

ZEN SPACE® – YOUR MOMENT

AUTOMATED WELLNESS PODS FOR FORWARD THINKING COMPANIES



®

Zen Space

YOUR MOMENT



THE CORPORATE PROBLEM – CHALLENGES THAT WE ARE HERE TO FIX:

The Modern Workplace Is High-Performance — and High-Stress

-  **Modern corporate are inherently high-stress environments:** back –to-back meetings, digital overload, noise and interruption, burnout.
-  **Stress is now one of the leading causes of:** Reduced productivity, Absenteeism, Employee disengagement, Staff turnover
-  **Hidden cost of corporate stress- The Business Cost of Burnout:** Workplace stress impacts Focus & decision-making, Collaboration quality, Innovation capacity, Retention rates, Healthcare costs. Stress is not just a wellbeing issue — it is a performance and financial issue.

Proven Impact of Short Relaxation Breaks



Studies show that just 10 minutes of daily calm reduces stress levels and improves mental and physical wellbeing. Supporting scientific evidence is detailed in Annex (slide 16).



THE SOLUTION:

ZEN SPACE[®] RELAXATION PODS

1. Fully automated, soundproof wellness pod
2. 10–20 minute guided relaxation sessions
3. Shiatsu massage delivered by a state-of-the-art massage chair with immersive sound, visual & aroma therapy
4. Patented technology – exclusive worldwide. Proven success with thousands of users in a live stressful environment.



WHY ZEN SPACE® IS UNIQUE?

Our Zen Space Pods deliver a premium, distilled relaxation experience



Full-Body Shiatsu
Massage



Fully Automated
User Experience



Privacy Feeling and
Sound-proof Pod



Image, Sound &
Aroma Therapy



Certified Air
Exchange System



Rapid Sessions Format
10-20 Minutes



Scientifically
Proven
Techniques



Airports | Companies | Shopping Centres | Hotels |
Events | Healthcare | Government Entities



Watch on YouTube

WHO FOUNDED ZEN SPACE®? BUILT BY EXPERIENCED ENTREPRENEURS

Founded by Frederick and Blanka, Zen Space was born from deep, first-hand insight. After spending thousands of days in high-performance, high-stress environments across aviation and corporate sectors, they observed a clear gap: No place offered an automated, private-feeling, efficient and scalable relaxation solution. Zen Space was specifically designed for modern workplaces and stressful crowded environments and was created to fill this gap.



WHY ZEN SPACE® WORKS FOR YOUR COMPANY?

Designed for Measurable Impact:

Zen Space delivers results in three core areas:

1. Performance & Focus
2. Retention & Engagement
3. Health Improvement & Absenteeism Reduction



WHY ZEN SPACE® WORKS FOR YOUR COMPANY?

1

PERFORMANCE & FOCUS

Enhance Cognitive Performance

Short relaxation breaks:

- Reduce cortisol levels
- Improve mental clarity
- Increase concentration
- Reduce error rates
- Enhance creativity

A 10–20 minute reset can restore productivity for the rest of the day.

2

RETENTION & EMPLOYER BRAND

Strengthen Culture & Employee Loyalty

Companies that invest in wellbeing:

- Increase employee engagement
- Improve morale
- Reduce staff turnover
- Attract high-quality talent

Zen Space becomes a visible symbol of your commitment to your people. A competitive advantage in recruitment and retention.

3

HEALTH & ABSENTEEISM

Reduce Burnout & Absenteeism

Scientific research supports that relaxation:

- Improves immune response
- Reduces anxiety & mental fatigue
- Enhances emotional regulation
- Improves sleep quality

Healthier employees = Fewer sick days + stronger long-term performance.
(Scientific references available in Annex)

COMMERCIAL AND CULTURE IMPACT

A Strategic Investment in Human Capital:

Zen Space contributes to:

- Increased productivity per employee
- Reduced stress-related absence
- Stronger employer reputation
- Healthier, more resilient teams

Small footprint. Long-term impact.



WHAT MAKES ZEN SPACE® DIFFERENT?

AN UNMATCHED CORPORATE WELLNESS PROGRAM

- Fully automated – no staff required on-site (24/7 remote technical assistance and fast on-site assistance when needed)
- Patented worldwide – exclusive
 - Plug-and-play installation
 - 4.8 m² minimum space required
 - 24/7 availability
 - Fully measurable ROI
- A scalable wellness infrastructure solution



FLEXIBLE BUSINESS MODELS TAILORED TO YOUR COMPANY



FLEXIBLE BUSINESS MODELS TAILORED TO YOUR COMPANY

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

1

Zen Space Operated

- Zen Space installs, operates and maintains
- Your company pays a set-up fee and monthly rent (discount when ordering more than 1 cabin)

2

Company Operated

- Zen Space install, company operates and maintains (minimum effort required and full support given by us)
- Faster deployment with scalable upside
- Your company pays a set-up fee and monthly rent (discount when ordering more than 1 cabin)

