



Zen Space
YOUR MOMENT

NOW Available for the best Companies and Government entities around the world

ZenSpace – Your moment

The only automated Relaxation Cabin

Shine away from the competitors, invest on the welfare of your employees and customers, elevate your brand and increase productivity, sales, staff attendance, company image and staff engagement-loyalty with our Unique Zen Space relaxation cabins. Plus, many countries offer deductions up to 100% to companies investing in staff well-being.

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The Problem

Stress and noise in busy environments such as workplaces and an ever-growing hectic lifestyle



Companies and the demands of our daily work are intrinsically stressful and there is evident lack of real spaces with the aim of easing the stress to employees. Work-stress is directly related to health issues and increase in company absenteeism.



Studies show **stress as the #1 mental health issue** globally (World Health Organization, Lancet Psychiatry, American Medical Association).



There's a **growing need for spaces that provide moments of calm and disconnection** from stress and noise (Kaplan study – Attention Restoration Theory-, Sage Journal Environment & Behaviour – Study on quiet environment, Health & Place – Tranquil soundscape study) , this specially applies at workplaces and busy environments.



Studies demonstrate that at least **10 minutes a day of calm and relaxation** reduces stress level and improves mental health and body well-being (American Medical Association, Frontiers in Psychology study, University of Utah).



The Solution

Our Zen Space Relaxation Cabin



- 1 **Fully automated and soundproof** cabin Spa (Relaxation cabin) with a futuristic and relaxing design.
- 2 **Shiatsu massage on a state-of-the-art massage chair**, with sound, image, and aroma therapy inside
- 3 **Proven success with thousands of satisfied customers** to date in Milan and 100% customer satisfaction rate
- 3 **Patented worldwide as these type of cabins were created by us.** Zen Space can only provide you with these type of cabins for your company.

Zen Space Cabins Features

Why Zen Space is Unique?



Fully automated, **immersive** relaxation experience. Can be easily installed at your premises ready for use and can be used 24/7. We are able to customize some functionalities in our cabins tailored to your company needs



Privacy feeling, **soundproofing**, a certified air exchange system in our cabins, as well as complying with safety standards. Moreover, we possess **an international patent** on our cabins so we are the only company able to provide you with this unique service to your company.



State-of-the-art massage chair inside offering a **full-body shiatsu massage** and reflexology. Fully immersive relaxation ambient inside with image, sound and aroma therapy.

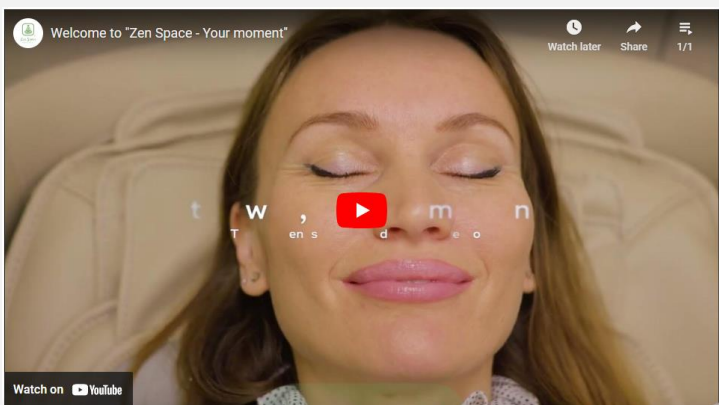


A Short 10 or 20 minutes' session is enough to fully relax your staff and customers. Our cabins are **ready available and easy to use**, improves the well-being and instantly reduces stress levels of a person, our 100% customer satisfaction to date support this (obtained with our first 3000 customers to date).

