

# wellve

FEEL GOOD SOUND



swiss innovation



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Thanks to Swiss know-how, the wellve is a high-quality product featuring the most advanced technology.

# Welcome

Dear customer,

congratulations on your new wellve, you have made a very good choice!

This brochure will help you to use the wellve optimally and achieve good effects quickly and with ease. To enjoy the product for a long time, please take a few moments and carefully read our recommendations.

I wish you a pleasant experience and interesting discoveries!



Cordially,

**Ivo Preid**

Developer of the wellve, vivion GmbH



# The Healing Power of Music - With the wellve!

The positive effects of music have been known for thousands of years and have been well studied and proven in recent decades. Music and its various effects accompany our everyday life and give us vital energy. In medicine, music is considered a therapeutic helper without side effects: "The use of music to achieve therapeutic goals takes place to improve, maintain, or promote mental and physical health" (Citation: 2010, A. Ghamrani et al.). In a scientific paper by Seyed Ebrahim Hosseini (2018), the positive effects are described for the following areas:

- **Pain**
- **Sleep disorders**
- **Learning, memory functions, IQ**
- **Depression**
- **Anxiety**
- **Especially:  
Schizophrenia and autism**

The effects of music are mediated via neuronal networks in the brain. This

happens, for example, via rhythm, tempo, intensity and timbre of the music and the melodies, through which various core areas in the brain are influenced.

Mental as well as somatic effects can be derived from the effect of music.

**The positive mental effects can lead to stress reduction and relaxation - which in turn can lead to a reduction in pain.**

This knowledge opens up new ways for practical applications, which were flowing in the development of the wellve: a smart and innovative combination of hearing and feeling.

Our everyday life as well as the areas of wellness, sports and rehabilitation can benefit from this innovation.

With the wellve, I would like to strengthen our quality of life.



## Pacian Corpuscles

The human body can perceive even the smallest vibrations with the help of the "Pacian corpuscles" present in the subcutis. These are special mechanoreceptors that are particularly good at transmitting vibrational sensations and triggering rapid activation of nerve cells throughout the body.



# wellve - Wellness at Home

The ergonomically shaped wellve is the latest innovation in the field of muscle relaxation and release.

With the wellve, you gently let your own favorite music flow through the body, and the vibrations penetrate deep into the structures of your body. Low tones tend to vibrate large cavities, muscle groups and internal organs, while higher vibrations stimulate smaller body structures.

Depending on the type and frequency of the music, the wellve has a relaxing or stimulating effect: mind and soul can let go, tensions can be released in a gentle, beneficial way and stress can be reduced. We generally recommend that you use the wellve in combination with your own favorite music. You will find further recommendations and tips below in this brochure.

This tutorial shows you the optimal use of the wellve. In addition, you will learn basics about the effect of music, vibrations and frequencies on the human body. In addition to your own positive inner attitude, the consideration of acupuncture points, meridians and chakras according to TCM (Traditional Chinese Medicine) plays an important role. Thanks to the handy size, the wellve fits well in your luggage or everyday bag and can be used almost anywhere.

Please note: The wellve is not a medical device. If you suffer from any pre-existing conditions, consult your physician before using the wellve



You will find the correct  
points and zones  
→ page 24

# How to Get Started!

- 1 Remove the device from the packaging.
- 2 Charge it fully. The power supply and electrical charging of the internal battery is done via a USB port.
- 3 Connect the device to your audio device or smartphone via the Bluetooth interface according to the operating instructions. CD player, laptop or PC with 3.5 mm connection can also be connected via the included jack cable.
- 4 Play your favorite music, playlist or frequency through the wellve.
- 5 The wellve is now put on the corresponding parts of the body with light pressure for up to ten minutes or attached directly to the body using the Velcro strap provided.
- 6 Take a rest day between the treatments.
- 7 If necessary, the underside can be cleaned with a conventional surface cleaner.



### Consciousness and Mindfulness

Consciousness is a superordinate level of information which holds life in general together in its innermost being and thus prevents matter from decaying. Where consciousness withdraws degradation happens. "Dis-moods" and blockages can then spread undisturbed in the inner of that body which is mainly concerned with the outside: This person is no longer master in his own body. Consequence: "Influences" now have an easy game. We recognize an interplay: A healthy mind dwells in a healthy body and vice versa. Because it is mindful of itself and his body.

# Vibroacoustics

## Happiness Hormones Through Vibrations

The effect triggered by the wellve is called vibroacoustics, the technical term for the stimulation and expansion of sound and vibrations in solid bodies. Therapists have been using this effect for a long time, for example with sound couches, singing bowls and tuning forks. They regularly report amazing results, both with stress, chronic tension and pain in adults and children.

