Friends Upstairs

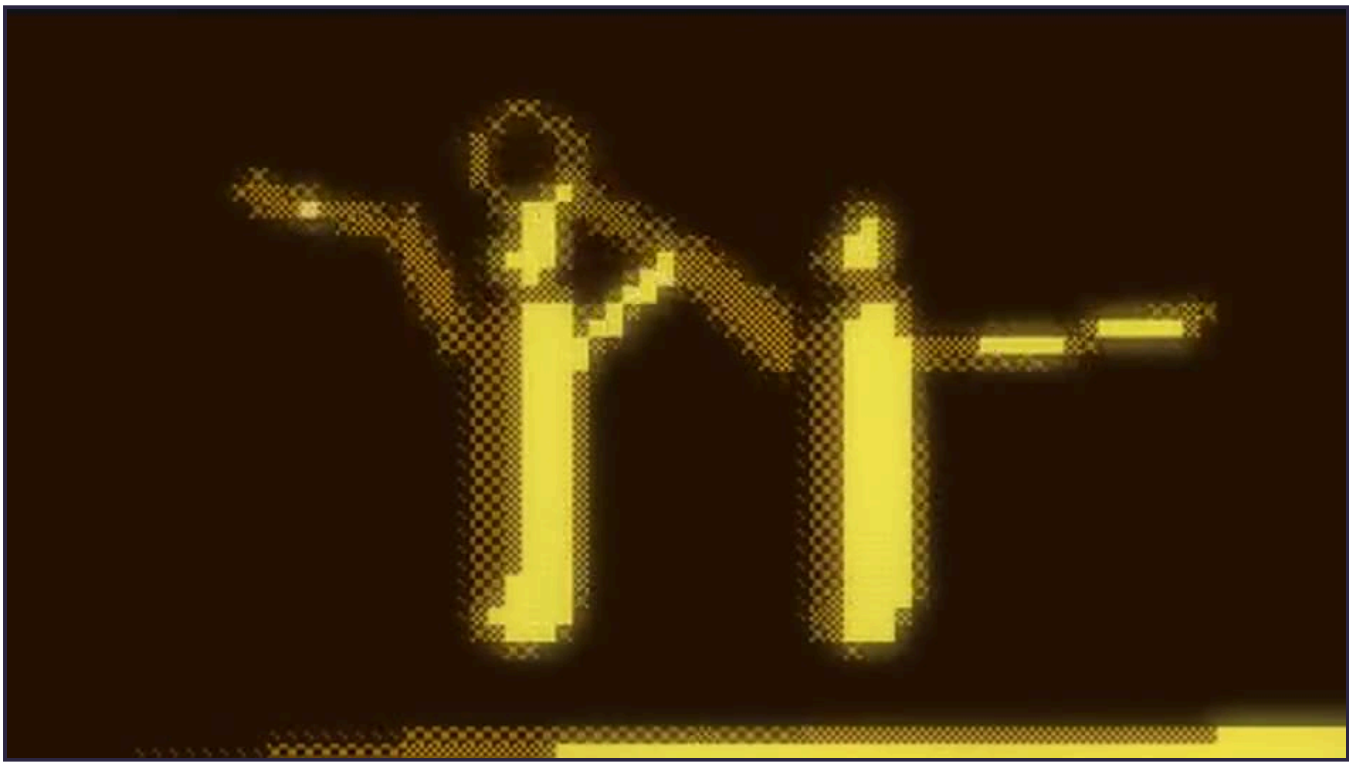
WEBCAM · YOUR HANDS

HANDFRAME

Frame it with your hands.

Handframe 1.0 · guide · friendsupstairs.co

Hold up both hands: your thumbs and index fingers make a frame. Inside it the picture gets one look, outside it another: word tags, code rain, glowing pixels, hologram, glitch and more. Press Record for a video file.



Rendered in Handframe: 14 of its looks on a test scene, with shapes standing in for hands, so no one is on camera here.

WHAT YOU CAN DO

Frame it with your hands

Thumbs and fingers make a frame. Inside it, one look; outside it, another.

Looks inside and out

Word tags, code rain, glowing pixels, hologram, glitch and more.

Camera, video or photo

Start from your webcam, or drop in a video or a photo.

Press Record

Get a video file of what you made, with a voice-over if you like.

START HERE

1. Put Handframe on any track. It's an audio effect, and the sound passes through unchanged.
2. Open its window. It starts on an empty screen: choose Camera, Video or Photo.
3. Press Camera. The first time, macOS asks whether your music app may use the camera: allow it.
4. Hold up both hands, thumbs and index fingers apart, to make the frame. Pick the looks from the rail.
5. Press Record.

GETTING THE VIDEO OUT

- **Record:** a video file of what's on screen.
- **Mic:** turn it on to record a voice-over into the video.

WHAT IT NEEDS

macOS	14 Sonoma or later.
Mac	Apple silicon or Intel. On Intel, hand tracking and the depth looks run slower.
Formats	Audio Unit and VST3.
Permissions	Camera, and the microphone only if you use Mic, both given to your music app.
Download	24 MB.

GOOD TO KNOW

- Hand tracking and the depth looks run on your Mac. The camera picture isn't sent anywhere.
- Good light on your hands helps the tracking.

HELP: ALL FOUR PLUG-INS

Installing, finding the plug-ins in your music app, permissions, and what to do when something's off. If it isn't here, write to contact@friendsupstairs.co.