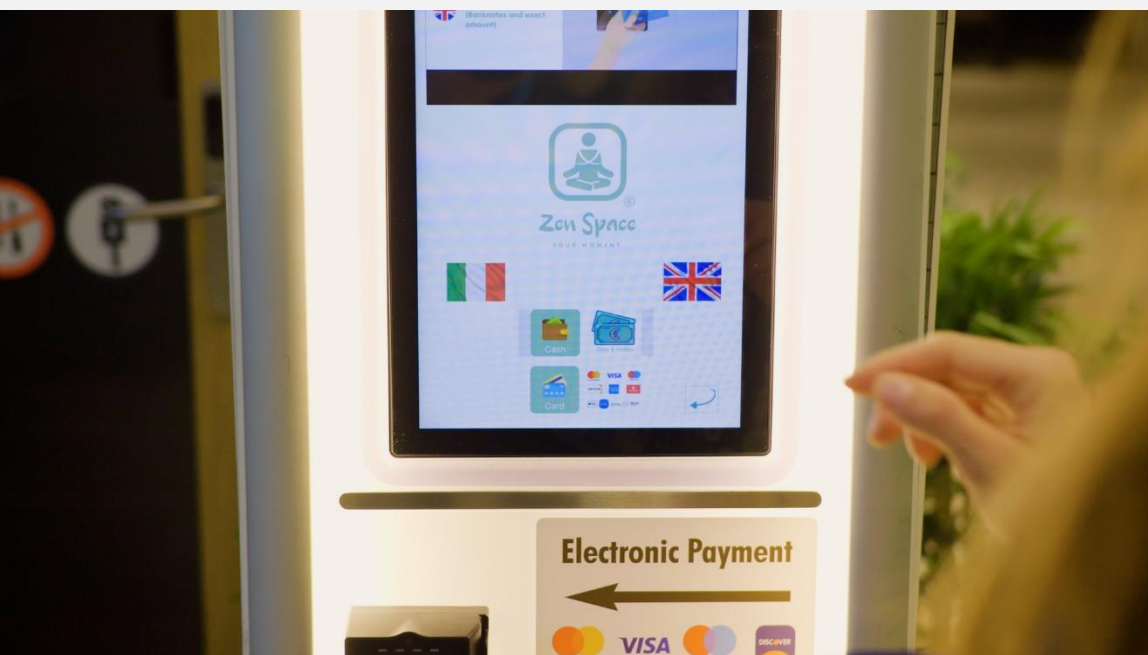


Product Features

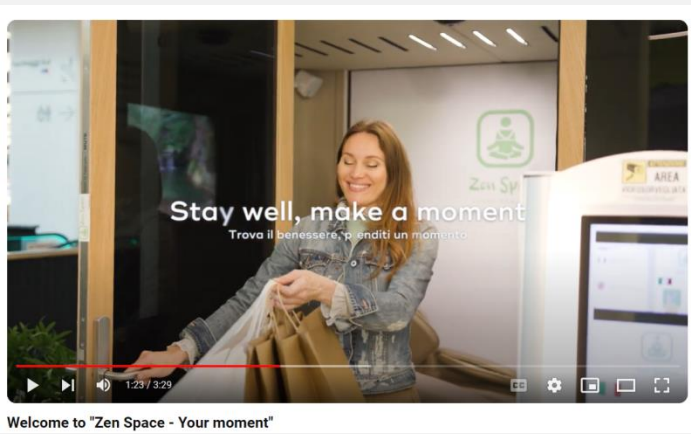
This is “Zen Space – Your Moment” Video
<https://youtu.be/YgL94UwOxfU>



What our customers say - Video
<https://youtu.be/kx42YxZNDaw>



Inside Cabin Peek - Video
<https://youtu.be/ffXwY6EIFsk>



Why our Zen Space cabins are the best investment for company and your employees?

Our unique and patented sound-proof Zen Space cabins offers a fully immersive relaxation experience for 10 or 20 minutes, where your employee and/or customers will have a calm, quiet and private space, Shiatsu massage and image, sound and aroma therapy inside. Using our cabins gives you 9 important direct benefits to your company and employees, supported by leading scientific studies (refer to last slide ANNEX for these studies):

1. Our Zen Space cabins Reduce Stress and Anxiety to your staff and/or customers:

- Shiatsu massage helps reduce stress levels by promoting relaxation and reducing cortisol (the stress hormone) levels
- A calm environment can reduce stress levels and help employees manage anxiety, which is common in high-pressure work environments,.
- Aromatherapy has been shown to reduce feelings of stress and anxiety, leading to a calmer work environment by influence the limbic system (the part of the brain that controls emotions), helping to reduce cortisol levels and promote relaxation
- Nature images and sounds are known to induce relaxation, reduce stress, and lower anxiety levels. Exposure to calming visuals and sounds creates a peaceful, restorative environment that helps your staff manage the demands of work.

2. Improve staff Performance, productivity and job satisfaction:

- Reducing stress also improves focus and productivity, as stressed employees often have difficulty concentrating and are more prone to mistakes, your employees will be refreshed and focused after using our cabins.
- By offering our cabins to your staff, they will feel valued and satisfied with their work.

