

massage

health

beauty

sport

Tecnovita

by **BH**

tecnovita.eu

Wellness

ENGLISH



massage

health

beauty

sport

The background of the image is a landscape photograph. It shows a calm body of water in the foreground, reflecting the sky and the surrounding mountains. The mountains are silhouetted against a soft, hazy sky, suggesting the time is either early morning or late evening. The overall color palette is dominated by cool blues and greys, creating a peaceful and tranquil atmosphere.

Tecnovita

by **BH**

Wellness



massage

One of the first references to the word massage and its description and use was recently found in some writings from Ancient Mesopotamia. Sumerian and Akkadian writings entitled *mushu'u* suggest that massages were practised 4000 years ago. Furthermore, in the medical writings of ancient India and in the books of Ayurveda it is known as *champoonig*, translated by the English as shampooing, which has curiously evolved into the word shampoo, initially used to mean washing the head. In Greece, massage was called *masso*, which means to knead.

The massage chairs by **Tecnovita by BH** provide several types of massage. For example:



- **kneading** circular massage, which effectively relaxes the entire back, strengthening muscles and relaxing stresses.



- **tapping** a pleasant and delicate massage, which simulates the tapping of agile and expert hands along the entire back, helping improve the circulation of oxygen throughout the body.



- **dual-action/wavelet** the result of the combination of tapping or finger tapping massage with kneading. A function that increases the relaxing and beneficial effect of both types of massage.



- **swedish** the Swedish massage is the result of the pleasant combination of a delicate muscular massage and a slight tapping. Similar to the dual-action/wavelet massage but less energetic.



- **shiatsu** simulates the finger of an expert masseur over the back, via strategic acupuncture points.



- **pummeling** simulates running the knuckles over the entire back, causing a revitalising effect and favouring the circulation.

Wellness
Tecnovita
by **BH**

M1200Cscala

The air acquires a new prominence
A revolutionary concept in massage centres



With the **M1200C scala**, massage centre, the air acquires a new prominence, it is a new concept whereby you can reach a state of total relaxation. With the complex massage system of the **M1200C scala**, with more than 40 perfectly synchronised airbags, your body is massaged muscle by muscle, from head to toe, in the same way an expert masseur would do.

M1200C scala can provide different types of massage:



kneading shiatsu swedish



tapping and finger tapping wavelet or dual-action

M1200C scala can also offer music therapy, which synchronises the different massage functions (types, intensity and amplitude) with your favourite music, increasing the relaxing effect of the selected melody.

Enjoy the perfect combination: let the **ambilight experience** progressive lighting system create an ideal atmosphere of comfort, homely warmth and tranquillity, and select the **music therapy** programme to make the **M1200C scala** pamper your body to the beat of your favourite music.

Dimensions vertical without the arm massage mechanism length 130 cm / 51" x width 93 cm / 36.5" (with this mechanism 103 cm / 40.5") x height 121 cm / 47.5" • horizontal without the arm massage mechanism length 205 cm / 80.5" x width 93 / 36.5" (with this mechanism 103 cm / 40.5") x height 78 cm / 30.5" • weight 120 kg / 264 lbs.



Technical characteristics

- **3D spinal adjustment massage therapy** Optical sensors detect the height of the user and the location of his/her shoulders before starting the session with the aim of providing a custom 3D massage.
- Music player with built-in speakers
- Massage for light and rested legs
- Smart adjustment to the position of your legs
- Reflexology system to treat your feet as though they were in the hands of an expert masseur.
- Easy and intuitive LCD screen
- *Width&fit* massage for the arms
- Programmes: *shoulder* concentrating on the relaxation of the shoulders; *back* to relax the muscles of the back; *waist* for the waist area; *energetic* and innovative, it will help relax your joints thanks to a series of movements in several parts of your body; *air* an exclusive massage using airbags for a complete treatment of your fingers, hands, forearms and elbows; *stretching* energetic, mixing all the possibilities that the rollers and airbags offer, treating the whole body; *neck & head* for the neck and head; *hand*, which massages from the fingertips up to the elbow.



M900milan

The latest technology in massage centres



Evolution in the world of the senses. The latest technology in massage centres at your disposal to pamper every part of your body and bring you to a state of well-being and serene tranquillity, escaping all worries. Let yourself be taken into a new dimension of pleasurable rest with your massage centre: the **M900 milan**

Dimensions length 150 cm / 59" x width 93 cm / 36.5" x height 120 cm / 47" • weight 107 kg / 235 lbs

multifunctional LED screen in
M900 milan and **M650 venice**



Comparison M900 milan • M650 venice

- **M650** surrounds your body at the height of your forearms, **M900** envelops you better and has a greater massage area.
- The **M900** can massage further up due to its cushion in the area of the back, which has two airbags for head massage.
- The model **M900** has two airbags in the shoulder area for a more enveloping massage.

M650venice



The **M650 venice** massage centre envisages the body as a group of meridians or energy channels that, when activated at precise points, can unblock or improve the energy flow, leading to an absolute sensation of well-being and relaxation. It has a music function.

Dimensions length 140 cm / 55" x width 85 cm / 33.5" x height 110 cm / 43" • weight 97 kg / 213 lbs

M900 milan and **M650 venice** provide several types of massage:



kneading



tapping



shiatsu



dual-action

M900 milan
also offers:



swedish

M650 venice
also offers:



music therapy

Both models are have:

- air massage for arms
- vertical adjustment massage therapy
- massage for head and shoulders

**triple action
for the
lumbar area**



**HRI back
analysis
system**



Zero G function



M400prince



The **M400 prince** hides the latest technology in massage under the guise of a modern designer armchair that will not go unnoticed.

- very intuitive control
- electric adjustment of leg position
- predefined massages
- light and rested legs
- electric adjustment of back and legs
- customised massage

massages
**M400
prince:**



shiatsu

swedish



kneading tapping dual-action

Dimensions length 135 cm / 53" x width 75 cm / 29.5" x height 118 cm / 46.5" • weight 65 kg / 143 lbs



M200image



Indulge yourself with a relaxing treat. Enjoy an elegant, discreet traditional armchair with the latest massage technology hidden inside. It will go completely unnoticed by everyone else, but you will finally be able to enjoy your longed-for massage chair.

- very intuitive control
- electric adjustment of back and legs
- light and rested legs
- predefined massages
- customised massage
- comfortable design armchair

M200 image provides kneading.



