

## ПРОМТЫ:

ACMP: нож режет металлический

ASMR video, close-up cinematic shot, a shiny sharp knife slicing into a smooth metallic cube of titanium with softly rounded edges, engraved letters "Ti" visible on the cube surface, the cut produces satisfying crisp metallic ASMR sound, filmed on a wooden cutting board, hand in black nitrile glove holding the cube, high-detail macro focus, studio lighting, realistic textures, ultra-clear sound of knife scraping and slicing metal, minimalist background, immersive ASMR atmosphere. --ar 16:9 --hd --style cinematic --no cartoon --no cgi --no blur

Клавиатура с аквариумом

ASMR video, close-up cinematic shot, a girl's finger gently pressing keys on a keyboard, each keycap is a transparent mini aquarium filled with colorful water, tiny fish swimming inside, some keys glowing yellow, some green, some blue, crystal-clear water reflections, soft plants and pebbles inside the keys, droplets of water on the surface of the keyboard, when pressing a key we hear satisfying ASMR clicking and bubbling sounds, ultra-realistic textures, macro detail, immersive lighting, dreamy atmosphere. --ar 16:9 --style cinematic --hd --no cartoon --no cgi --no blur

Мужчина режет стеклянный блок

ASMR video, close-up cinematic shot, a man's hands without gloves slicing a transparent Minecraft glass block with a shiny sharp knife, the block has pixelated white patterns like in the game, placed on a wooden cutting board, the knife makes crisp satisfying glass-cutting ASMR sounds, ultra-realistic textures, smooth reflections, macro focus, immersive studio lighting, minimalist black background, focus on tactile sensation and sound of cutting glass. --ar 16:9 --style cinematic --hd --no cartoon --no cgi --no blur

Стеклянное варенье размазывают на тосте

ASMR video, close-up cinematic shot, a golden toasted bread slice on a wooden board, from a transparent glass cup shiny crystal-like strawberries are poured onto the toast, they look like glass with red translucent texture and tiny green stems, making crisp ASMR sounds when they fall, then a knife spreads them across the toast, and the glass strawberries magically transform into soft strawberry jam, smooth satisfying spreading sound, ultra-realistic textures, macro detail, warm studio lighting, immersive ASMR atmosphere. --ar 16:9 --style cinematic --hd --no cartoon --no cgi --no blur

ACMP ледяная зубная паста

ASMR video, close-up cinematic shot, a man's hand squeezing toothpaste from a metallic tube onto a wooden board, but the toothpaste looks frozen and crystalline, icy blue with frosty texture, as it touches the surface it instantly spreads with delicate snowflake patterns and shards of ice, making crisp crackling and freezing ASMR sounds, ultra-realistic macro detail, cool bluish lighting to emphasize cold effect, immersive textures of frost and wood, magical transformation atmosphere. --ar 16:9 --style cinematic --hd --no cartoon --no cgi --no blur

Королевский стейк из ягненка

*ASMR video, first-person perspective, sitting at a luxurious royal dining table with crystal glasses and elegant plates, two men in black tuxedos bring in a golden roasted lamb dish on a large silver tray, the meat steaming richly, looking worth a million dollars, tender and juicy, surrounded by vegetables, warm golden candlelight and chandeliers illuminate the room, soft crackling and sizzling sounds of the roasted lamb with gentle ASMR ambience, ultra-realistic cinematic detail, rich textures, atmosphere of luxury and sophistication. --ar 16:9 --style cinematic --hd --no cartoon --no cgi --no blur*

### Девушка печатей на клавиатуре изо льда АСМР

*ASMR video, close-up cinematic shot, a girl in a cozy sweater typing on a white keyboard completely covered with snow and frost, her fingers also frosted as if very cold, every keystroke makes satisfying crunchy snow sounds instead of normal keyboard clicks, like walking on fresh snow, ultra-realistic frosty textures, macro details of snowflakes and ice, cool blue lighting creating a cold winter atmosphere, immersive ASMR soundscape, soft focus background, magical and relaxing vibe. --ar 16:9 --style cinematic --hd --no cartoon --no cgi --no blur*

### Девушка засыпает в кровати из матча

*ASMR video, cinematic shot, a cozy bedroom setting with warm wooden furniture, in the center a giant round bed designed like a cup of matcha tea with green foamy surface, at first it looks like a giant teacup, then a girl in soft pajamas enters and lies down into the bed, covering herself with a fluffy white blanket, we hear relaxing ASMR sounds of fabric rustling, bed creaking softly, cozy blanket movements, ultra-realistic detail, warm lighting, soothing and relaxing atmosphere, whimsical but realistic transformation. --ar 16:9 --style cinematic --hd --no cartoon --no cgi --no blur*

## **ПРОМТЫ #2:**

### **Девушка кушает лаву:**

Scene: A dark, intimate room with a plain dark wall in the background, creating a cozy, mysterious atmosphere during the night.