3. Improve mental Focus and Concentration, and reduces fatigue

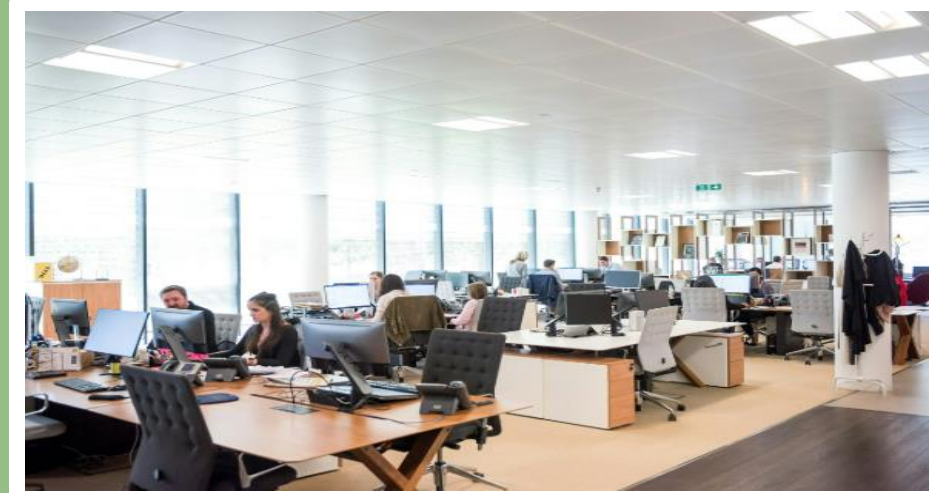
- Using our cabins will enhance focus and mental clarity, which will result in reduced mistakes, frustration, and burnout, which are linked to mental exhaustion and health problems. Focused employees are less likely to experience the mental fatigue that leads to sickness or absenteeism.
- Using our cabins enhance cognitive performance, improve concentration, and reduce mental fatigue.

4. Boost in Morale and employee engagement :

- By offering our cabins to your employees, they will feel valued and satisfied with their work environment, increasing company loyalty-engagement and contributing in staff turnover reduction.
- Our cabins will lift your staff spirit, reduce feelings of frustration, and help employees feel more refreshed and engaged.

5. Improve mental and physical health and well-being:

- Shiatsu massage helps improve blood flow, which enhances circulation and can lead to stronger immune responses.
- Our cabins can support immune function, helping employees stay healthier and potentially reduce sick days
- Nature exposure, even in digital form, can have positive effects on physical health by reducing stress and promoting relaxation. This can lead to fewer sick days and better overall health among employees.
- Offering a place with aromatherapy and of calmness, where employees can relax and practice mindfulness meditation, enhance the immune system and promotes psychological well-being



Why our Zen Space cabins are the best investment for company and your employees?

6. Improve creativity and problem solving:

- A calm and relaxed state produced by using our cabins can foster creativity amongst your staff.
- Using our cabins improve work performance by balancing the autonomic nervous system, which may enhance cognitive functions.
- Promotes creative thinking and innovation, as employees feel less stressed and more comfortable expressing new ideas.

7. Improve sleep quality and emotional regulation:

- Using our cabins regularly will improve your staff sleep quality, which is crucial for employees to maintain energy levels and overall productivity.
- Regular mindful meditation/relaxation helps employees manage their emotions better, reducing workplace conflicts and promoting a healthier emotional climate.
- Emotionally regulated employees are better equipped to manage stressful situations, which can reduce stress-induced illnesses such as hypertension, heart disease, and gastrointestinal issues