The vibrations that are passed through the whole body stimulate not only the skeleton and organs, but also activate the nerve cords. These transmit the perceived vibrations directly to the brain, which can release endorphins in response. The wellve is the first mobile relaxation instrument based on these vibroacoustics.

## Deficit and Over-Energy

A region of the body that is in deficit shows itself in the form of infirmity, pain, tension and stress. This area eagerly absorbs the vibrations. In the case of an "over-energy", the vibration bounces back and is not allowed by the body. We can (re)adjust this imbalance, or "out-of-tune", by tuning in to various specific frequencies.

Do you feel that the vibrations of the wellve are too weak? Use it on this part of the body for longer and, above all, at shorter intervals. Do you have the feeling that the wellve is working too strongly on certain parts of the body? Stop using it immediately or change the trigger point.



Bring your body back into a balanced state with the help of wellve.

# Adopting the Harmonious Inner Attitude

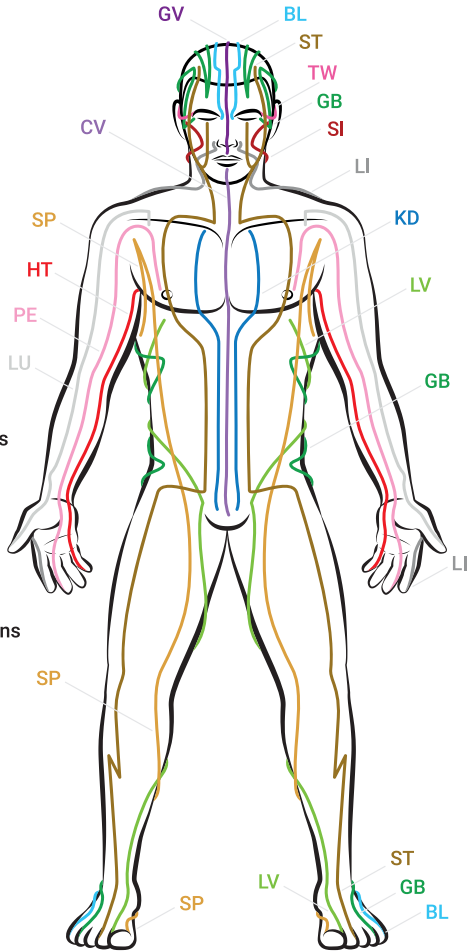
A vibration itself is always value-free and respectful. When using the wellve, get out of thinking and into feeling! You can additionally support the energy flow by mentally and consciously directing your attention to an out-of-tune spot. You can control this consciously with a little practice, and eventually it becomes easier and easier.

Let yourself be guided intuitively through the entire application - your body always reports back to you where and how long it needs help. It responds with a feeling of well-being whenever you give it what it craves and needs.

The effect of the wellve is intensified by closing your eyes during use, fully engaging with it and enjoying it.

## Trigger Points

So-called myofascial trigger points are small hardened areas in or on muscle tissue that can lead to pain or tension. The cause is general strain on the tissue, for example due to many years of poor posture or persistent stress. Trigger points often radiate to completely different regions of the body, which become noticeable through pain or tension.



**Two Centerline Meridians**

- Anterior Meridian (Conception Vessel)
- Posterior Meridian (Governing Vessel)

**Twelve Principal Meridians**

- Stomach Meridians
- Spleen Meridians
- Small Intestine Meridians
- Heart Meridians
- Bladder Meridians
- Kidney Meridians
- Pericardium Meridians
- Triple Warmer Meridians
- Gall Bladder Meridians
- Liver Meridians
- Lung Meridians
- Large Intestine Meridians



# Meridians and Acupuncture Points

We know a total of twelve **main meridians**, which, like the organs themselves, form yin/yang pairs: They produce either a stream of energy flowing down from heaven (yang) or one flowing up from earth (yin). The twelve main meridians (and thus we humans) are thus always under the influence of heaven and earth.

**Acupuncture points** as well as acupuncture and phonophoresis points

are places in the course of a respective meridian through which one can reach and influence the flow of chi. They are also called energy points or effective points.

## Traditional Chinese Medicine (TCM)

Traditional Chinese Medicine (TCM) is the name given to the medical science that has developed in China for more than 2000 years. Today, it is practiced all over the world and is becoming increasingly popular in the West due to its holistic approach. The balance of Yin and Yang plays a very decisive role in Traditional Chinese Medicine (TCM).