Dimensions length 110 cm / 43" x width 70 cm / 27.5" x height 122 cm / 48" • weight 50 kg / 110 lbs



M111capri

massage

7



With the **M111 capri** you will be able to enjoy a comfortable massage chair that can also be used as an elegant armchair wherever you decide. For your office or for your living room, as a trendy armchair or as a comfortable massage chair.

- reclining backrest and adjustable leg angle
- heat massage
- tapping massage on shoulders, back and legs
- height adjustment
- very intuitive control

M11 capri provides vibration and kneading



Dimensions length 62 cm / 24.5" x width 76 cm / 30" x height 100 cm / 39" • weight 27 kg / 59 lbs



M50alzo

Riser recliner armchair

Heat and vibration

M50 alzo a great help for people with limited mobility



The **M50 alzo** simple and comfortable at the same time, will provide you total rest and relaxation. Experience a unique sensation of well-being. With **alzo** you will be able to enjoy an electric riser recliner system that will help you to your feet slowly and automatically, without depending on other people.

- partial or total massage
- heat function to optimise the effectiveness of the massage
- intuitive remote control
- a second remote control with two buttons for the automatic rising/reclining function
- different massage intensity levels
- 3 positions: seated, reclined and elevated

Dimensions in vertical position: length 80 cm / 31.5" x width 80 cm / 31.5" x height 105 cm / 41.5" • horizontal: length 154 cm / 60.5" x width 80 cm / 31.5" x height 84 cm / 33" • elevated: length 80 cm / 31.5" x width 80 cm / 31.5" x height 154 cm / 60.5" • weight 50 kg / 110 lbs

YM90 summa+

Full body pressotherapy and massage centre



YM90 **summa+** is a high end massage station based on air pressure plus the action of other elements.

- air compression and massage
- run of programmed frequencies
- separate accessories finished in leather
- massage backrest with adjustable wrap system for shoulders and neck
- massage accessory for the head
- compression accessory for legs and arms
- vibration for the abdominal area
- remote control
- power supply cable

YM921 zentromax

Massage for the feet and legs



YM921 **zentromax**
the ideal massage
for your feet
and legs



Your feet deserve special attention. During the course of the day these parts of our body suffer considerable strain. This is the perfect complement that you need. With the **YM921 zentromax** from **Tecnovita by BH** you can relieve the discomfort in your feet and legs when you get home. A pleasure that eliminates stress and strain.

- adjustable multi-angle function
- 3 types of massage: shiatsu, heat, and vibration
- adjustable smart air chambers
- massage of the front of the feet, toes and instep
- easy transport thanks to its wheels
- power supply cable

Dimensions length 51 cm / 20" x width 53 cm / 21" x height 62 cm / 24.5" • weight 24.5 kg / 54 lbs

YM20 shiatsu mat

Massage bed
shiatsu, rolling and **vibration**



YM20 shiatsu mat
relieves tired legs

- **3 types of massage: shiatsu, rolling and vibration**
- massage for back and shoulders
- vibration for legs and buttocks
- **4 automatic modes**
- point by point massage option
- massage width adjustment
- double padding to adjust the pressure of the massage
- remote control
- power supply cable
- foldable

Dimensions length 178 cm / 70" x width 55 cm / 21.5" x width 10 cm / 4"

YM12 shiatsu backrest premium plus

Massage backrest for
shiatsu and **rolling**



For an **adjustable**
and **customised** massage

- **3 types of massage: shiatsu, rolling and vibration**
- complete back massage
- **3 automatic modes**
- point by point massage option
- massage width adjustment
- heat
- double padding to adjust the pressure of the massage
- remote control
- power supply cable
- foldable

Backrest dimensions length 45 cm / 17.5" x height 80 cm / 31.5" x width 10 cm / 4" • weight 5 kg / 11 lbs

YM301 feet care pressotherapy

Pressotherapy, shiatsu
Massage for the **feet**



YM301 feet care
pressotherapy
relief for tired feet



pressotherapy massage heat

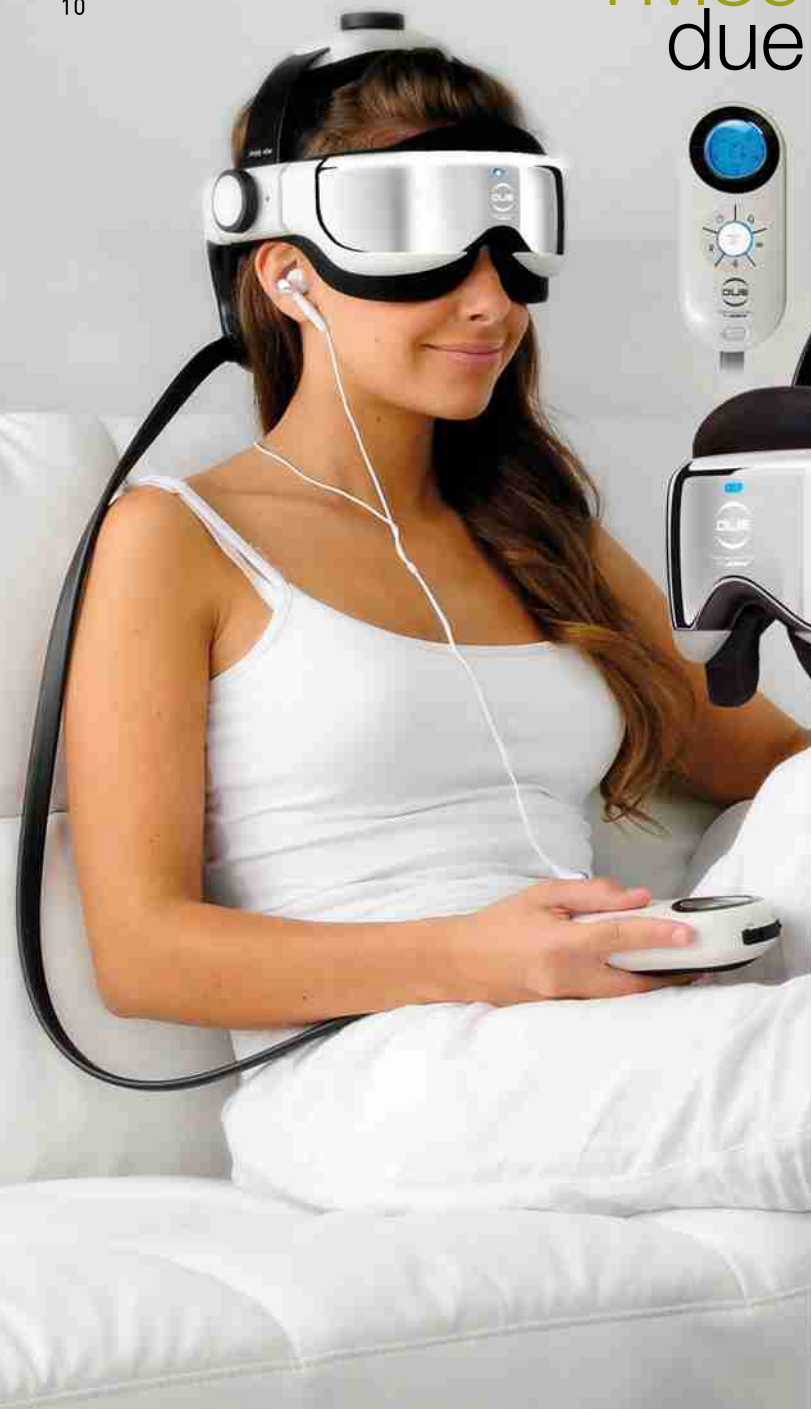
With the **YM301 feet care** you can treat yourself to a pleasant massage to relieve the everyday tiredness of your feet.