Main Character: A 25-year-old young woman with soft, wavy dark hair, fair skin, wearing a simple black top. She has a serene, blissful expression, eyes slightly closed, clearly enjoying the experience.

Background & Setting: Minimalistic, dark textured wall behind her, no extra decorations or lighting except soft shadows emphasizing her face and hands. The focus is solely on her eating.

Camera: Close-up portrait shot, framing her face and hands clearly. The camera is still, focusing tightly to highlight subtle facial expressions and delicate hand movements.

#### Dialogue & Action (8 s):

0-2 s: The woman gently picks up a piece of lava sushi with two chopsticks, her fingers precisely grasping it.

2-5 s: She slowly brings the sushi to her lips and takes a delicate bite, eyes closing softly in

pleasure.

Main Character says (in Russian): Мне так нравится этот вкус (no subtitles)

5-8 s: She chews slowly, savoring the flavor; her lips part slightly but no lava drips out, showing control and care. Her breathing is calm and satisfied, small sounds of quiet eating and subtle lip smacks fill the audio like ASMR.

### **Печатают на клавиатуре из желе:**

Scene: A bright, softly lit studio environment with a simple, neutral background that emphasizes the subject. The atmosphere is calm and focused on the tactile sensation.

Main Character: Young female hands, approximately 20 years old, fair skin, well-groomed with a natural manicure, no jewelry to avoid distractions.

Background & Setting: The background is a plain studio backdrop in soft pastel tones to enhance the vibrant colors of the keyboard. The lighting is gentle and even, highlighting the shiny, translucent jelly material of the keyboard.

Camera: Close-up shot focusing tightly on the hands and keyboard. The camera is static, capturing detailed finger movements and the texture of the jelly keys.

#### **Dialogue & Action (8 s):**

0-2 s: The hands gently rest above the bright, multicolored jelly keyboard, fingers poised to type.

2-5 s: Fingers press down on the jelly keys one by one with slow, deliberate movements, producing distinctive, soft squishy sounds characteristic of jelly material.

Main Character says (in Russian): Мне нравится этот звук (no subtitles)

5-8 s: The typing continues rhythmically, fingers lightly tapping and sliding across the keyboard, creating satisfying gelatinous clicks and pops.

### **На хлеб намазывают желе из бриллианта:**

Scene: A dark, softly lit studio kitchen setting with minimalist and simple lighting focusing on the action. The atmosphere is intimate and calming, emphasizing ASMR sounds.

Main Character: Young female hands only, fair skin, neat short nails without decoration, visible from the wrist down.

Background & Setting: A plain dark studio background with subtle soft lighting highlighting the hands, the toast, and the jar. The toast is lightly toasted, golden-brown with crispy texture visible. The jar contains translucent jelly with shimmering diamond-like sparkles inside.

Camera: Close-up wide shot focused tightly on the hands, the jar, the toast, and the knife. The camera is still with gentle focus shifts to catch the texture and movement.

#### **Dialogue & Action (8 s):**

0-2 s: Hands pick up a small transparent jar filled with sparkling, diamond-like jelly and open it slowly, creating soft ambient sounds.

2-5 s: Using a small butter knife, the hand scoops a shimmering portion of the jelly out of the jar, the jelly glistening and emitting delicate, crystalline crackling sounds.

5-8 s: The jelly is slowly spread over the slightly toasted bread with crisp, crunchy, and sparkling sounds mimicking diamond-like textures.

### **Девушка кушает мороженное из лавы:**

Scene: A cozy studio with a dim, burgundy backdrop, creating a warm and intimate atmosphere.

Main Character: A woman's lips and hands are visible. Her lips are painted in a deep red, matching the background, and her nails are finely manicured. She appears focused and calm.

Background & Setting: The studio setting is softly lit, emphasizing the rich burgundy color. The atmosphere is peaceful and quiet, typical for ASMR videos. The lighting focuses on her face and the ice cream bar.