## Chi

Chi is the general life energy in TCM. It is the basic principle of every traditional Chinese form of therapy to bring the Chi in the body back to its natural, balanced state.

The **vibration of the wellve** provides a gentle as well as effective way to activate and harmonize the chi in our meridians. Regular activation of the meridian courses and targeted treatment of individual zones and acupuncture points on the body with the wellve can be very helpful in maintaining the vital chi flow and the balance of yin and yang.



# The Right Music

## Which music is the right one?

Basically it can be said: There is no "wrong" music, only different effects. We recommend good quality recordings of guitar sounds, harp, spherical music, instrumental melodies or evenly vibrating tones. Be creative and curious, nothing is wrong, and what gives pleasure works!

To help you get started, we're happy to offer a little support with a curated playlist and direct downloads on one of our pages.

Go directly to the list:



# Effective Frequencies

Different frequencies and their effect on the body have been scientifically researched and are already widely recognized in sound therapy using singing bowls, gongs, sound couches and in tuning fork therapy. With **wellve** we can reproduce these frequencies

very accurately and transfer them effectively directly to the body. The human body is built in such a way that even small vibrations spread through the entire skeleton by means of structure-borne sound to the last cell of the body.

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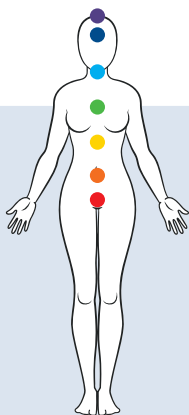
**Try the following essential frequencies playfully, - the corresponding effect will surprise you!**

## Coming into Confidence With 136.10 Hz

The earth-year tone OM is as an all-round frequency always "coherent". It leads into one's own (primordial) trust, relaxes the soul, releases tensions and fears. It loosens us up for the here and now. "Om" (which corresponds to "Amen" in Christian culture) leads us to our true heart love.



"Frequency Trust"



## Chakra Sounds

The (usually seven) subtle energy centers of the body are called chakras (singular: chakra), especially in Tantric Hinduism, Buddhism and yoga. They are located on the vertical central axis of the body and are connected by energy channels. Each chakra vibrates at a specific frequency so that it can be activated by certain sounds. This releases blockages and brings the body into a state of harmony.

## Experience Comprehensive Love With 221.23 Hz

The frequency of Venus embodies the goddess of love and self-love. Due to the lack of self-love more and more people fall ill, and those who do not like themselves do not pay attention or pay too little attention to themselves, their body and their own soul.



"Frequency Love"

Frequencies!

## Aligning Your Consciousness With 8 Hz

A loving heart vibrates with 8 Hz; if we octave (double) this 8 again and again, we get 16, 32, 64, 128, 256 hearts. Moreover, this vibration is the measured brain frequency of healers during their healing work. Symbolically, it embodies the "frequency of the new age".



"Frequency Consciousness"

Frequencies!