- pressotherapy for the feet
- kneading massage and air massage
- massage roller for the centre of the feet
- massage of the front of the feet
- quick heat therapy massage
- intensity control

Dimensions length 42 cm / 16.5" x width 36 cm / 14" x height 16 cm / 6" • weight 4.7 kg / 10 lbs

YM85 due

Air massage
helmet and glasses
for a **complete massage**



YM85 due equipped with **AC Advance Control**

- air pressure
- multi-frequency vibration
- heat
- natural sounds
- air pressure channel in the upper level
- remote control with **Advance Control**
- power supply cable or battery power

YM771 aeroplus

Air massage helmet



YM771 aeroplus ideal for **reducing stress**

- air pressure
- multi-frequency vibration
- heat
- natural sounds
- air pressure channel in the upper level
- new **Magnetic 3D** system
- remote control with **Advance Control**
- power supply cable or battery power

YM69space

Foldable

massage glasses

- 5 modes of relaxing air pressure massage
- 3 modes of anti-stress heat massage
- **foldable**
- help you sleep
- relieve tired eyes and mind
- **counteract the consequences of tiredness** (bags under the eyes, wrinkles, lack of concentration)
- easy to operate remote control
- power supply cable or battery power



YM68sonno

Air massage foldable glasses with **USB** and **MP3** connection

- air pressure
- multi-frequency vibration
- heat
- headphones
- remote control
- ergonomic facial design
- rechargeable battery operation
- USB battery charger and mains charger



health



Health is state of complete physical, mental and social well-being, not just the absence of disease or pain, according to the definition presented by the WHO World Health Organisation in its constitution approved in 1948.

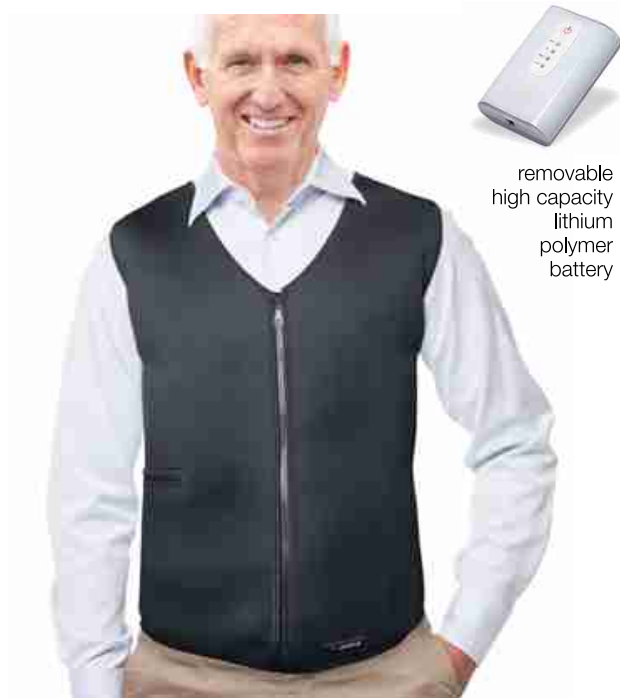
According to the report by Lalonde, from 1974 in Canada, there are four general determining factors that influence health, which he called "human biology" the genetic information of each individual, "environment" external factors over which the person has no control, "domestic environment" factors that come from the exterior but over which the human being does have control "lifestyle" diet and physical exercise and the "organisation of health care". Fitness, a healthy diet, coping with stress, stopping smoking and abusing other toxic substances, among other measures, are steps towards improving people's health.

Health is a range of products by **Tecnovita by BH** that can help you preserve or improve your health by increasing your well-being.



Wellness
Tecnovita
by **BH**

YM96L • YM96XL heated waistcoat with infrared



removable
high capacity
lithium
polymer
battery

neoprene waistcoat
with **wireless infrared heat**

- 3 temperature levels: 35-40°C / 40-45°C / 45-50°C
- maximum charge time 3 h.
- battery life of 4-5 h at low level
- deep heat absorption
- made with flexible materials that allow the movements of everyday life
- high quality neoprene of 2.5 mm.
- includes a battery charger

YM951 heated wrap with infrared



removable
high capacity
lithium-ion
battery



neoprene wrap
with **wireless infrared heat**

- 4 levels of deep heat absorption
- made with flexible materials that allow intense movement
- battery life of 4-5 h at low level
- maximum charge time 4 h.
- includes a battery charger
- removable high capacity lithium-ion battery

YM97 foot warmer



foot warmer
wireless

Thanks to the **foot warmer YM97** from **Tecnovita by BH**, you can forget the discomfort if cold feet and with its heat function you can improve the circulation in your lower limbs and thus rest your feet. In any place or position, without worrying about wires and sockets.



YM98 always warm

Electric blanket



Take the pleasant warmth of your home with you, wherever you go, thanks to the blanket **YM98 always warm** from **Tecnovita by BH**. With its long-life NiMH battery you can enjoy pleasant temperatures wherever you are.