WHAT YOU NEED

	Xplor	Glass	Ondas	Handframe
macOS	12 or later	11 or later	11 or later	14 or later
Apple silicon	Yes	Yes	Yes	Yes
Intel	Yes, except face and body tracking	Yes	Yes	Yes, tracking runs slower
Formats	AU, VST3	AU, VST3	AU, VST3, app	AU, VST3
Listens to	Audio	Audio	MIDI notes	Your webcam
Download	847 MB	463 MB	178 MB	24 MB

Checked in Ableton Live 12, FL Studio 2026, REAPER 7, Bitwig Studio 6, Logic Pro and GarageBand. Not supported: Pro Tools (it needs AAX). Windows versions are coming; there's no date yet.

macOS versions by name: 11 Big Sur, 12 Monterey, 14 Sonoma. To check yours: Apple menu › About This Mac.

INSTALL

1. Open the downloaded `.pkg` file and follow the installer. It asks for your Mac's password, because plug-ins go in a folder every user shares.
2. Quit and reopen your music app.

Where things go: `/Library/Audio/Plug-Ins/Components` (Audio Unit) and `/Library/Audio/Plug-Ins/VST3`. Ondas also adds the Ondas app, its presets, and a small helper for Ableton Live. The installers are signed and checked by Apple, so macOS opens them without warnings.

FIND IT IN YOUR MUSIC APP

All four are listed under the maker **friends upstairs**.

Ableton Live

In the browser, Plug-Ins. Not there? Settings › Plug-Ins: switch on "Use Audio Units v2" or "Use VST3 Plug-In System Folders", then Rescan.

Logic Pro

An Audio FX slot › Audio Units › friends upstairs. Logic checks new plug-ins when it opens. If one's missing: Logic Pro › Settings › Plug-in Manager, select it, then Reset & Rescan Selection.

GarageBand

GarageBand › Settings › Audio/MIDI: tick Enable Audio Units. Then a plug-in slot › Audio Units › friends upstairs.

FL Studio

Options › Manage plugins › Find installed plugins. They then appear in the plug-in picker.

REAPER

Add an effect to a track and search "friends upstairs". Not there? Settings › Plug-ins › VST › Re-scan.

Bitwig Studio

Bitwig scans plug-ins when it starts. To look again: Settings › Locations › Rescan.

Xplor, Glass and Handframe go on a track as audio effects; the sound passes through unchanged. Ondas goes on an instrument or MIDI track: see the next section.

ONDAS AND MIDI

Ondas needs the notes, so it goes on an instrument or MIDI track, after the instrument. When it isn't getting notes, it shows a short guide for the app it's in, with a light that turns green when notes arrive. The steps for each app are on the Ondas page. The two that need an extra step:

- **FL Studio:** in Ondas, the cog, then the plug-and-cog tab: MIDI Input port 1. Add a MIDI Out channel on port 1 and put the notes there.
- **GarageBand:** it doesn't pass a track's notes to plug-ins. Play your MIDI keyboard (Ondas hears it directly), or load the part's MIDI file with MIDI on Ondas's bar.

CAMERA AND SCREEN PERMISSIONS

macOS asks your **music app** for permission, not the plug-in. If you once said no, the camera picture stays black and screen recording does nothing.

1. Open System Settings › Privacy & Security.
2. **Camera** (Xplor's webcam, Handframe): switch on your music app. **Microphone**: only for Handframe's Mic and Xplor's voice-over. **Screen & System Audio Recording** (called Screen Recording on older macOS): for Xplor's screen recording.
3. Quit and reopen your music app.

Nothing from your camera, screen or microphone is sent to us. It's all processed on your Mac. See Privacy.

SOMETHING'S OFF

The plug-in isn't in the list

Quit and reopen the app, then rescan (above). Check your macOS version against the table: Handframe needs macOS 14, Xplor 12. If the app runs under Rosetta, it needs the Intel half, which is included.

Xplor's background cut-out or face effects don't work

On an Intel Mac, the effects that track your face and body need Apple silicon for now. Everything else in Xplor works.

The camera picture is black

See permissions. Also check no other app is using the camera.

Ondas shows no chords

It isn't getting notes. Follow its on-screen guide, or the steps on the Ondas page.

It's slow or stutters

Close other plug-in windows you aren't using, and make the plug-in's window smaller. These draw with your Mac's graphics, so older Intel Macs work harder. Tell us your Mac and app: it helps us tune them.

I can't find Glass's floating visual

It opens on your main screen. If it's hidden, use the recover option in Glass's window: it brings the visual back onto the screen.

UNINSTALL

Quit your music apps, then move these to the Bin (Finder › Go › Go to Folder, and paste the path):

- `/Library/Audio/Plug-Ins/Components/`: Xplor.component, Glass.component, Ondas.component, Ondas MIDI.component, Handframe.component
- `/Library/Audio/Plug-Ins/VST3/`: Xplor.vst3, Glass.vst3, Ondas.vst3, Handframe.vst3
- Ondas only: `/Applications/Ondas.app`, `/Library/Application Support/Ondas`, and the Ondas folder in `~/Music/Ableton/User Library/Remote Scripts`
- Your own settings and looks, if you want them gone too: `~/Library/Application Support/friends upstairs`

Recordings you made stay in your Movies folder.

DOWNLOADS, KEYS AND REFUNDS

- **Lost your download?** Get fresh links on the Downloads page with the email you bought with.
- **Licence key:** it's in your order email. Version 1.0 doesn't ask for it; updates may. One key covers everything in the order, on up to 2 of your computers.
- **Updates** within version 1 are free. See Version history.

- **Refunds** within 14 days, no questions: see Refunds.

CONTACT

Write to contact@friendsupstairs.co. It helps to say which plug-in, your music app and its version, your Mac (Apple silicon or Intel) and your macOS version. We reply within two working days.