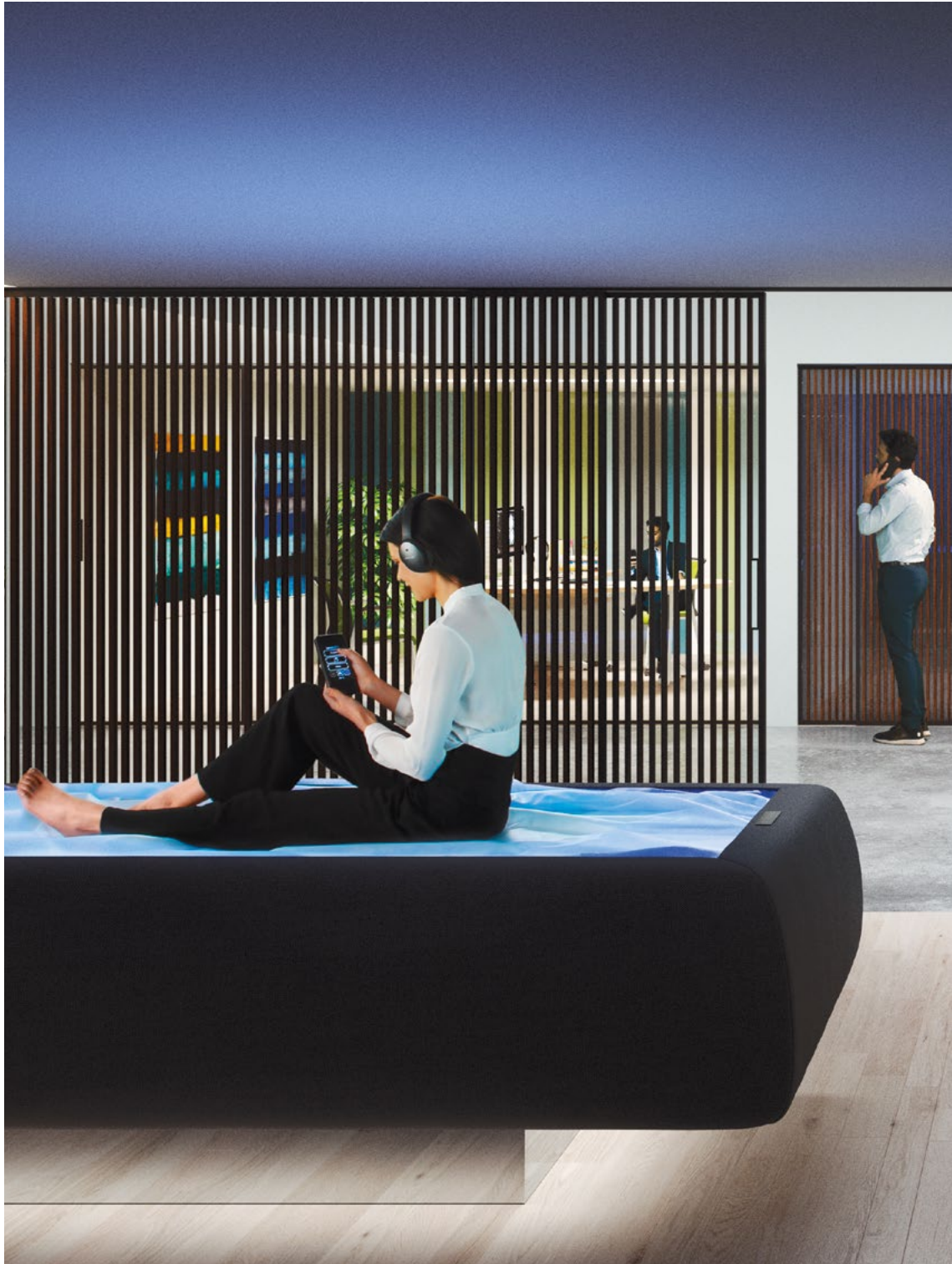


CORPORATE WELLNESS



STARPOOL

wellness concept

In a world that spins fast,
we create wellness oases where time slows down.

Spaces and programs dedicated to health, beauty, and self-care.
Places where body and mind regain harmony and vigour.
Because making people feel better is all that we want.