Wellness
Tecnovita
by **BH**

YM94 hand warmer



3 in 1

Hand warmer
Rechargeable with your mobile
LED lamp



battery
charger for
iPhone and
Smartphones



Rechargeable and portable

- temperature between 40 and 45°C
- includes LED reading lamp
- rechargeable lithium-ion battery
- up to 4 h of use
- includes USB cable for charging
- maximum charge time 4 h.

Dimensions length 94 mm / 3.7" x width 66 mm / 2.6"
x thickness 17.5mm / 0.7" • weight 90 g / 3.15 oz

YB04 multifunction scales

- bioelectric impedance system
- 4 high accuracy sensors
- icons for interpreting results
- touch sensor
- memory for 8 users
- ultra slim 18 mm design
- maximum recommended user weight 150 kg
- margin of error 0.1 kg
- XL LCD display with dimensions 62.5x62 mm.



YBW04 body control kit scales YB04 + blood pressure monitor

- interpretation and classification of values according to **WHO World Health Organization**
- 2x60 memory spaces
- date and time
- works with batteries



YP48 sunrisemaxia alarm clock



wake up naturally and gently
simulating the dawn light

- gradual increase in light before the set time
- dawn function with **20 adjustable light levels**
- lamp function with 20 adjustable light levels
- 2 alarm times
- siesta mode
- **snooze function**
- radio
- 4 natural sounds
- automatic time synchronisation
with **RDS system**
- power supply cable

Dimensions width 20 cm / 8" x depth 12 cm / 4.6" x
height 30 cm / 12"

YP36 planet air purifier



an elegant design with an **LED** for
high efficiency purification

- carbon filter that eliminates gas contaminants and odours
- **high efficiency HEPA filter that removes 99.97% of polluting particles** (dust, pollen, smoke, etc.)
- emission of beneficial ions
- scent diffusion
- USB to connect the purifier to the computer

Dimensions length 20 cm / 8" x width 20 cm / 8" x height 20
cm / 8"

YP60 humidifier by ultrasound



household humidifier
with **emission of ions**



eucalyptus

lavender

bergamot

includes 3 aromatherapy oils

- programmable timer
- adjustable atomisation
- **PET anti-rust tank**
- safety system self-stop
- power supply cable

Dimensions length 16 cm / 6.2" x width 16 cm / 6.2" x height
20 cm / 8"



beauty

corporal cavitation
& platforms

facial ultrasound

head treatment

gadgets

Body care, the outer appearance of the person and their mental state influence their beauty in a certain way.

Caring for your body provides physical and emotional balance. Choosing a balanced diet, carrying out physical activity in accordance with your ability, resting properly and practising suitable relaxation techniques are all aspects that must be taken into account and that when combined properly will result in the inner and outer beauty of the person.

Tecnovita by BH within the range **Beauty** includes four lines of products that will help you take better care of your body:

- Corporal cavitation & platforms
- Facial ultrasound
- Head treatment
- Gadgets



Wellness
Tecnovita
by **BH**



corporal cavitation & platforms

Cavitation is a non-invasive and selective system for eliminating localised body fat

Advantages of cavitation:

- reduces volume
- destroys adipose tissue
- sculpts the body
- lasting effects
- easy to use
- immediate results
- selection of the area to work
- no pain or discomfort
- completely safe



The vibration platform, the perfect complement to cavitation

The vibratory platform acts on the muscles making them vibrate involuntarily, thus toning them. It is one of the best ways to exercise the muscles passively. When a person undertakes a cavitation treatment the fat cells are broken down and are eliminated naturally through the lymphatic system, aided by exercise and water intake, resulting in an automatic loss of volume and weight. The vibratory platforms **YV25TM** and **YV25** thanks to their oscillating movement, are the ideal complement to cavitation as they help remove the fat released, stimulating the lymphatic system due to their draining and toning effect.



safe and effective body shaping

Wellness
Tecnovita
by **BH**

CB1500 siluetW&M

The cavitation concept
for men taken to the
maximum

Bring the world of cavitation into your home
at the hand of a complete professional
Tecnovita CB1500 siluetW&M. With this
cavitation device that has won an award
for its design, you will enjoy the highest
performance in the privacy of your own
home and with full safety and the guarantee
of **Tecnovita by BH**.

- 6 intensity levels
- Operation modes
continuous and
pulsed
- Timer

It has a large intuitive display that lights
up for ease of reading for programming
the cavitation sessions easily.

The possibility of choosing between pulsed
and continuous emission types enables
greater accuracy when treating different
areas of the body.

The timer enables you to set the desired
duration, minute by minute, to a maximum
of 20 minutes.

Tecnovita CB1500 includes:

- 1 cavitation gel 250 ml.
- 1 anti-cellulite serum 50 ml.
- 1 firming action serum 50 ml.
- 1 post-cavitation lotion 50 ml.

design
prize



includes DVD with
instructions for use





YS50 **cavislim excel** and YS30 **cavislim**

Devices for aesthetic cavitation exclusively for domestic use, cheaper and lighter than professional machines, affordable for the home user.

The principal difference between the models is that the **YS50 cavislim excel** has an additional programme for continuous emission, while the **YS30 cavislim** has 4 pulsed programmes. It is actually the continuous programme that makes the model **YS50 cavislim excel** quicker and more effective and when treating the buttocks.



YS50 and YS30 includes DVD with instructions for use

YS50 cavislim excel

- **5** intensity levels
- **4** pulsed emission programmes
- Continuous emission programme **that destroys more persistent fat**
- Safety pedal



YS30 cavislim

- **4** intensity levels
- **4** pulsed emission programmes
- Safety pedal



Tecnovita YS50 and YS30 include :

- 1 cavitation gel 500 ml.
- 1 anti-cellulite serum 50 ml.
- 1 firming serum 50 ml.



How does cavitation work?

Cavitation occurs when vacuum micro-bubbles are generated in our body through ultrasound that is imperceptible to humans, breaking down localised fat deposits, in a totally painless, non-invasive manner. The big advantage of aesthetic cavitation is that it is possible to select the area to be treated, and to treat these areas and free them from fat. It firms the muscles and sculpts the body to obtain results in only a few sessions, even in areas that are resistant to diets and exercise.