# wellve

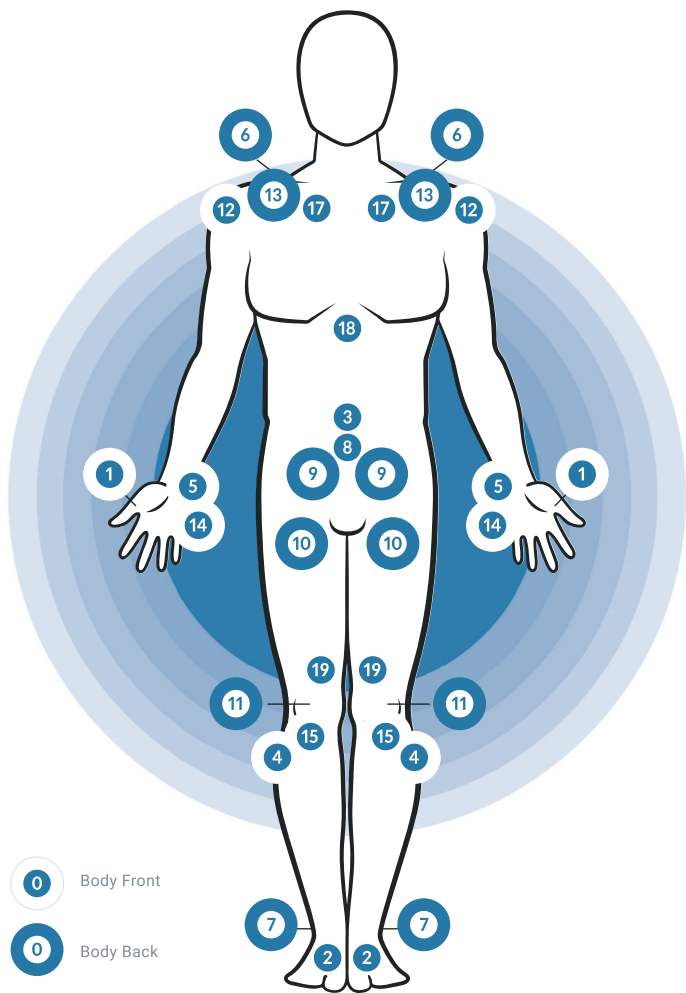
FEEL GOOD SOUND

You can find more information,  
documents and downloads on  
our website

[wellve.ch](http://wellve.ch)





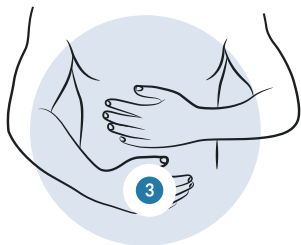
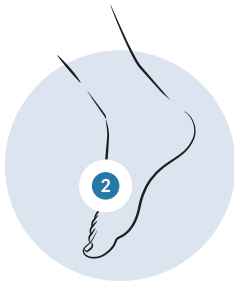




## Finding the Right Points and Zones

- ✓ Take 10 minutes per body part for each treatment. If you have several "problem areas", address them one by one.
- ✓ Place the wellve on the appropriate parts of the body with light pressure or attach it directly to the body using the Velcro strap provided.
- ✓ Take a rest day between treatments.





## Headache

### Zone 1

With the thumb placed on the muscle bulge that forms at the base of the thumb joint → helpful for relief against frontal headache, also effective against toothache, shoulder pain and labor pain, this point is generally well effective against pain

### Zone 2

On the dorsum of the foot between the big toe and the second toe, in the hollow between the bones (about three finger widths from the outer end of the web) → helpful for relief against general headaches, tired eyes or feelings of faintness, vitalizes the immune system, pent-up emotions (anger & fear) can be drained well at this point

## Nervousness

### Zone 3

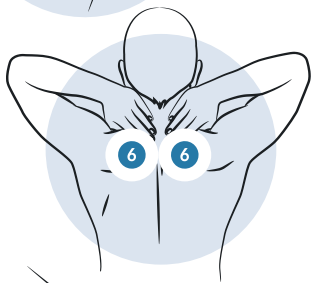
In the navel → helpful against cramping and feelings of "powerlessness", provides a generally good energy balance



**Zone 4**  
Four finger widths below the kneecap, on the outside of the leg → generally reduces nervousness and stabilizes the body, also acts in case of lack of energy and fatigue

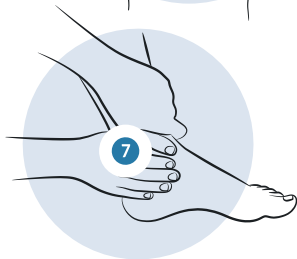


**Zone 5**  
At the end of the wrist crease, on the lower / inner side of the little finger → helpful against nervousness, exam anxiety, forgetfulness and fear



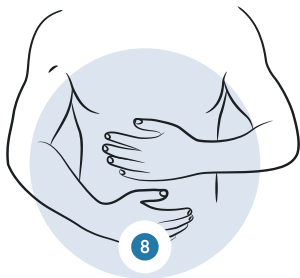
## Back and Neck Pain

**Zone 6**  
On the back of the body two finger widths next to the spine, approximately at shoulder level → helpful against back pain, stiff neck and fatigue, generally relaxes muscles and tendons



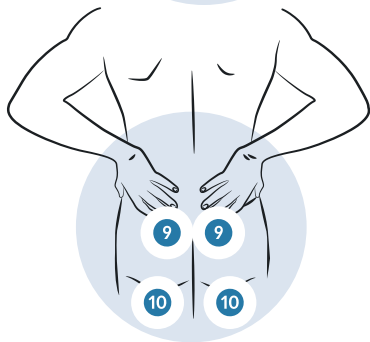
**Zone 7**  
Three finger widths above the end of the heel → helpful against pain in the loins and back, strengthens the general structure

## Lower Back Pain



### Zone 8

If you divide the distance from the navel to the top of the pubic bone into five equal parts, this point is located about one-fifth of the way down from the navel → helpful in low back weakness, prevents a variety of back problems; also effective in chronic low performance, simultaneously strengthens and warms the lower and middle energy fields