Summary

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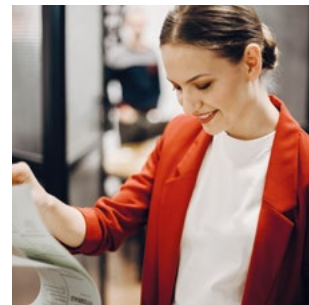
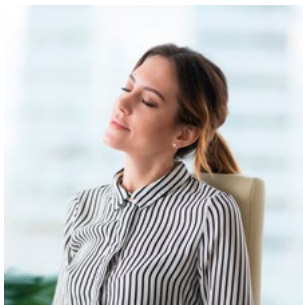


Corporate well-being

The need to feel good is increasingly widespread.

For **future-oriented companies** that have the health of their employees at heart, the challenge is to **create spaces that ensure physical, psychological and social well-being** at all levels. A new awareness that led us to create **cutting-edge solutions for the world of Corporate Wellness.**

We support companies with the goal of promoting a healthy and efficient work environment. We design **spaces of mental and physical regeneration** where to work on stress management on the strengthening of the immune system and the enhancement of the cognitive and creative abilities. Specific programs, designed to reactivate the health potential and the individual energy, are now available on a larger scale thanks to technological innovation and cutting-edge equipment.



The impact of stress in figures

Investing in the well-being of employees is the main road to reach high company productivity.

Our physiological response to stress, also known as “fight or flight”, is regulated by the autonomic nervous system and by the HPA axis - that is, the hypothalamic-pituitary-adrenal axis.

This response causes increased heart rate, blood flow, and levels of blood sugar, as well as the release of cortisol and adrenaline.



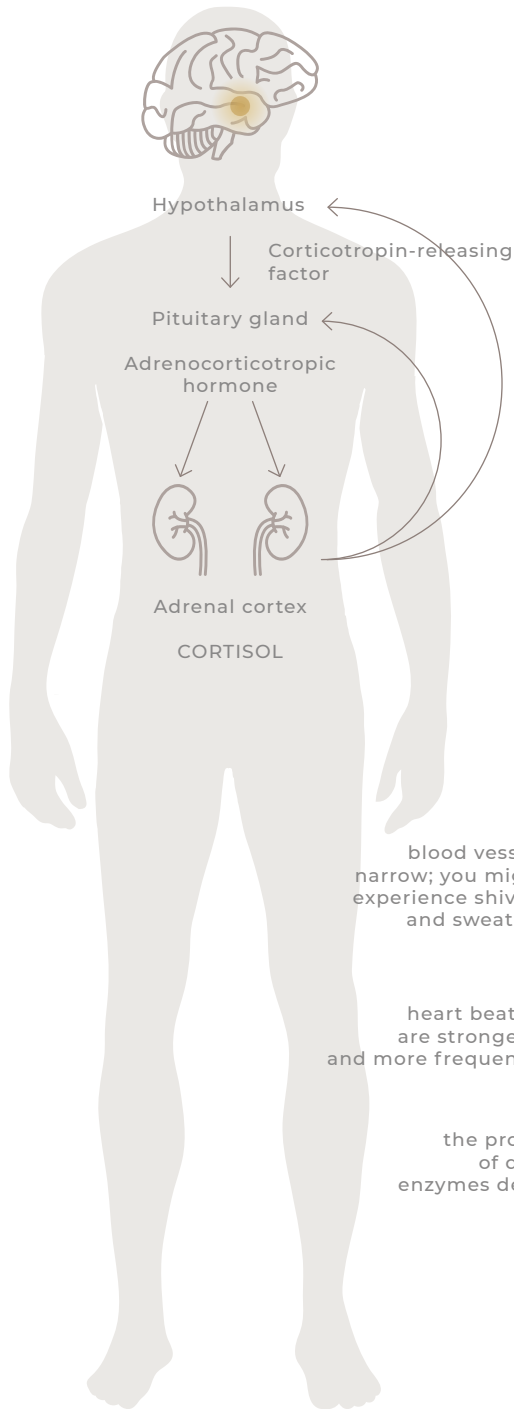
It is the result of an adaptive evolutionary process that readies the body to face immediate danger.

However, due to the **chronic stress** that characterises work nowadays, this response is hyper-activated over a long span of time, and might lead to diabetes, coronary disease and psycho-physical consequences that have a **negative impact on the whole company organisation**.

