-stress program



Relaxation  
is just a click  
away

The “beurer CalmDown” app is your **virtual relax coach** for optimal relaxation. Conscious, regular exercises **reduce your personal level of stress** and support you on the path to inner balance.



The “beurer CalmDown” app:

-  analysis of individual stress perception and a professional 6-week program, in which the duration and frequency of the exercises is gradually increased
-  Customizable exercise units, selectable and aligned to your wellbeing: music, breathing rate, vibration, strength, binaural sounds and light
-  A calendar function for recording periods of use
-  Guided breathing exercises (HRV training) with sound and light support, and helpful explanations of use
-  A feedback option after each exercise
-  The “beurer CalmDown” app works with Beurer stress releaZer via a *Bluetooth*® connection, and is available for iOS and Android™ free of charge.

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## stress releazer®



-  Relax coach
-  Vibration and breathing training
-  Stress relief
-  Relaxation aid
-  Includes the "beurer CalmDown" app
-  With music, light and warmth

### Exclusively from:

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