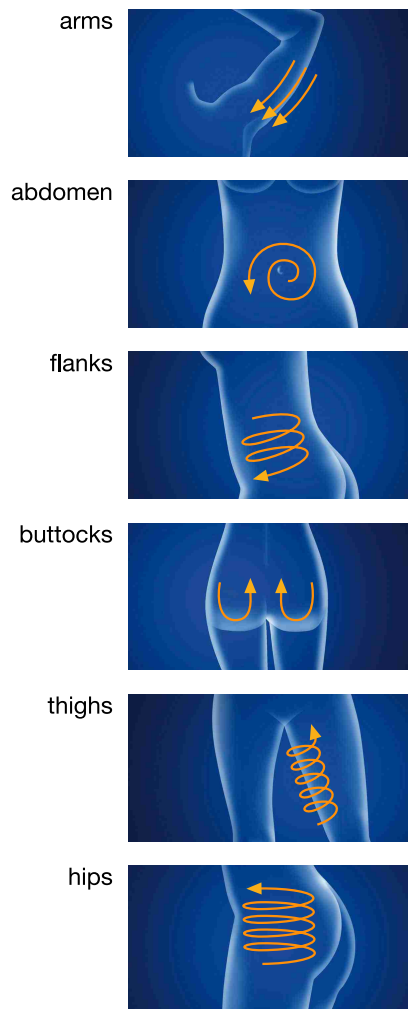
Until very recently this innovative technique could only be used at specialised centres due to the cost and dimensions of the machinery needed to do it. Nevertheless now, thanks to **Tecnovita by BH** you can access this modern aesthetic technology in the privacy of your own home.

What is the difference between continuous and pulsed emission?

• **Continuous emission** This refers to uninterrupted ultrasound emission. This type of emission produces constant heat in the tissue, intensifying the effects of the cavitation.

• **Pulsed emission** This refers to ultrasound emission with pauses between each ultrasound emission. Pulsed emission lets the temperature drop, which makes it possible to use higher ultrasound emission powers.

Wellness
Tecnovita
by **BH**



accessories cavitation tecnovita by BH

The gels and serums from **Tecnovita by BH** have been manufactured and tested for use with cavitation machines Tecnovita by BH and are products that offer optimum results.

- **Cavitation gel** The minerals contained allow the transmission of the waves efficiently and without losses, improving the elasticity and appearance of the skin.
- **Firming serum** High density that does not contain mineral oils, without a tacky effect. It can be used for all skin types, even very sensitive skins.
- **Anti-cellulite serum** Ideal for application before cavitation sessions. Cavitation increases its effects.
- **Post-cavitation lotion** Helps nourish the skin after the cavitation sessions, to achieve a softer touch.



Range of products for
Tecnovita by BH YS30 and YS50

- **YSG01 G.one**
Cavitation gel 500 ml.
- **YSG05 G.one**
Cavitation gel de 5 l.
- **YSG51 S.one**
Firming action serum 50 ml.
- **YSG52 S.two**
Anti-cellulite serum 50 ml.



Range of products for
Tecnovita by BH CB 1500 T

- **CBG01** Cavitation gel 500 ml.
- **CBG02** Cavitation gel 250 ml.
- **CBG51** Thermoactive firming serum 50 ml.
- **CBG52** Anti-cellulite serum with cooling effect 50 ml.
- **CBG61** Post-cavitation lotion

YV25TMvib3

TriAxial movement



3 vibration systems: orbital, oscillating and DualFit (vibro-oscillating)

orbital smooth and horizontally elliptical, recommended for recuperation and for people who cannot do intensive workouts.

oscillating massage and stimulation with a very natural movement (just like the walking mechanism) which **works the most difficult areas of the body without any effort and is particularly recommended for post-cavitation use.**

DualFit swinging + orbital works the muscles not only longitudinally but also transversely, working them completely and **fighting against cellulite.**

- LED screen that measures speed, time and pulse
- **with 3 predefined programmes and 6 USB customisable programmes**
- programming from 1 to 20 min.
- maximum recommended user weight 150 kg
- 2 DC motors of 500 W. and 300 W.
- pulse measurement on the handlebar
- frequency of vibration: orbital 15-40 Hz. / oscillating 5-30 Hz. / DualFit 25-50 Hz.
- vibration amplitude: orbital 1-2 mm. / oscillating 10 mm. / DualFit 1-4 mm.
- 60 intensity levels
- control keys on the handlebar: intensity and time
- wheels for easy transport



Dimensions length 58 cm / 23" x width 70 cm / 27.5" x height 134 cm / 52.7" • weight 57 kg / 125 lbs

YV25vib

oscillating movement



Massage and stimulation which works the most difficult areas of the body without **any effort**

- oscillating vibration: **natural and pleasant movement, complementary to cavitation**
- LED screen that measures speed, time and pulse
- **with 3 predefined programmes and 6 USB customisable programmes**
- programming from 1 to 20 min.
- maximum recommended user weight 150 kg
- DC motor (domestic) of 300 W.
- vibration frequency 5-30 Hz.
- vibration amplitude 10 mm.
- pulse measurement on the handlebar
- 60 intensity levels
- control keys on the handlebar: start/stop, programmes and intensity
- wheels for easy transport



YV25TM and YV25 a leaflet and a DVD with the instructions for use and exercises are included

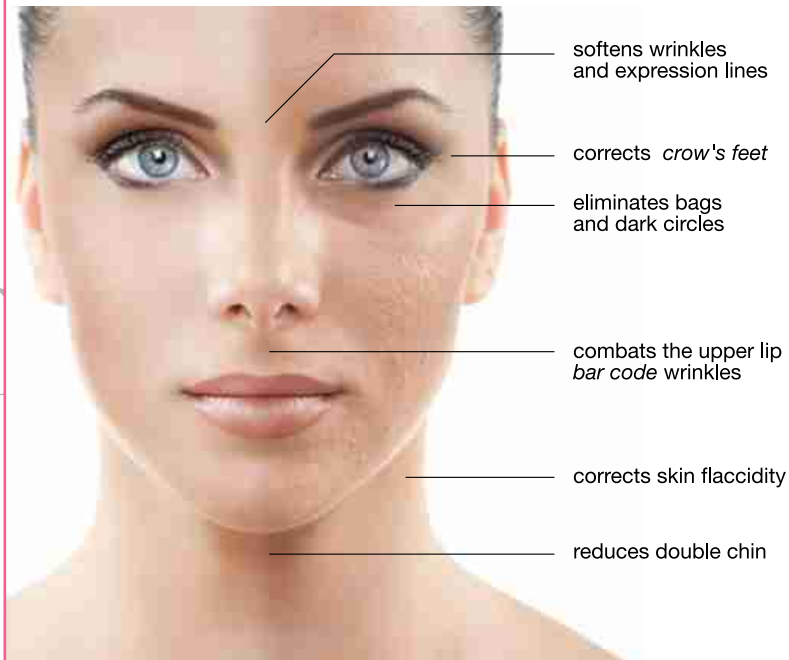


Dimensions length 58 cm / 23" x width 70 cm / 27.5" x height 134 cm / 52.7" • weight 53 kg / 116 lbs



facial ultrasound

Facial ultrasound devices use sophisticated acoustic wave technology to help renew facial skin cells.