UNDERSTANDING THE MECHANISM OF STRESS

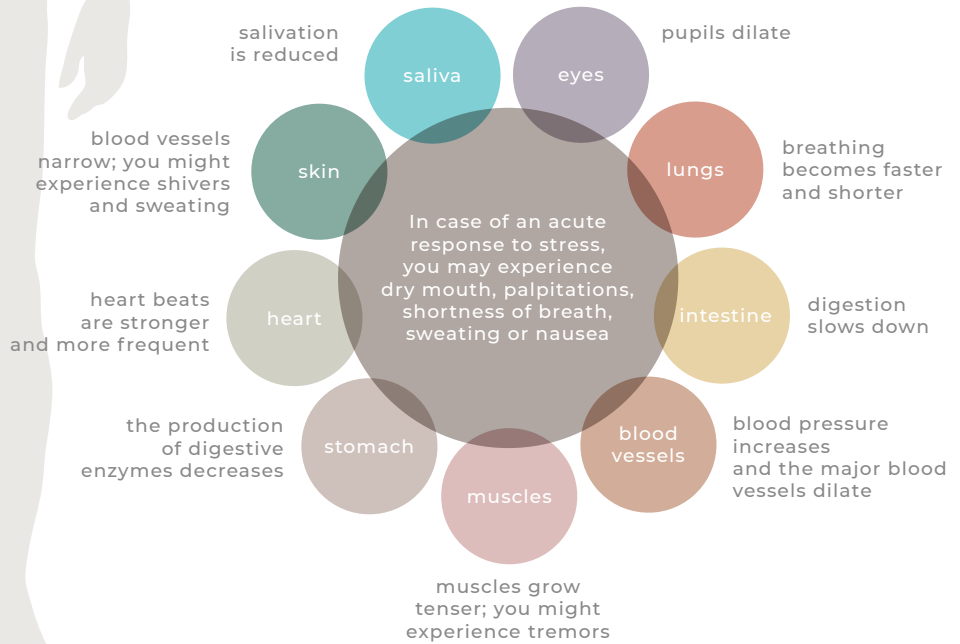
stress

(psychological and physical)



Managing work-related stress has become paramount to prevent burnout and other significant health problems.

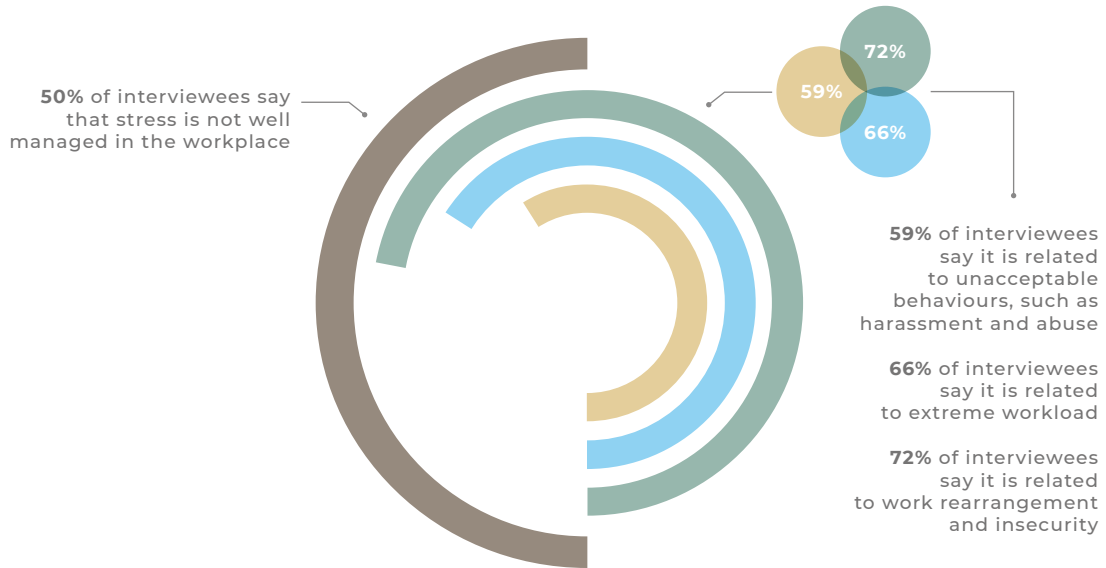
It's not about eliminating it, but rather about taking action to improve well-being and resilience, promoting a better quality of life even when we are heavily under pressure.