Camera: Close-up shot, capturing only her lips, nose, and hands. The angle is perfect for a detailed view of the ice cream being eaten.

Dialogue & Action (8 s):

0-2 s: The woman gently moves the lava ice cream bar towards her mouth. The surface of the ice cream sizzles softly.

2-5 s: She takes a careful bite. The ice cream crunches, and a small stream of molten lava flows sensually down its surface. Her eyes gently close as she savors the texture.

5-8 s: Her lips form a slight smile as the camera catches every detail of the bite and melting ice cream.

### **Мужчина режет грозовые тучи:**

Scene: A studio kitchen environment in soft, neutral lighting, evoking a calm and focused atmosphere in the afternoon.

Main Character: Unseen male hands only; hands adult, clean, steady, skillfully handling a sharp knife.

Background & Setting: Modern, minimalist studio kitchen with matte white countertops and subtle kitchen utensils blurred in the background; small cutting board holds several small cloud-shaped objects roughly the size of two apples, resembling storm clouds.

Camera: Close-up shot focusing tightly on the hands and cutting board; camera is steady with slight slow zoom to emphasize detail.

**Dialogue & Action (8 s):**

0-2 s: Hands position the knife above a small gray cloud-shaped object on the cutting board. The ambient sound of a gentle thunderstorm is faintly heard in the background.

2-5 s: The knife smoothly slices through the cloud-shaped object, crisp slicing sound amplified for ASMR effect. Occasional small sparks and mini lightning flashes appear within the cloud piece as it is cut.

5-8 s: Hands continue with another slice on a second cloud-shaped object; thunder rumbles softly increasing in volume, with the subtle crackle of lightning synchronized with the cutting motions, enhancing the immersive ASMR experience.

**Девушка ломает золотой слиток:**

**Scene:** A luxurious indoor setting with warm, golden lighting creating a rich and opulent atmosphere, focusing on a table overflowing with gold items in the background, softly blurred to emphasize depth and shine.

**Main Character:** POV view showing only female hands; hands are well-groomed, delicate, with elegant nails, gently breaking a solid gold bar. The mood is calm and focused, hands move smoothly and confidently.

**Background & Setting:** A wooden table covered densely with gold objects — gleaming gold coins, bars of various sizes stacked unevenly, some sparkling subtly in the warm light. The gold fills the frame so much that the table surface is almost invisible.

**Camera:** POV close-up shot focused on the hands and gold bar; steady camera captures all the tactile details of the breaking process with a slight depth of field blurring the background gold.

**Dialogue & Action (8 s):**

0-2 s: Hands pick up the solid gold bar and inspect it briefly, light reflecting off smooth surfaces; soft ambient sound of a luxurious room, slight gold shimmer sounds subtly audible.

2-5 s: Hands start to break the gold bar; an amplified, crisp, satisfying crunch sound plays emphasizing the ASMR effect; small golden dust particles shimmer briefly in the light.

5-8 s: The gold bar breaks into two uneven pieces; hands hold the pieces and gently tap gold coins around, creating soft metallic clinks enhancing the rich gold ambience.

**Мужчина режет волну:**

**Scene:** A studio kitchen environment with soft, neutral lighting, creating a calm and immersive atmosphere in the afternoon.

**Main Character:** Unseen male adult hands, clean and steady, skillfully holding a sharp knife.

**Background & Setting:** Modern minimalist studio kitchen with matte white countertops, subtle blurred kitchen utensils in the background. On a small cutting board lies a moving, realistic sea wave shaped like a cake, about the size of two apples. The wave gently rolls and flows as if alive.

**Camera:** Close-up shot tightly focused on the hands and the cutting board, steady camera with a slow zoom to capture details of the cutting and wave movement.

**Dialogue & Action (8 s):**

0-2 s: Hands carefully position the knife above the small rolling wave on the cutting board. Ambient sound includes gentle ocean waves mixed with distant thunder.

2-5 s: The knife smoothly slices through the moving wave "cake," producing crisp slicing sounds enhanced for ASMR. As the knife cuts, the wave visually parts, water ripples realistically separating, with subtle splash effects.

5-8 s: Hands make a second cut on the next part of the moving wave; sound of slicing merges with soft thunder rumbling and ocean waves, creating a soothing ASMR atmosphere. The wave continues gentle motion after being cut, emphasizing the fluid texture and realistic wave behavior.

