



## Opera introduces Opera Air - the first browser to actively improve your wellbeing

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OSLO, Norway, Feb. 4, 2025 /PRNewswire/ -- The Norwegian browser maker Opera [NASDAQ: OPRA] is introducing Opera Air, the first browser built around the concept of mindfulness. Beyond being a powerful, secure, and fully functional browser, Opera Air is designed to make its users feel better while they browse the web. The new browser integrates mindfulness tools such as breathing exercises, meditation, binaural beats, stretching, and positive quotes directly into the browsing experience. Users also get to enjoy a minimalist Scandinavian design and frosted glass UI.

Almost 30 years since the founding of Opera, the role of the browser has never been greater: browsers today allow people to work, shop, do the things they love, seek entertainment and run web apps from one powerful super app. Today, Opera is yet again redefining the role of the browser, by shipping one that is no longer a utility tool, but rather helps its users manage stress, enhance their focus, and maintain emotional clarity throughout their day.

*"The web is beautiful but it can be chaotic and overwhelming. We decided to look at science-backed ways to help our users navigate it in a way that makes them feel and function better,"* said Mohamed Salah, Senior Director of Product at Opera.

Opera Air allows its users to take a mindful break during their day: they can choose between the "Take a Break" and the "Boosts" features. "Take a Break" will take them to breathing exercises, meditation, as well as full body scan – each varying in length (from 3 to 15 minutes) and the type of exercises offered. Users can also set a reminder to take a mindful break.

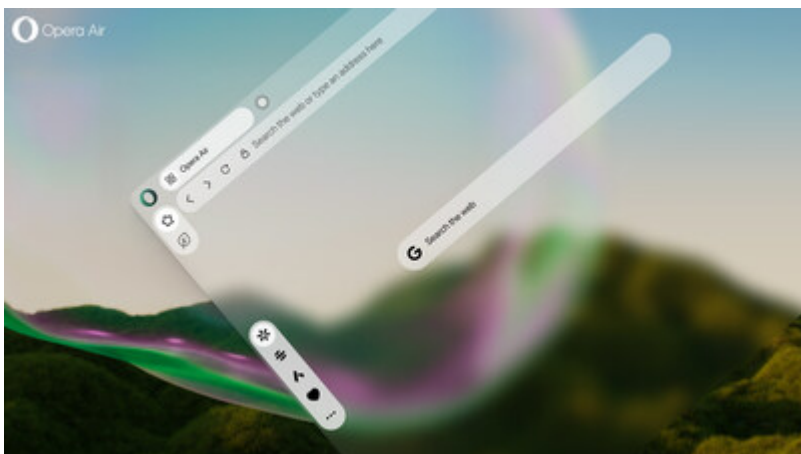
The "Boosts" feature available in Opera Air uses binaural beats, an auditory technique where two slightly different frequencies are played in each ear, creating a perceived third frequency in the brain. This is known to influence brainwave activity, helping to promote relaxation, focus, or a meditative state. The available "Boosts" include Creativity Boost, Energized Focus, Deep Relaxation and many more – even one that allows users to more easily recall their dreams. In each one, the volume of the waves, the sounds of nature, and the background music can be adjusted. Users can also choose their preferred background music for any of the Boosts. The length of the Boost can be set from 15 minutes to infinity.

In Opera Air, mindfulness enters the browsing experience in a non-disruptive way. Users can, for example, keep browsing or working on a document while listening to the "Focused Calm" Boost that uses Alpha 8Hz beats, along with background music and sounds of nature that will allow them to achieve a state of focused calm that will be useful to them as they work or read.

[Download](#) Opera Air now.

### About Opera

Opera is a user-centric and innovative software company focused on enabling the best possible internet browsing experience across all devices. Hundreds of millions use Opera web browsers for their unique and secure features on mobile phones and desktop computers. Founded in 1995 and headquartered in Oslo, Norway, Opera is a [public company](#) listed on the Nasdaq stock exchange under the ticker symbol OPRA. Download the Opera web browsers and other Opera products from [opera.com](https://opera.com).





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