Infographic from the Stress and Wellbeing at Work report: A European Outlook Great Place to Work®'s study on building a culture of trust, health and wellbeing.

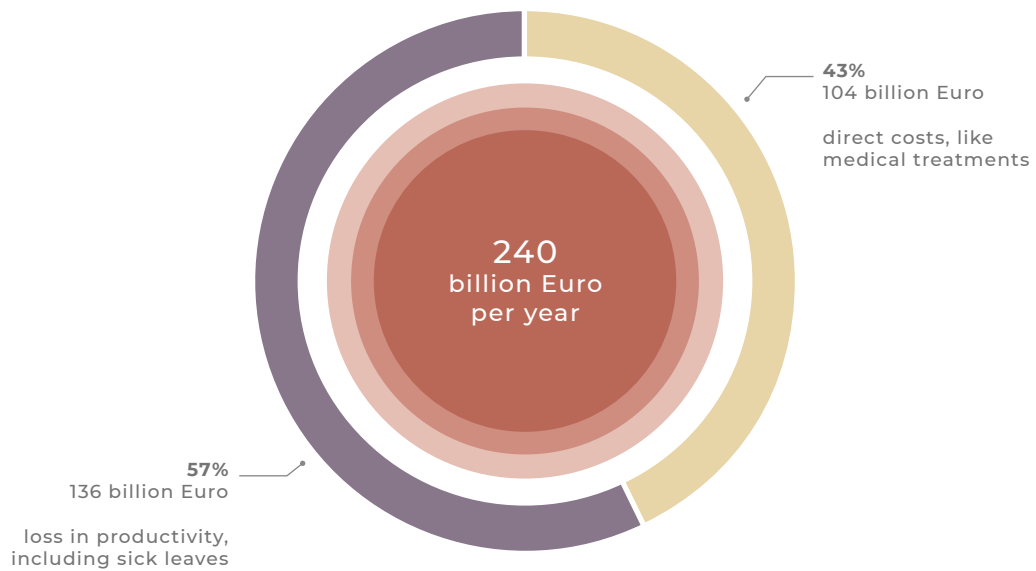
CORPORATE WELLNESS

FACTORS THAT DETERMINE WORK-RELATED STRESS



Infographic from healthy-workplaces.eu/it/

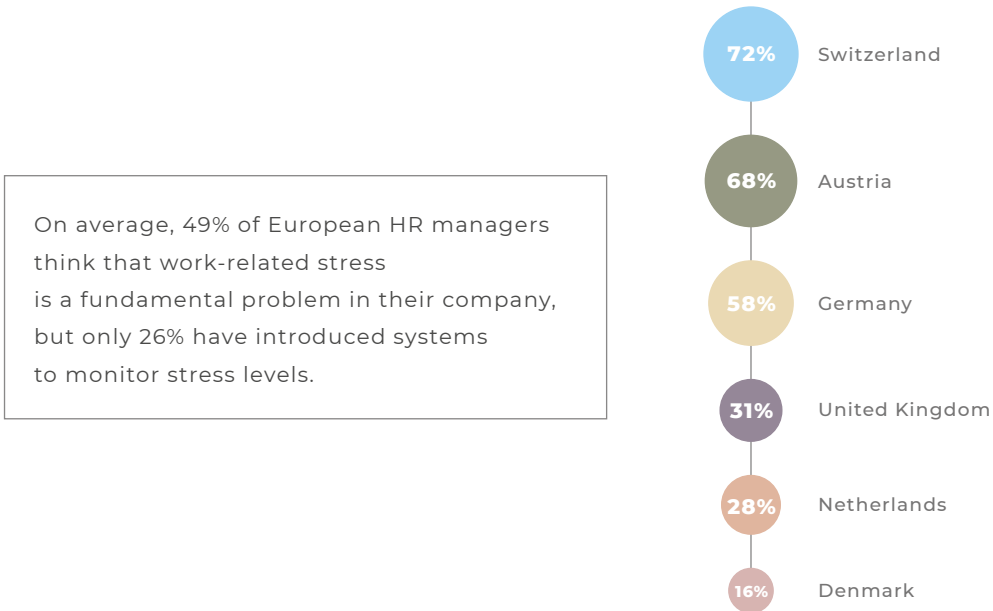
THE COST OF WORK-RELATED STRESS IN EUROPE



Infographic from healthy-workplaces.eu/it/

CORPORATE WELLNESS

THE LARGEST CORPORATE WELLNESS INVESTORS



Infographic from the Stress and Wellbeing at Work report: A European Outlook Great Place to Work®'s study on building a culture of trust, health and wellbeing.