Ultrasound is high frequency sound waves that cannot be heard by the human ear. The ultrasound classically used in facial aesthetics is emitted at a frequency of around 3 MHz, in other words, 3 million vibrations per second.

Results with facial ultrasound

- **Results of the mechanical effect** Ultrasound provides a **cellular micro massage**, which helps increase of the permeability of the membranes. This mechanical thrust effect helps, among other things, substances to penetrate the skin better.

- **Results of the thermal effect** The mechanical energy absorbed by the tissues is transformed into thermal energy since the human organism offers a resistance to the mechanical movement, which generates heat. This aids the **stimulation of the cell metabolism and circulation**.

- **Results of the chemical effect** In addition to the above actions, the chemical action activates the oxygen molecules, which leads to better oxygenation of tissues, and, as a consequence, a better diffusion or **penetration of the cosmetic substances**.

helps increase the elasticity,
firmness and hydration of the
facial skin

YU200sonixduo

The solution that combats signs of ageing



The technology of the **YU200 sonixduo** helps you to

- regenerate the elastin, preventing wrinkles and flaccidity
- stimulate the production of collagen, helping reduce existing wrinkles and preventing the appearance of new ones.
- activate the oxygenation of the cells and promote the expulsion of toxins, for clean and healthy skin
- revitalise the natural moisture that the skin loses over the years
- intensify the moisturising effect of everyday skin creams
- increase the absorption effect of anti-wrinkle creams
- **10 intensity levels**
- **continuous and pulsed** emission modes
- time programming
- 2 ergonomic handles with manual control They perfectly adapt to the most difficult areas of the face, such as the eye and lip contours.
- ultrasound frequency 3 MHz.
- output power 0 to 10 Watts, depending on the programme

Dimensions length 30 cm / 11.8" x width 21 cm / 8.2" x height 9 cm / 3.5"
• weight 3 kg / 6.5 lbs

YU180sonixplus

The latest in revitalising and stimulating technology



YU180 sonixplus will care for and improve the appearance your complexion

- advanced technology with an elegant design
- prevents wrinkles and flaccidity by aiding the regeneration of elastin
- reduces existing wrinkles and prevents the appearance of new ones by **stimulating the production of collagen**
- oxygenates the cells and eliminates toxins
- revitalises the natural moisture that the skin loses over the years
- **the moisturising action of everyday skin creams is increased**
- increases the absorption effect of anti-wrinkle creams

Dimensions length 30 cm / 12" x width 25 cm / 9.8" x height 10 cm / 4"
• weight 1.5 kg / 3.3 lbs

YU100 handsonix

beauty

23



Anti-ageing facial treatment

- ultrasound frequency 3 MHz.
- **2 modes: ultrasound for facial treatment and toning emission for facial cleansing**
- multifunction key
- wireless
- auto power off sensor
- colour-LED with mode indicator
- rechargeable battery

Dimensions
length 14 cm / 5.5" x width 8 cm / 3" x height 5 cm / 2"

YU100 handsonix YG01
ultrasound gel is included

YU200 sonixduo and **YU180 sonixplus** ultrasound and anti-wrinkle gels are included



head treatment

The capillary ultrasound devices use the advanced technology of the acoustic wave to help in the renewal of the scalp cells.



The use of the technology based on ultrasound applied to the scalp is a new and leading technique. **Tecnovita by BH** makes the highest level of technology available in your own home. This procedure is based on the application of ultrasound vibrations with a frequency greater than 5 MHz on the scalp; compared to manual massage, it allows a greater concentration of energy, with the vibrations acting directly due to the short wavelength in the area of the cells and the cell complexes, which is not possible with any other type of massage.

The **physiological effects of ultrasound** fall into three categories: **mechanical** or cellular micro massage, **thermal** that increases the cell metabolism and **chemical** that allows better penetration of the cosmetic products within the capillary bulbs and increase the irrigation of the area of application

ultrasound is safe, quick,
and easy to apply

YU700hairsonix ultrasound

Innovative system for caring
for the scalp



The technology of the
YU700 hairsonix helps you to

- give your scalp a cellular micro massage
- increase the capillary metabolism
- facilitate the cutaneous absorption of the cosmetic products

YU700 hairsonix includes ultrasound gel for the cosmetic treatment

Dimensions length 13 cm / 5" x width 8 cm / 3" x height 5 cm / 2"

Wellness
Tecnovita
by **BH**

YM100haircleaner

Revolutionary system for **hygiene** and
massage of the scalp



With the **YM100 haircleaner** from **Tecnovita by BH** you will enjoy healthier, revitalised hair



The capillary massager **YM100 haircleaner** reproduces the movement of fingers when massaging your head, acting in the same way as when shampoo is applied in a hair salon. This massage, as well as being very comforting, has the following benefits for the scalp:

- better penetration of the shampoo, cleaning the scalp.
- perfect absorption of the nutrients, achieving healthier hair.

- revitalising effect on the scalp that favours the blood flow.
- greater efficacy of the shampoo used.

It has two accessories, one that acts as a brush and cleaner, and another that is the massage attachment. You can use them for the application of shampoo and to receive a massage, whether wet or dry. It has 2 intensity levels, works with a rechargeable battery and can be fully submerged in water.