3

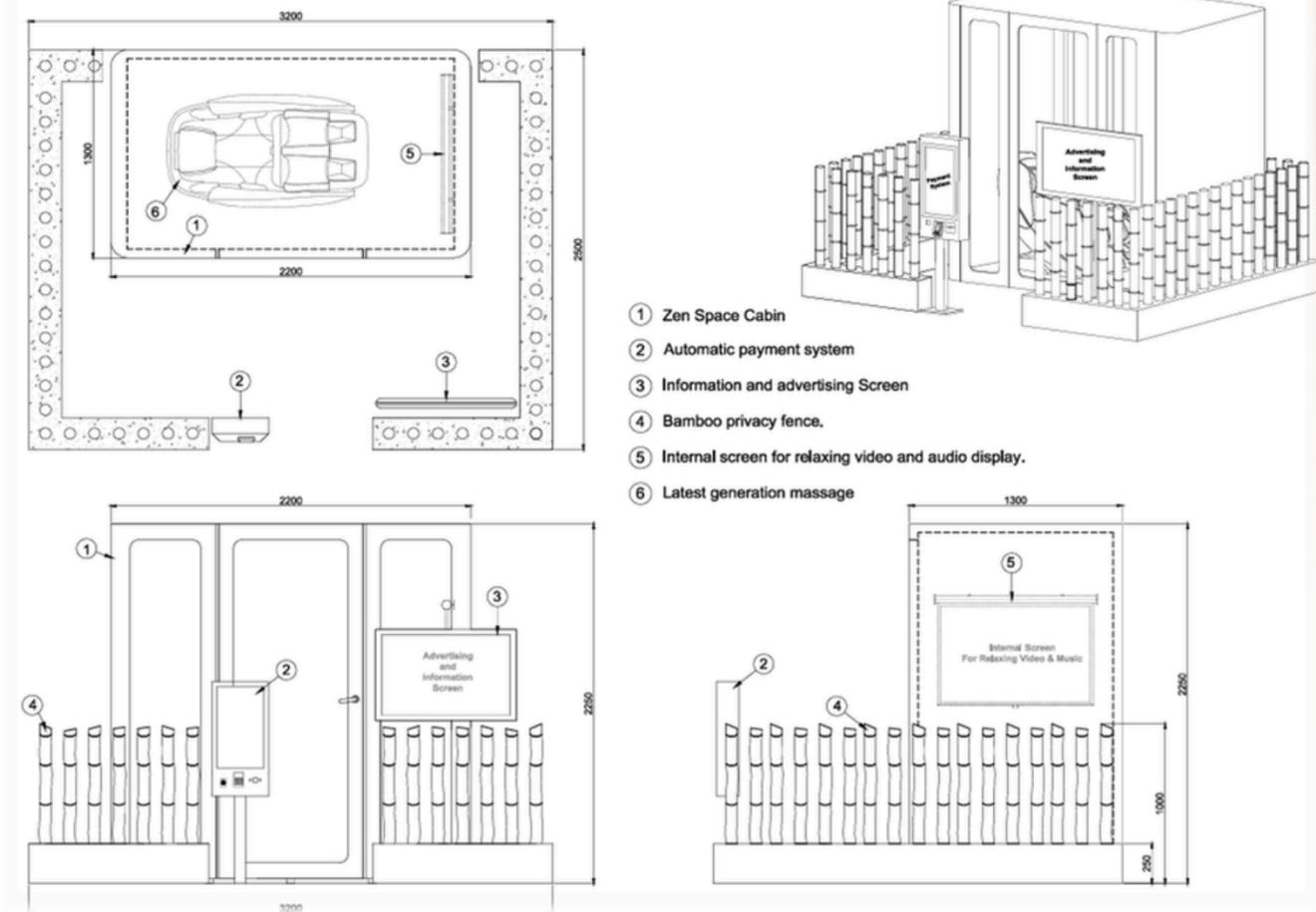
Fully tailored to your needs

- We can add customizable features to serve your need
- Zen Space provides technology & support
- Your company pays a set-up fee and monthly rent (discount when ordering more than 1 cabin)

PILOT AVAILABLE: 2 cabins immediately available (from March 2026)

EFFORTLESS INSTALLATION

- Minimum space: 4.8 m² per cabin (maximum 8m² per cabin with floor and deco around it)
- Power: standard electrical/industrial outlet
- Installation time: approximately 6 hours per cabin
- Fully compliant with safety standards
- Smaller footprint and minimal operation burden
- Designed to integrate seamlessly into modern offices



PROVEN TRACTION

Validated in Real Environments

- 3000+ users to date
- 100% customer satisfaction
- Installed in live commercial environments

Growing media and corporate interest.



JOIN TODAY THE FUTURE OF CORPORATE WELLNESS

We are ready to work with you

Lead the Future of Workplace Wellbeing and wellness with: Minimal space, No operational complexity, Scientifically supported impact and Scalable deployment

Let's schedule a working session to explore how Zen Space can enhance your workplace.

Contact:

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Phone or Whatsapp: +44 (0) 777 461 2217

A 1-minute video presentation from our Founder & CEO



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BRINGING TODAY THE
FUTURE OF WELLNESS



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THANK YOU!

ANNEX: THE SCIENCE BEHIND: Scientific Evidence Supporting Zen Space's Impact

There are many scientific studies that proves the great mental and physical benefits of all elements used in our patented Zen Space cabins-pods: 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 travel-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 The Journal of Environmental Psychology (2012) demonstrated that nature-based environments improved mood and emotional well-being, with passengers reporting a more relaxed and positive state after experiencing nature visuals and sounds.

-Research published in Occupational Health Psychology (2015) confirmed that short relaxation breaks led to reduced mental fatigue, enhancing focus and performance, which would be beneficial for travellers navigating long journeys or airport delays.

-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.

-Research in Chronobiology International (2014) found that relaxation and stress reduction could help adjust the body's circadian rhythm, reducing jet lag symptoms and improving sleep patterns for travellers.

-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 in Journal of Airport Management (2019) found that passengers who were offered relaxation services, such as stress-relief cabins, reported higher levels of satisfaction and loyalty to the airport.

-A study in The Journal of Service Research (2016) found that airport amenities that enhance the passenger experience—such as our Zen Space cabins—can drive additional revenue streams while improving the overall perception of the airport.

-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 travel experience.

-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, particularly with lavender, helped reduce sleep disturbances and fatigue in both clinical and non-clinical settings.

-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.