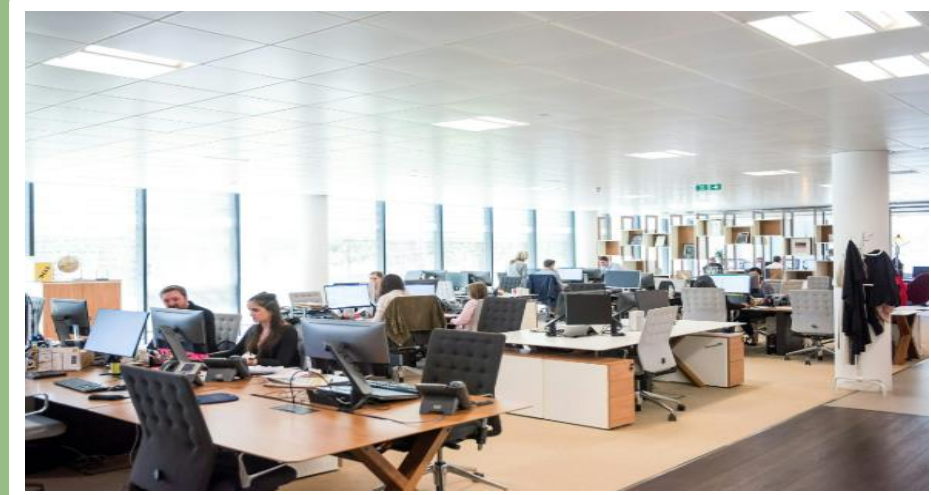
8. Increase collaboration and teamwork and reduce workplace tension and conflict:

- A relaxed environment promotes better interpersonal relationships.
- Mindfulness practices whilst using our cabins have been linked to improved workplace relationships and collaboration among employees

9. Reduce company absenteeism levels:

- Regular use of relaxation techniques can decrease absenteeism by improving overall health. Massage therapy in the workplace has been shown to reduce strain and blood pressure, potentially leading to fewer sick days.
- Mindful and relaxed employees are less likely to suffer from burnout or stress-induced ailments that result in time off from work.

We recommend your employees to use a minimum of 2 sessions per week, but also daily if possible, to enhance these benefits



Other benefits to your Company, Staff and Customers by having our Zen Space Cabins:

1. The importance of investing on your staff well-being:

Employee well-being comprises overall health, including physical, emotional and mental well-being. When employees feel supported in these areas, they are more engaged, motivated and productive. Our Zen Space cabins will improve your staff mental health by offering a daily moment of calm and relaxation, and reducing instantly stress levels. This is important and will impact directly their performance, job satisfaction, company engagement, productivity and creativity. Long-term stress, anxiety and burnout can reduce productivity, increase absenteeism and increase staff turnover rates. As a result, investing in our Zen Space cabins benefits both employees and businesses.

2. Stand-Out and Shine-away from the Competition:

Our Zen Space Cabins are only available to selected companies, as they need to fit with our company image and brand philosophy. Having our Zen Space cabins installed at your company will set you apart from competitors as it increases your company brand and image to your staff, customers and the media. If you have customers visiting your premises, you will create a long-lasting impression on them by having them see and try our Zen Space cabins at your premises and it may result in your best selling deal. Our cabins are internationally patented so we are the only company able to offer these cabins.

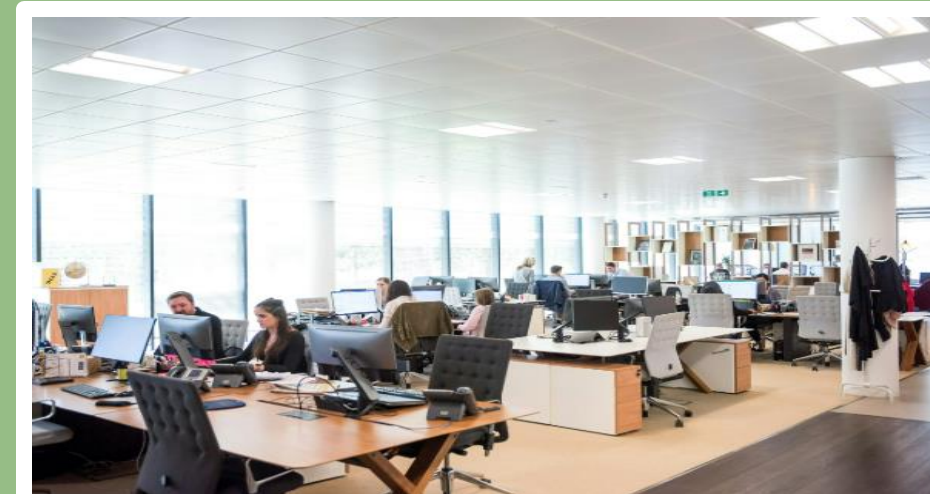
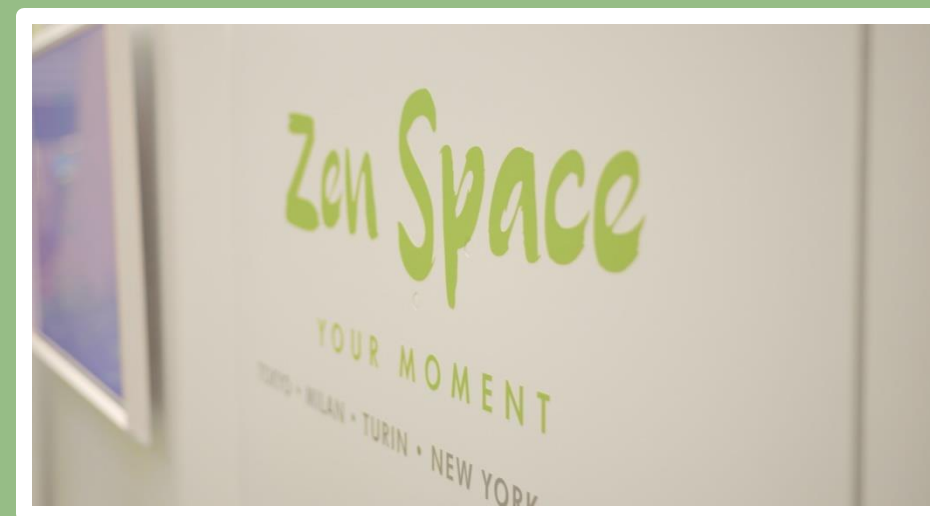
3. Move your business forward by having a healthier culture with our Zen Space Cabins