Dimensions length 16 cm / 6.2" x width 10 cm / 4" x height 12 cm / 4.7"



YV07 slimming belt vibration belt



Eliminates fat
and strengthens abs

- 5 intensity levels
- 2 modes: manual and automatic
- ergonomic, modern design, easy to control
- adjustable
- **works the abdomen, buttocks, hips, waist and arms**
- power supply cable

Dimensions length 118 cm / 46.5" x width 12 cm / 4.7" x height 4 cm / 1.5"

YM47 convertible manual massager



Eliminates knotted
muscles
Ergonomic handle



- vibratory massage
- **convertible massager** that can be disassembled in a click
- **3 interchangeable heads** different pressure areas (spasms, knotted muscles, cellulite, relaxation)
- infrared heat
- speed regulator multi speed
- power supply cable

Complete dimensions length 13 cm / 5" x width 35 cm / 13.6" x height 10 cm / 4" • disassembled length 13 cm / 5" x width 16 cm / 6.4" x height 10 cm / 4"

YM50 hand treatment



Rejuvenate the
appearance of
your hands using
the **thermal
massage with air
pressure**

- 3 massage modes
- 3 heat modes
- 3 time modes

Dimensions length 25 cm / 9.7" x width 22 cm / 8.7" x height 8.5 cm / 3.4"

YM46

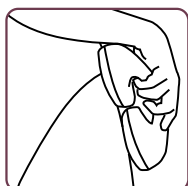
manual massager
with infrared heat



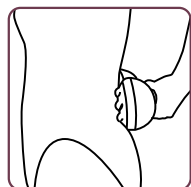
YM46 the daily aid for the ongoing improvement of your appearance



neck



hips



lumbar
region



facial

- **3 massage modes**
 - heat: increases circulation activating the metabolism
 - vibration: with spherical heads it helps break down the adipose cells and favours the application of creams
- combined: to multiply the effects of the massage
- double head with multiple spheres
- easy operation
- power supply cable for car and mains

YM022

shiatsu massager
for the neck



Eliminates
muscle tension
and helps
combat stress

- **2 massage heads** for a more effective result
- 2 massage modes
- easy operation
- power supply cable
- car charger

YM01

mini
massager



Massager
ANTI-STRESS

- relaxing massage with vibration
- touch sensor
- manageable and versatile
- ergonomic design
- eliminates muscle tension and fatigue
- works with 3 AAA batteries

Wellness
Tecnorita
by **BH**



sport
essential fitness
senior
basic strength
electrostimulation

Practicing physical activity systematically and regularly must be taken as an important element in the prevention of disease and improvement of health.

There are many benefits of sport, including: increasing the elasticity and mobility of joints, improving circulation, decreasing blood pressure, improving lung capacity, reducing the concentration of triglycerides and bad cholesterol, improving muscle tone and coordination, increasing strength and improving the person's self-esteem.

Sports is recommended at all ages, therefore, **Tecnovita by BH** has developed the **Senior** range of products specifically for older people.



Wellness
Tecnovita
by **BH**



sport
essential
fitness

YF91 backfit foldable bicycle with backrest



LCD monitor
easy to use



**folds to a
minimum**



Easy access due to the lower central shaft

- system of **magnetic braking**
- tension control with 8 regulation points
- easy-to-use LCD monitor showing speed, distance, time and calories
- **saddle with comfortable backrest, adjustable height, with lateral support handles**
- maximum recommended user weight 90 kg
- DT pedal system with double drive
- **weight of flywheel equivalent to 8 kg**
- wheels for transportation

Dimensions length 68 cm / 26.7" x width 39 cm / 15.4" x height 117 cm / 46" •
folded: length 28 cm / 11" x width 39 cm / 15.4" x height 130 cm / 51.2" • weight
18.8 kg / 41.5 lbs

YF90open&go foldable bicycle



**when folded
it fits
anywhere**



Easy to fold

- system of **magnetic braking**
- 8 load regulation points (manual)
- easy start monitor with speed, distance, time and calories
- **adjustable saddle height**
- maximum recommended user weight 90 kg
- DT pedal system with double drive
- **weight of flywheel equivalent to 8 kg**
- wheels for transportation

Dimensions length 68 cm / 26.7" x width 39 cm / 15.4" x height 117 cm / 46" • folded: length 28 cm / 11" x width 39 cm / 15.4" x height 130 cm / 51.2" • weight 15 kg / 33 lbs

sport

30

sport
senior

YG6463 medirun

high safety treadmill for walking



easy to
read
monitor



YG6463 **medirun**
for maximum safety

- regular domestic use for training sessions of between 3 and 7 h per week
- 2 HP (peak) motor with a speed of between 0.3 and 10 km/h, maximum silence
- **3 LED windows. 12 preset profiles that can help set goals for reducing stress**
- a customisable training profile (uPrg)
- damping system with 6 elastomers that prevents muscular and joint injuries
- contact-based system for taking your pulse that provides training goals as you advance
- maximum recommended user weight 110 kg.
- instant speed keys
- wheels for transportation

Specifications length 172 cm / 67.6" x width 73 cm / 28.6" x height 130 cm / 51.2" • weight 55 kg / 121 lbs • running surface 135 cm / 53.2" x 45 cm / 17.6"

YF30 walk one

mechanical
treadmill for walking

LCD monitor
easy to use
and read



- with magnetic braking
- intensity regulation: 8 levels
- flywheel of 3.5 kg
- **monitor with indication of time, speed, partial and total distance and calories consumed**
- automatic belt centring system
- maximum recommended user weight 100 kg
- running surface 115x33 cm
- wheels for transportation

Dimensions length 118 cm / 46.5" x width 67 cm / 26.4" x height 126 cm / 49.6" • folded: length 41 cm / 16.2" x width 67 cm / 26.4" x height 126 cm / 49.6"

Wellness

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YH6716biobike bicycle with **full access**

Specially designed with **full front access**



- large anatomic saddle, horizontally and vertically adjustable to adapt to your body
- Ergonomic regulation of the handlebars to prevent muscle fatigue
- water bottle cage
- wheels for easy transport
- maximum recommended user weight 100 kg
- flywheel of 7 kg
- magnetic braking system
- pulse measurement on the handlebar

Dimensions length 108 cm / 42.5" x width 59 cm / 23.2" x height 143 cm / 56.4" • weight 37 kg / 81.2 lbs

YF92total access bicycle with **full access/foldable**

Easy access at floor level



- system of **magnetic braking**
- tension control with 8 regulation points
- easy-to-use LCD monitor showing speed, distance, time and calories
- **very comfortable saddle, adjustable height**
- maximum recommended user weight 90 kg
- DT pedal system with double drive
- **weight of flywheel equivalent to 8 kg**
- wheels for transportation