ASPECTS OF ORGANISATIONAL WELL-BEING



Organisational well-being is a dynamic process that involves several aspects connected to people's professional and private sphere. One of these has acquired greater and greater importance over the last few years: mental and physical health.

Infographic from the Stress and Wellbeing at Work report: A European Outlook Great Place to Work®'s study on building a culture of trust, health and wellbeing.

The Starpool method

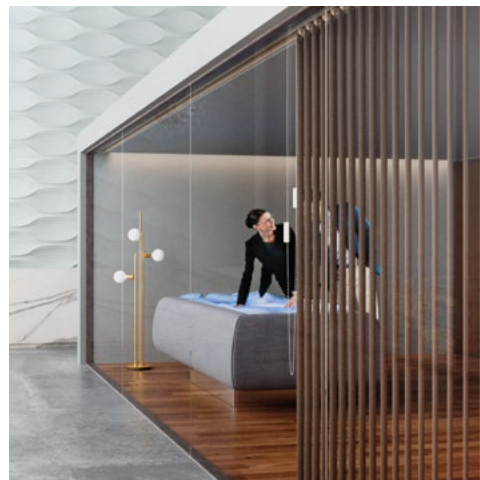
Our mission is **to take care of people,**
favouring psycho-physical balance.

The Starpool method expresses our idea of wellness, which revolves around the individual, **ensuring benefits for both body and mind, and is based on innovation and scientific research.**

We start from knowledge, exploring the many representations of wellness with a multidisciplinary approach that is always evolving and defines and promotes **safe protocols of use.**

We think that products and services of proven effectiveness can only result from an accurate and in-depth project of **analysis and research.**

This is why we work alongside leading figures in the fields of medicine, sports, and neuroscience and we rely on the **support of prestigious research institutes** and renowned universities that allow us to complete our products and services with the knowledge we have acquired.



Why choose us?

EFFECTIVE INNOVATION

We **offer innovative systems that blend perfectly** in every work environment to achieve a psycho-physical well-being on the grounds of thorough scientific research.

SCIENTIFICALLY VALIDATED METHOD

Protocols of use that have been validated by scientific research revolving around the individual, and that allow to reactivate the health potential and individual energy, merging seamlessly with the work routine.

BESPOKE SOLUTIONS

We create **areas of psycho-physical regeneration, even in small spaces, in line with** every specific requirement to fully meet the employees' needs, and support the companies from the design to the final training.

SUSTAINABILITY

Knowledge of spaces and materials, as well as in-depth design competence, allow us to develop **sustainable solutions that include the combination of the most performing products**, on the basis of the company's strategic goals.