## ПРОМТЫ для VEO 3:

### суп из лавы ACMP:

**Scene:** Close-up shot focused on a bowl of glowing lava soup, placed in a modern kitchen setting with professional studio lighting, creating a warm and intimate atmosphere.

**Main Character:** A 30-year-old Asian woman with black hair and fair skin. Her lips and lower face are visible, showing subtle natural makeup. She maintains a calm and focused expression as she eats.

**Background & Setting:** A clean, softly blurred kitchen background with neutral tones to keep the focus on the bowl and the action. The lighting highlights the glossy, molten texture of the lava soup and the delicate crumbs of magma floating on top.

**Camera:** Static close-up framing, focusing on the lower half of the woman's face and the bowl of lava soup, capturing every detail of the spoon movement and the scene. Intimate close-up of a glowing bowl of lava soup being eaten, set in a minimalist kitchen environment with professional studio lighting that highlights textures and warmth, creating a focused and serene atmosphere.

**Main Character:** A 30-year-old Asian woman with black hair and fair skin. Only her mouth and lower face are visible in the frame. Natural makeup with subtle gloss on lips, calm and concentrated expression as she eats.

**Background & Setting:** Blurred modern kitchen interior with neutral tones. Soft, even studio light emphasizes the glowing molten lava soup and tiny glowing magma crumbs floating in the bowl.

**Camera:** Static close-up shot framing the lower half of the woman's face and the bowl. The camera remains still to focus on the detailed movements of spoon and flowing lava soup.

**Dialogue & Action (8 s):**

0-2 s: The woman lifts a spoon filled with glowing molten lava soup slowly toward her lips; the lava shimmers with molten glow.

2-5 s: She sips the soup carefully, slight steam rising from the bowl; sounds of soft slurping and gentle spoon tapping on the ceramic bowl are clearly audible.

5-8 s: She lowers the spoon; lava ripples gently; tiny magma crumbs float and sink; the delicate eating sounds continue, emphasizing texture and intensity.

[No dialogue, only natural eating sounds of spoon, lips, and soup]

## девушка режет облако АСМР:

**Scene:** A calm early morning in a cozy kitchen, soft natural light filters through the window, creating a peaceful and intimate atmosphere ideal for ASMR.

**Main Character:** A young woman in her mid-20s with gentle facial features (face visible partly), wearing a simple light pastel sweater; her hands are delicate and well-groomed, holding a sparkling diamond knife with care and precision, calm and focused mood.

**Background & Setting:** Modern kitchen countertop with light wooden surfaces, some kitchen utensils neatly arranged in the background, soft morning light enhancing warm tones, a subtle hint of steam or mist around the foam cloud for the dreamy effect.

**Camera:** close-up POV shot focused on the hand holding the diamond knife and the fluffy foam cloud, slight slow zoom in to capture the intricate cutting action and texture of the foam.

**Dialogue & Action (8 s):**

0-2 s: The woman gently holds the diamond knife above the foam cloud. The sun's rays softly illuminate the scene.

2-5 s: The knife slowly slices through the foam cloud producing crisp, delicate popping and crackling ASMR sounds, the foam gently compresses and disperses.

5-8 s: The knife finishes the cut, tiny foam particles float softly in the air, the hand slightly retracts, lingering on the last touch of the foam, creating a soothing, immersive ASMR moment.

## **парень месит лаву ACMP:**

Scene: A close-up of a wooden table with glowing black lava smoothly flowing on its surface, intimate and calming atmosphere, soft natural lighting.

Main Character: Young man's hands visible from the wrists down, wearing thick black protective gloves, movements slow and deliberate, creating a soothing tactile interaction.

Background & Setting: Minimalist indoor setting with warm tones, subtle shadows cast by the lava's gentle glow on the tabletop, focus entirely on the hands and lava.

Camera: Extreme close-up on gloved hands and lava, stationary wide focus on hands manipulating lava, slow camera zoom-in starting from the edge of the table towards the palms.

Dialogue & Action (8 s):

0-2 s: The hands gently press into the black, viscous lava, feeling its texture, slow and smooth movements.

2-5 s: The hands begin lifting a portion of the lava, fingers curling slightly, the lava stretches and flows like thick liquid, tactile sounds amplified.

5-8 s: The hands slowly unfold and drop the lava back onto the table, the surface rippling softly, subtle crackling and liquid sounds filling the quiet space.