Dimensions length 68 cm / 26.7" x width 39 cm / 15.4" x height 117 cm / 46" • folded: length 28 cm / 11" x width 39 cm / 15.4" x height 130 cm / 51.2" • weight 18.8 kg / 41.2 lbs

YF612 minibike with motor

Gentle exercise with motor
for legs and arms



- **adjustable speed with 12 levels**
- exercise time programme
- remote control so you do not need to crouch down
- display with indication of speed, time, distance travelled and calories consumed
- ergonomic pedals that can also be used with the hands



YV01 axia weights with vibration



Interchangeable discs Tones the upper extremities

- includes 2 motorised supports and 4 discs (support weight 1.35 kg including motor / disc weight 1 kg / maximum weight of set 2 x 3.35 kg)
- training table
- more effective results with less time and effort
- develops and tones the trunk
- works with rechargeable batteries (includes charger)
- battery charge time 3.5 h.
- battery life 2 h of training

YV05v-bell weights with vibration



For people subject to **repetitive movements in their upper extremities**



- increase strength, reduce fat, alleviate muscle discomfort, improve circulation
- warm and relax the muscles before and after the exercise
- tone the whole body
- dumbbell weight 300 g (without battery)
- motor 9 V (DC) / 1500 rpm with 2 vibration frequencies
- training pack
- works with batteries that are rechargeable in 4 h (includes charger)
- battery life for vibration 2.5 h.

YD30 dumbbell kit case with dumbbells and discs



The perfect complement to your training programme



- **20 kg kit** composed of:
 - 2 dumbbells of 1.25 kg
 - 4 nuts of 0.625 kg
 - 4 discs of 1.25 kg
 - 4 discs of 2.5 kg
- manufactured in chromium
- dumbbells with micro-perforated non-slip grip

YF80

compact bench

foldable bench



YF80 **compact bench** minimum folding space

- double position to work abs
- 4 angle positions
- 4 positions for the foot support
- double anchoring system that prevents movements
- fully foldable
- maximum recommended user weight 90 kg

Dimensions length 118 cm / 46.4" x width 32 cm / 12.6" x height 52 cm / 20.5" • folded: length 74 cm / 29.1" x width 32 cm / 12.6" x height 22 cm / 8.6"

YF87vector

bench with multi-position backrest



Padded accessories for abdominal and lumbar work

- multiple backrest angle positions that provide support constant for the lumbar region
- high quality reinforced, upholstered structure
- **6 backrest settings, 3 seat settings and 2 settings for the leg accessory**

Dimensions length 136 cm / 53.6" x width 55 cm / 21.6" x height 129 cm / 50.7" • weight 19 kg / 41.7 lbs



Wellness
Tecnovita
by **BH**



sport

electrostimulation

YR30 bt belt electrostimulator



ergonomic,
adjustable design



Electrostimulation belt to tone abs without effort

- 40 intensity levels
- 10 electrostimulation mode
- 2 independent channels
- 4 fixed electrodes
- control with LCD screen
- timer with automatic shut-down
- works with 2 AA batteries

YR21 bt pro system electrostimulator



intelligent check
system for correct
positioning of the
electrodes



Electrostimulation: sport, beauty,
massage **Personalised programming**

- **3 modes: sport, beauty and massage**
- 30 preset programs
- 15 intensity levels
- 2 independent channels
- **programme prosystem : personalised programming of frequency and pulse**
- LCD screen with area indicator
- square two-phase wave
- frequency 1/120 Hz.
- pulse length 40-330 μ s
- maximum current 180 mA (at 500 Ohm)
- power supply with 3xAAA batteries

EUROPE

Exercycle, S.L.

(Headquarters)
Zurupitieta, 22 - Pol. Ind. Jundiz
01015 Vitoria (Álava) - SPAIN
Tel.: +34 945 29 02 58
Fax: +34 945 29 00 49
infotecnovita@bhfitness.es
POST-SALES
Tel: +34 945 292 012 / 902 170 258
Fax: +34 945 56 05 27
e-mail: sat@bhfitness.es

Maquinasport, S.A.

Rua do Metalúrgico 465
ZI Giesteira
3750-325 Águeda - PORTUGAL
Tel.: +351 234 729 510
Fax: +351 234 729 519
info@bhfitness.pt

BH Fitness UK

Tel.: +44 0844 335 3988
sales@bh-uk.co.uk
AFTER SALES
e-mail: service@bh-uk.co.uk

BH Germany GmbH

Altendorfer Str. 526
45355 Essen
Tel.: +49 201 450910-0
info@bhfitness.com

BH Fitness Italia

Via A. Rossi, 192
36100 Vicenza
Tel.: +39 04441326716
/ +39 3351044454
bhfitnessitalia@gmail.com

AMERICA

BH North America Corporation

20155 Ellipse
Foothill Ranch, CA 92610 - USA
Phone: +1 949.206.0330
Toll Free: +1 866.325.2339
Fax: +1 949.206.0013
fitness@bhnorthamerica.com

BH Exercycle de Mexico,

S.A. de CV
Eje 132/126
Zona Industrial, 2ª Secc.
78395 San Luis Potosí
S.L.P. MEXICO
Tel.: 52 (444) 824 00 29
Fax: 52 (444) 824 00 31
www.bh.com.mx

ASIA

BH Asia Ltd.

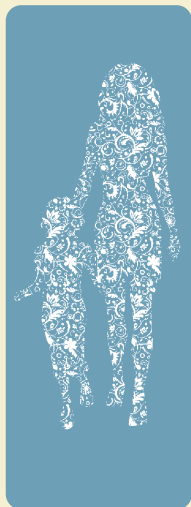
No.139, Jhongshan Rd.,
Daya Township
Taichung County 428 - TAIWAN
Tel.: +886-4-25609200
Fax: +886-4-25609280
info@bhasia.com.tw

BH (China) Co., Ltd.

Block A, No. 68,
Branch Lane 455, Lane 822,
Zhen Nan Rd., Li Zi Yuan,
Putuo, Shanghai 200331 (P.R.C.)
CHINA
Tel.: +86-21-52846694
Fax: +86-21-52846814
info@i-bh.cn



massage



health



beauty



sport

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Wellness