*Recharge
Room*

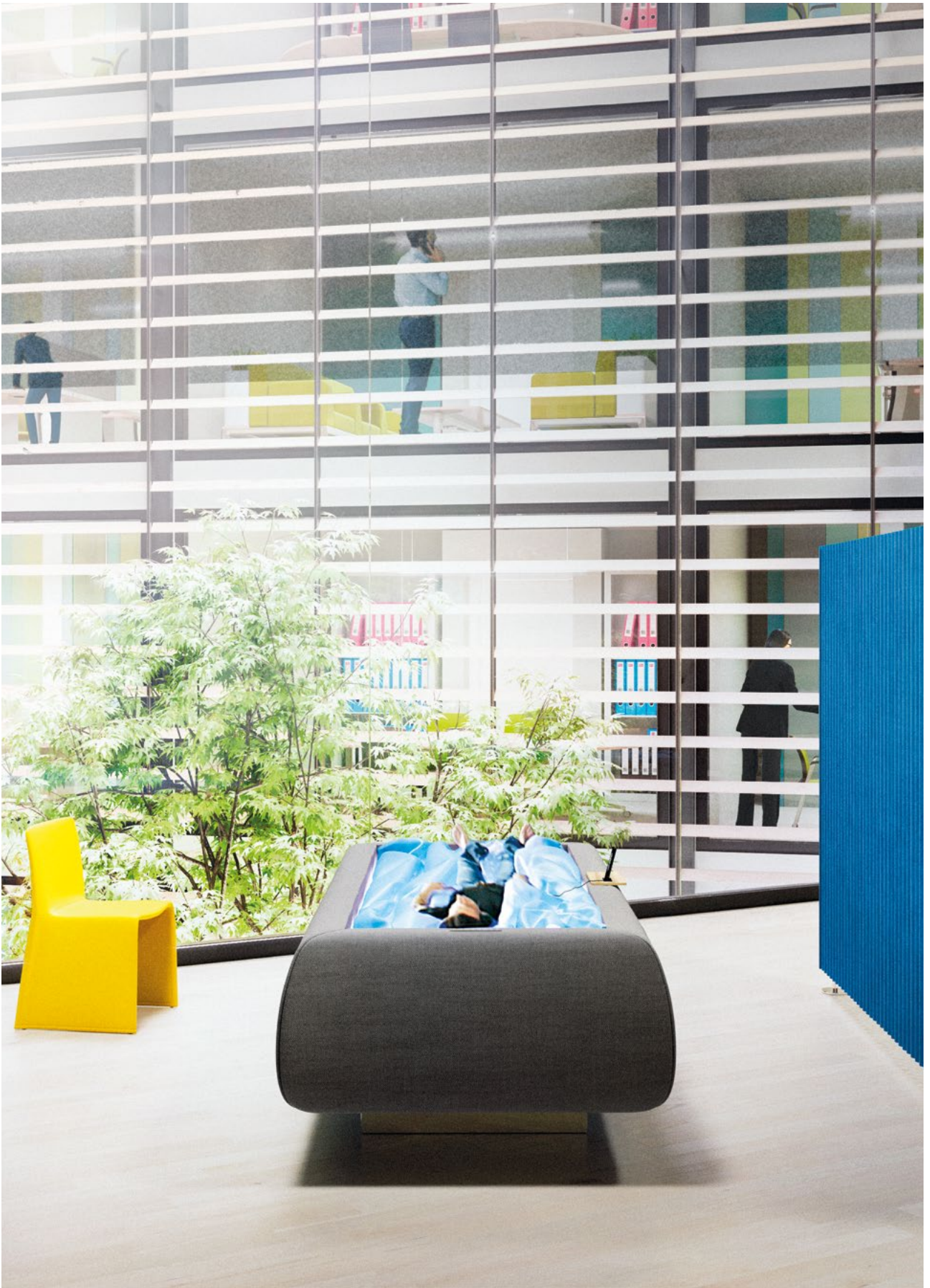
RECHARGE ROOM

Companies are made of people, and each person is different from the next: each has their tastes, needs, problems, tasks, ability to manage stress, fears, beliefs.

Introducing **solutions that allow to have short restorative breaks**, without any contraindications or age limits, allows to improve the performance. Our **Recharge Rooms** are actual spaces for psycho-physical regeneration that are good for the company as a whole.







The ideal solution for your company

The goal that guides us in the designing of spaces for Corporate Wellness is that of reactivating the health potential and the individual vitality through **moments of mental and physical regeneration** at work. Our **Recharge Room** is an innovative format that intends to meet the health and well-being needs of people in companies with specific configurations that blend perfectly in the environments where they are set.

HEALTH PROGRAMS



STRESS MANAGEMENT

Goal: managing stress and emotions well
Ideal to: favour the full regeneration of body and mind in every moment of the day.



SLEEP

Goal: sleep well to live better
Ideal to: eliminate the daily tensions and improve the quality of sleep.



PERFORMANCE

Goal: physical recovery and mental focus
Ideal to: favour top psycho-physical performance at all times, at work and in daily life.



LONGEVITY

Goal: living healthy for long
Ideal to: protect their health and slow down the ageing process.



Configuration

The Recharge Room is an **innovative and effective space** that adjusts perfectly to the needs of every company.