## **режем лампочку ACMP:**

Scene: Dimly lit cozy kitchen in the evening, warm and intimate atmosphere with soft shadows.

Main Character: A human hand with slender fingers and clean nails, holding a glowing incandescent light bulb steadily; no other body parts visible. The hand appears calm and focused.

Background & Setting: Wooden cutting board placed on a rustic kitchen table with subtle textures; faint ambient light highlighting the glass bulb and the knife. Slight reflections on the table surface.

Camera: Close-up, claustrophobic top-down shot focusing tightly on the bulb, hand, and knife; slow gentle tilt from left to right.

Dialogue & Action (8 s):

0-2 s: The hand gently presses the tip of a large kitchen knife against the bulb's glass surface; faint crack sounds begin, electric humming emerges softly.

2-5 s: The knife smoothly slices into the bulb, tiny glass fragments slightly shift but do not fall; the glowing filament flickers subtly, producing delicate ASMR glass-crackling and electric sounds.

5-8 s: The knife finishes the cut, gently separating a thin shard from the bulb while the hand keeps it steady; soft sounds of cutting and glowing filament humming continue; the atmosphere is tranquil yet tense.

## ACMR пирожное из баллончика:

Ultra-realistic cinematic ASMR food video. Extreme close-up of a spray can with patterned design held by a gloved hand. The nozzle sprays softly, releasing a fluffy golden dough that gradually transforms into a mini lattice pie with a golden crust and glossy dark-purple blueberry filling, crumbs and juice visible. Hyper-detailed textures: metallic spray nozzle, smooth dough becoming crumbly crust, shiny jam with natural reflections. Filmed in macro style with shallow depth of field, soft cinematic lighting. Emphasis on ASMR: crisp spray sound, gentle crackle of crust, juicy squish of filling.

## Кисть превращает краску в золотые кристаллы:

Ultra-realistic cinematic ASMR art video. Extreme close-up of a black-gloved hand holding a sleek black brush, gently touching a clean white canvas with shiny golden paint. The moment the paint spreads onto the surface, it instantly begins to crystallize, growing into intricate golden crystals and textured formations directly from the liquid. Hyper-detailed textures: metallic gold paint transforming seamlessly into rough sparkling crystals, delicate bristles of the brush gliding across the paper. Macro perspective, shallow depth of field, soft cinematic lighting. Relaxing ASMR style: subtle brush strokes, soft paint sounds, gentle crystalline crackle as the golden structures emerge in real time.

## Лисенок выходит прямо из ягоды:

Ultra-realistic cinematic ASMR fantasy video. A snowy winter scene with gentle falling snow. On the ground rests a glossy deep-red translucent sphere, lightly covered with snow on top. Two hands gently press the sphere, and from inside, the shape of a small fox begins to appear, visible through the stretched glossy surface. In a seamless transition, the sphere bursts apart, releasing a sparkling liquid and revealing a cute luminous fox sitting on the snow, surrounded by shimmering red jelly-like fragments. Hyper-detailed textures: glossy surface of the orb, soft falling snow, realistic hands pressing, liquid reflections, and the soft fur of the fox glistening under cold cinematic light. Relaxing ASMR style: subtle snow crunch, soft squish of the sphere, delicate crackle as it breaks, and calm winter ambience.

## Ураган превращается в женщин из песка:

Ultra-realistic cinematic fantasy video. A vast desert under a golden dramatic sky. Enormous sand tornadoes rise from the ground, swirling violently. As the storm spins, the swirling sand begins to shift and morph — the tornado gradually compresses and transforms into humanoid forms. The stormy vortex seamlessly reshapes into tall hooded women in ancient desert robes, their figures emerging naturally from the twisting sand. Flowing cloth and

intricate folds form out of the storm itself, as if sculpted by the wind. The transformation is smooth, with particles of sand still drifting around them as they stabilize. Finally, three hooded women stand in unison, shrouded in dust and mystery, their robes detailed, faces partly veiled. One of them raises her hands, golden sand streaming through her fingers, eyes glowing under the hood. Hyper-detailed textures: morphing vortex, shifting sand particles, fabric forming out of dust. Epic cinematic lighting, mystical atmosphere, seamless morphing transition.

РЕКЛАМА АЙФОНА:

РЕКЛАМА СОКА:

РЕКЛАМА МЕТА: