

MELISSA!

This blindfold covers the central part of the visual field, from pupil to pupil.

WHAT IS IT FOR?

It serves to stimulate the brain to connect quickly and in a balanced way with the two eyes. It's a step further than the pirate eye patch.

HOW DO YOU PUT ON?

The upper elastic surrounds the forehead and the occiput. The two small rubber bands are placed around the ears. Be careful that the Melissa is well centered.

HOW TO USE IT?

Especially with balls or pyramid bags. For example, pass it from one hand to the other and from one eye to the other. Warning: one eye must not follow the ball by turning the head. One eye sees the ball (or bag) as it is tossed and the other eye sees it coming.

HOW LONG?

5-10 minutes at a time. Finish playing without Melissa for a couple of minutes. And then relax with a quiet palming.

ARE THERE OTHER WAYS TO USE IT?

Yes, practically many activities of the Bates method and many games with balls and the like are suitable. Provided THAT the principle of rhythmically alternating one eye and the other is applied