Healthy and engaged employees are more likely to positively contribute to a workplace, which in turn leads to a healthier, happier and more productive culture. In turn, a positive culture means less time is spent on HR issues or being reactive to situations that do not move the business forward, instead, a positive culture will move the business forward, saving you valuable time and money on the way

4. Your company's reputation will thrive

Employers that commit to improving the health and wellbeing of their workforce stand out for their well-rounded approach to providing for their employees. Your commitment to wellbeing will help cement your reputation as a top employer.

A top employment package will also help your company stand out from the crowd when it comes to recruiting fresh talent.



Zen Space Milestones and Company Journey



May 2023

- ✓ **Zen Space was born as a globally intended European company** with headquarters in Italy, and it started under the special Italian Innovative Start-up program. It was founded by a multidisciplinary and multicultural entrepreneurial team, with extensive experience in the airline and transport sector.

June 2024 – Present

- ✓ **First cabins installed** at Merlata Bloom shopping center in Milan, Italy.
- ✓ Achieved **100% customer satisfaction** with 3000 customers to date (growing daily).

October 2024 – Present

- ✓ Zen Space joined forces with the **Startup Geeks incubator company**
- ✓ Proudly selected to attend **Web Summit** in Lisbon to present our company to investors, companies and government entities.
- ✓ Zen Space is attracting media interest from well known media companies.
- ✓ Main European airports and companies are showing interest in having our Zen Space cabins.

November 2023

- ✓ An important Italian bank, **Unicredit**, approved a startup loan for Zen Space after analysing our Business and feasibility Plan.
- ✓ The rest of the capital was funded by the founder family – **Tylki Family (husband and wife, long-time entrepreneurs and founders of Zen Space and other successful companies)**.
- ✓ **Patents and trademarks** were obtained for international protection and market advantage.

December 2022

- ✓ **The Zen Space idea was born.**



The Zen Space Team

Key People



Frederick Tylki (Co-Founder & Director)

Father of two, 15 years of entrepreneurial experience in transport, travel, education and mindfulness. Owner of the global yacht charter company BoatRentWorld.com



Blanka Tylki (Co-Founder & Creative Director)

Mother of two, Blanka has 15 years of entrepreneurial experience in transport, travel, education and mindfulness. Owner of the global yacht charter company BOatRentWorld.com



Claudio Benotto (CTO)

Claudio leads the automation of Zen Space Cabin Spas. He has extensive experience in robotics and programming

Key Advisors



Davide Arancio (Financial Advisor)



Antonio Mastrone (Company Lawyer)



Davide Ruggeri (Strategy Advisor)

Our Story



Frederick and Blanka have a 15 year relationship, both as husband and wife and as business partners, and are committed 100% to their businesses and their 2 daughters, raising them as emotionally aware human beings, open minded, and with an international, multi-cultural and independent mindset.

Options we can offer to your company

Current production capacity: 10 cabins every 3 months (will grow as our company expands)

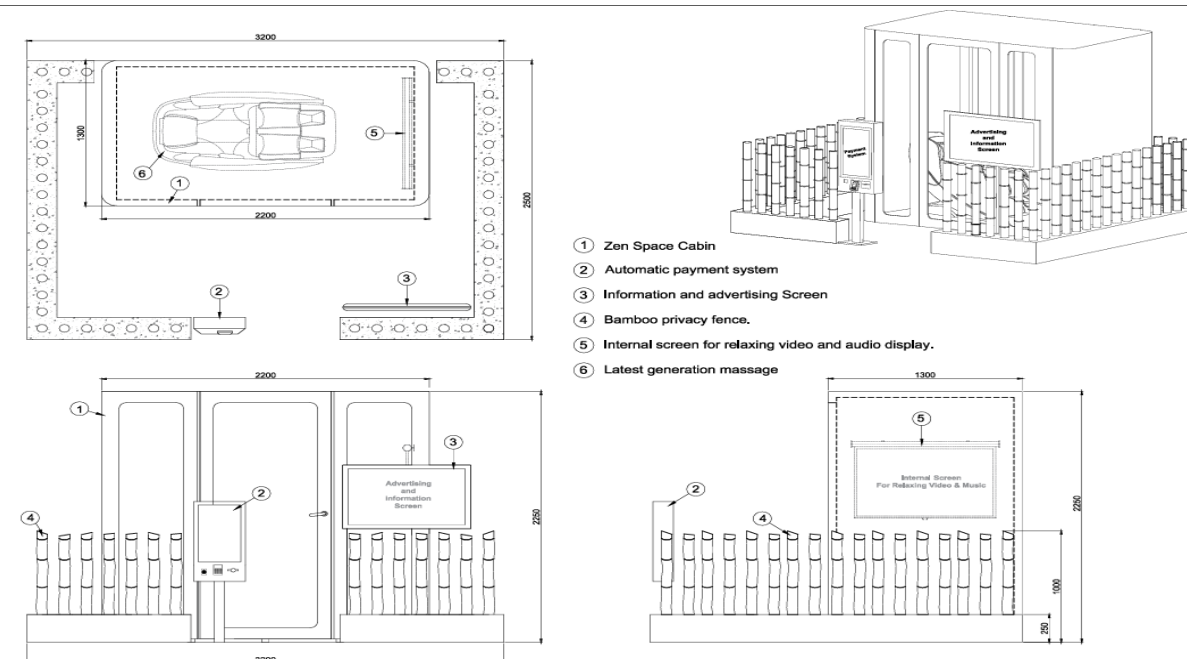
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Zen Space will **place our current cabin model at your company premises and your employees will use the cabins for a 10 or 20 minute relaxation session free of charge** as you will rent the cabins for a period of 5 years, with all maintenance and technical support offered by Zen Space. Possibility to personalize your cabins to enhance the relaxing sessions.

02

Same as before but we would be able to **personalize some of the relaxing session options to tailor it your company preference.**

Many countries offer benefits to companies investing in staff well-being (in some cases up to 100%). Installing our cabins in your company may qualify for these benefits.



Easy installation and small space required

Each cabin requires ONLY a minimum of 5 sqm and maximum 8sqm and a standard electric plug.



By incorporating our Zen Space relaxation cabins into your workplace, you're offering your employees a **holistic wellness experience** that nurtures their mental, physical, and emotional well-being. This leads to a **healthier, more productive workforce**, with improved focus, creativity, and job satisfaction, backed by robust scientific research. The result is a **positive work environment, lower stress levels, and a tangible return on investment in terms of employee productivity and engagement**. Also your company reputation and brand will thrive as a result of having our cabins.

Want to know more?

Contact us to arrange a meeting and discuss details on installing our Zen Space Cabins at your company or government agency.