### Zone 9

Three finger widths from the end of the buttock crease diagonally upwards (at an angle of 45 degrees) → helpful against pain and stiffness of the back, in case of sciatica and lumbago

### Zone 10

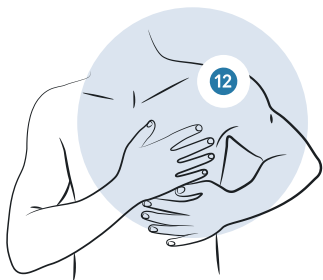
Directly below the buttock, in the middle of the crease → helpful against hip pain, tension in the pelvic area, low back pain of all kinds, lumbago and sciatic pain



### Zone 11

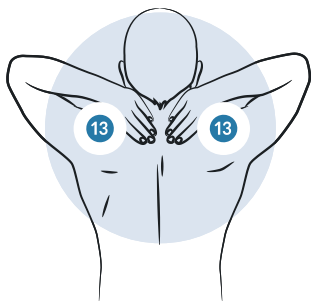
In the middle of the knee joint fold → helpful against arthritis, back pain, stiffness and also knee pain; strengthens the lower back and relaxes the tendons

## Pain in the Upper Back and Shoulder



### Zone 12

In a palpable hollow on the front shoulder, which arises when the arm is raised sideways → helpful for shoulder pain, stiffness, and neck tension; also helpful for paralysis of the upper extremities



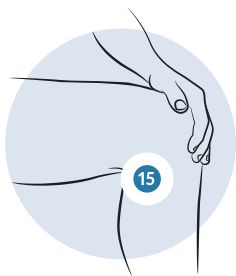
### Zone 13

About halfway between the spine and the shoulder (on top of the edge) → acts mainly against pain in the shoulder area, also helpful for back and neck pain



### Zone 14

On the outer edge of the hand at the transition between red and white flesh, at the small skin bulge, which forms when fist is lightly closed → helpful against painful functional disorders of the neck region, relaxes muscles and tendons



## Knee Pain

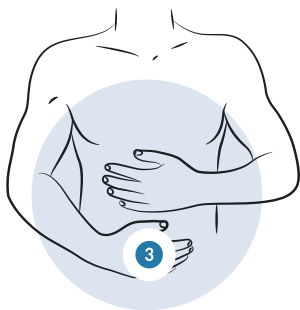
### Zone 15

Below the kneecap, in the outer depression → helps especially with stiff knee, knee and foot pain and rheumatism



### Zone 4

Four finger widths below the kneecap, on the outside of the leg → stabilizes and strengthens the entire body, also acts in case of lack of energy and fatigue



## Sleep Disorders

### Zone 3

The navel, the center → helps to reduce states of exhaustion and leads into original strength



### Zone 5

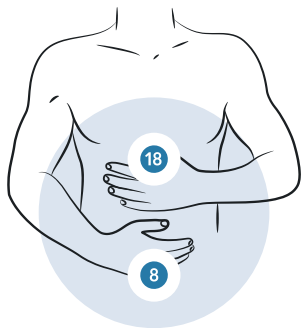
At the end of the wrist crease, on the lower / inner side of the little finger → helps well with sleep disorders and hyperactivity (palpitations)

## Stable Immune System



### Zone 17

In a cavity under the collarbone, next to the sternum → regulates and strengthens the defenses

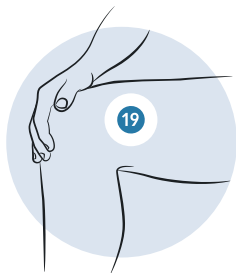


### Zone 18

Slightly below the middle of the sternum → strengthens the upper energy field, the defense energy, activates the immune system and the thymus gland

### Zone 8

If you divide the distance from the navel to the top of the pubic bone into five equal parts, the point is about one fifth from the navel → strengthens vitality and warms the middle and lower energy field of the body



### Zone 19

With the knee bent, three finger widths above the inner upper corner of the patella → Provides order in the immune system through modifying influence of the systems



# Enjoy!



Let yourself be guided by the beneficial vibrations that the wellve spreads through your body.

Follow these vibrations with your attention and mindfully perceive the reactions of your body, feel for it.

Focus on the moment of being and enjoy! The more relaxed, the more effective.



As it was made for you!  
**Relax with the Vibroacoustics  
of the welive**

- ✓ Unpack, charge and enjoy vibrations directly
- ✓ 10 minutes of application per body part
- ✓ Take a rest day between treatments
- ✓ There is no inappropriate music - only different effects
- ✓ The underside can be ideally cleaned with a conventional surface cleaner

## wellve

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