

Relaxation and stress reduction with virtual reality (VR) helps in difficult times

Innovative VR technology ensures lasting relaxation in everyday work life, calms patients during doctor visits and gives seniors in nursing homes a new zest for life.

In a world that is characterized by limitations, stress and mental exhaustion, people are looking for ways to relax, recharge and reduce sorrows. This is where Munich-based Magic Horizons has helped! It has created an innovative and scientific-backed remedy to

these challenges with a unique combination of elaborately produced 360-degree environments in 3D, that include soothing binaural music and modern virtual reality technology.

Innovative, intuitive and attractive solutions

The benefits of Magic Horizons' individualized complete packages are focused directly on retirement homes, healthcare clinics, medical providers, dental practices, and company personnel. VR technology increases the well-being and productivity of employees, as well as

effectively helps patients to quickly relax. To accomplish this, Magic Horizons' developed 29 experiences that are preinstalled on virtual reality glasses and complemented by wireless controllers that enable complete immersion in virtual worlds. Additional PC hardware, cost-intensive setup, maintenance by IT departments and lengthy employee training are not necessary! Additionally, software-only packages are available for existing, professional VR setups.

Variety despite lockdown – in care homes

In the current situation, both employees and residents of retirement homes are confronted with Covid-related restrictions and burdens, which have a negative impact on physical and mental health. Senior citizens in the Alloheim residence "Taubertal" rely on the positive impact from the Magic Horizons VR glasses that provide virtual idyllic surroundings in 360 degrees with soothing music and optimally coordinated content. Operation with the controllers is intuitively simple for users of all ages and the VR technology ensures an exceptionally immersive experience.

The system inspires both residents and specialists. As facility manager Armin Bernhard emphasizes

“The nursing staff is not only relieved by calmer and positive-minded residents, the staff also uses the virtual reality experiences themselves to take a short break and thus to become more stress-resilient.”

It is planned that Magic Horizons will soon be used in all Bavarian facilities of the Alloheim Group.



Care assistant Ina Rehda and resident Franziska



Martin Koppehele (Magic Horizons), Ulrike Schneider (Alloheim Senioren-Residenzen)
Sven Dahle (BKK VBU)

Support by the health insurance company

Sven Dahle, occupational health management consultant at the health insurance company BKK-VBU, expressed himself confidently during the official introduction of the VR glasses in the Alloheim senior citizens' residence,

“With the time-out at the push of a button, it is possible for us to address not only the nursing staff and the residents of the nursing homes, but also to combine the analogue with the digital company health management in a meaningful way.”

Especially in times that require a rethink and for a target group that needs it most urgently, it is important for the health insurance company to offer fast and flexible solutions,” concludes Sven Dahle. The BKK-VBU is therefore one of the sponsors and supporters of Magic Horizons.



Calming down before/during medical visits & no fear of the dentist

Magic Horizons VR experiences are also ideally suited for calming down before and during medical treatments – from which particularly anxious patients benefit. VR glasses are already being used with great success in the practice of Regensburg-based dentist David Diaz.



Dentist David Diaz

“The glasses are a relief, both for me and for my dental assistant,” says David Diaz. He continues on by noting that time savings are also an important factor, “In the past, we had to calm patients in advance with a lot of psychology. With the VR glasses, everything goes much faster. This gives us more time to treat more patients.”

Furthermore, Diaz is convinced VR glasses mean a competitive advantage, because patients consciously look for practices that treat anxious patients well. Diaz says feedback from patients has so far been absolutely positive, “People are overjoyed and write on Instagram or Facebook to say thank you.”

Relaxation for stressed travelers – simply at the push of a button

Munich Airport GmbH has recognized the potential of VR technology for passengers and developed Relaxcabs with Magic Horizons and Napcabs. These offer a break for stressed travelers in the waiting area of Terminal 2 after the security check. People who are afraid of flying can quickly and effectively relax through VR experiences such as walks on the beach and diving adventures with dolphins – just to name two.

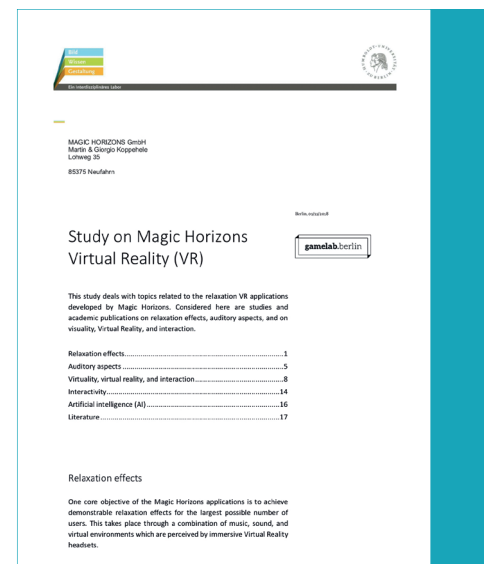


Pictures: ATF Pictures, Alex Toni Friedel (Fotojournalist)

Scientifically verified effectiveness of VR experiences

Since it was founded in 2018, the Magic Horizons concept has proven itself both in scientific studies and in practice. For example, in November 2018 the effectiveness of the combination of stereoscopic 360-degree experiences with binaural audio content was verified in a study by the Humboldt University of Berlin. Within the study, Dr. Christian Stein at gamelab.berlin of the Cluster of Excellence "Image Knowledge Design" at the university conveyed results of the latest global studies on relaxation effects, regeneration after stress, virtual reality and interactive content.

“The studies show that for the level of felt presence that is crucial for a high relaxation effect, the best possible technology is currently VR. The visual intensity is supported by the stereoscopic content that Magic Horizons also offers. The high rendering quality of the Magic Horizons experiences also plays a decisive role and enhances the presence effect,” says Dr. Stein in his study (November 1, 2018).



More information about Magic Horizons

If you would learn more about Magic Horizons, you can find here the latest information.

► www.magic-horizons.com
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Press contact:

► press@magic-horizons.com

Magic Horizons GmbH

Lohweg 35 ■ 85375 Neufahrn ■ Germany

Phone 08165 65638 ■ Mail info@magic-horizons.com