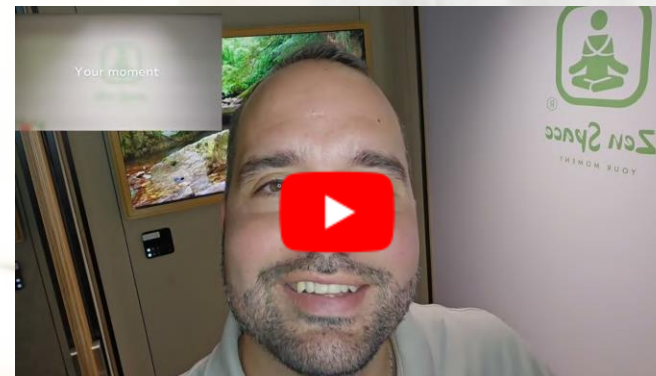
Contact:

Frederick@ZenSpaceWorld.com

Phone or Whatsapp: +39 329 755 2690

A 1-minute video presentation from our Founder & CEO:

[Watch Video](#)



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Thank you for your time, and we look forward to hearing from you!

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ANNEX:

Referring to slide 6 and 7 (Benefits of our cabins for your company and employees), there are many scientific studies that proves the great mental and physical benefits of all elements used in our patented Zen Space cabins: Sound-proof quiet space, Shiatsu massage, Image Therapy, Sound Therapy, Aroma Therapy. These are only a few of these studies:

- A study in ***Psychosomatic Medicine* (2016)** demonstrated that stress-reduction techniques such as those offered in Zen Space helped lower heart rate and cortisol levels, alleviating work-related anxiety and stress.
- A study published in ***Psychological Science* (2013)** found that relaxation techniques enhanced cognitive function and improved focus, enabling individuals to be more alert and engaged.
- A study in ***Frontiers in Psychology* (2017)** found that employees who had access to relaxation spaces reported higher engagement levels, well-being, and job satisfaction.
- A study in ***The Journal of Environmental Psychology* (2012)** demonstrated that nature-based environments improved mood and emotional well-being, with people reporting a more relaxed and positive body and mind state after experiencing nature visuals and sounds.
- Research published in ***Occupational Health Psychology* (2015)** confirmed that short relaxation breaks, like those offered on our cabins, led to reduced mental fatigue, enhancing focus and performance, which would be beneficial for workers going through the challenges of their working days.
- A study in ***Sleep Health* (2017)** indicated that relaxation techniques, including those offered in Zen Space, helped improve sleep quality and reduce fatigue, leading to greater energy levels for the day ahead.
- A study published in ***Work & Stress* (2018)** found that mindfulness meditation/relaxation reduced burnout symptoms in employees, leading to a decrease in absenteeism and an increase in overall job satisfaction and productivity.
- A study published in ***Environmental Health and Preventive Medicine* (2013)** confirmed that exposure to nature-based environments (even digitally) reduced tension and stress, providing travellers with a sense of calm.
- A study published in ***Psychosomatic Medicine* (2016)** found that employees who practiced mindfulness relaxation/meditation showed lower levels of burnout and psychological distress. These employees also reported higher levels of life satisfaction and emotional well-being.
- Research in ***Mindfulness* (2013)** indicated that workplace mindfulness interventions reduced symptoms of depression, anxiety, and stress, leading to improvements in both personal and professional well-being.
- According to ***The Journal of Environmental Psychology* (2010)**, exposure to calming environments and therapeutic massages significantly improved comfort and relaxation, leading to a more pleasant working experience and company engagement.
- A study published in ***Frontiers in Psychology* (2017)** found that people exposed to nature images and sounds reported higher levels of engagement, well-being, and life-satisfaction. The study highlighted the positive psychological benefits of nature exposure in people, real or digital.
- Research published in ***Sleep Medicine Reviews* (2016)** found that aromatherapy interventions helped reduce sleep disturbances and fatigue in both clinical and non-clinical settings.
- A study published in ***The Journal of Occupational Health Psychology* (2016)** found that relaxation interventions offered in the workplace directly boosted workplace productivity, performance and staff attendance.
- A study published in ***The Journal of Alternative and Complementary Medicine* (2013)** found that aromatherapy scents significantly reduced anxiety levels in participants. Another study in ***The International Journal of Neuroscience* (2006)** showed that aromatherapy could help reduce stress levels, contributing to a more relaxed body and mind. **How:** Essential oils used in aromatherapy influence the limbic system (the part of the brain that controls emotions), helping to reduce cortisol levels and promote relaxation.
- A study published in the ***Journal of Alternative and Complementary Medicine* (2005)** found that participants who received shiatsu massage had reduced levels of cortisol and reported decreased anxiety and stress.
- Research from the ***Journal of Traditional Chinese Medicine* (2016)** found that shiatsu massage can enhance circulation and stimulate the immune system, thus improving overall health and reducing the risk of illness.

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