According to the dimensions, the available resources, and the strategic company goals, **it is possible to choose one of three different configurations: Basic, Pro and Elite**, each designed for the total regeneration of body and mind.

Each configuration is available with an operating lease contract, without the obligation to purchase it.



Recharge Room Basic

Our Recharge Room Basic is designed for companies that have not yet developed proven experience with Corporate Wellness policies.

A smart solution that requires little space and offers a regeneration solution that is fast and suitable for all.

A wellness oasis that can be combined perfectly with the work needs, and where it is possible to focus effectively on stress management and on psycho-physical performance.



COMBINATION



Products:

WELLNESS COACH
+ LOUNGER

Possible health programs:

STRESS MANAGEMENT SLEEP PERFORMANCE LONGEVITY

Included in the format:

External plate for the Recharge Room + Plate for the possible protocols.

On-line training.

Consumables: 1 package of ear covers.

Contract of all-inclusive maintenance + warranty extension.

Recharge Room Pro

Our Recharge Room Pro is designed for companies that have understood the importance of their employees' well-being, and that are looking for a trusted partner to develop a **complete solution for Corporate Wellness**. It does not require large spaces nor dedicated personnel for its management, and it blends perfectly in work environments of any size.

It makes the **regenerating power of the Dry Float Therapy** part of the operational routine, through specific protocols for stress management, sleep treatment and psycho-physical performance.



COMBINATION



Products:

ZEROBODY

Possible health programs:

● STRESS MANAGEMENT ● SLEEP ● PERFORMANCE ○ LONGEVITY

Included in the format:

External plate for the Recharge Room + Plate for the possible protocols.

On-line training.

Consumables: 1 package of ear covers + disposable TNT sheets.

Contract of all-inclusive maintenance + warranty extension.

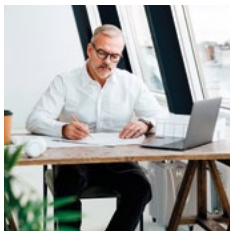
Recharge Room Elite

Our Recharge Room Elite is designed for **companies that have sound Corporate Wellness policies** and professional roles dedicated to Health & Safety Management programs. This format brings to the work routine **the benefits of the Dry Float Therapy** for psycho-physical recovery, combined to those of the **Molecular Hydrogen Booster** for longevity.

This solution concentrates, in only a few square meters, all the effectiveness of our Health Innovation solutions, with specific protocols to work on stress, sleep, performance and longevity.



COMBINATION



Products:

ZEROBODY
+ MOLECULAR HYDROGEN BOOSTER

Possible health programs:

● STRESS MANAGEMENT ● SLEEP ● PERFORMANCE ● LONGEVITY

Included in the format:

External plate for the Recharge Room + Plate for the possible protocols.

On-line training.

Consumables: 1 package of ear covers + disposable TNT sheets + 100 h2 tubes + 5 lt. of purified water for inhalation.

Contract of all-inclusive maintenance + warranty extension.

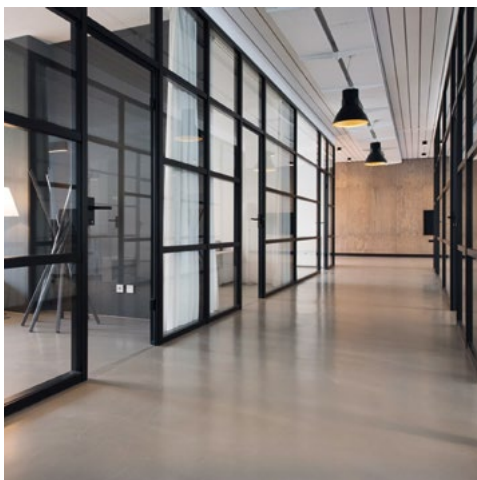
Dimensions



The Recharge Room provides for one piece of equipment every 120 employees. From 120 to 240, the number of equipment pieces doubles, and so on.

The dimensioning is based on a hypothesis of 25-30% usage by the employees, with two 20-minute sessions per week, each in the space of eight working hours.

The **correct dimensioning** of the Recharge Room is a crucial condition for your Corporate Wellness project to be sustainable and consistent with the real needs of your company.







*Our
products*



[Discover more about Wellness Coach](#)

Wellness Coach

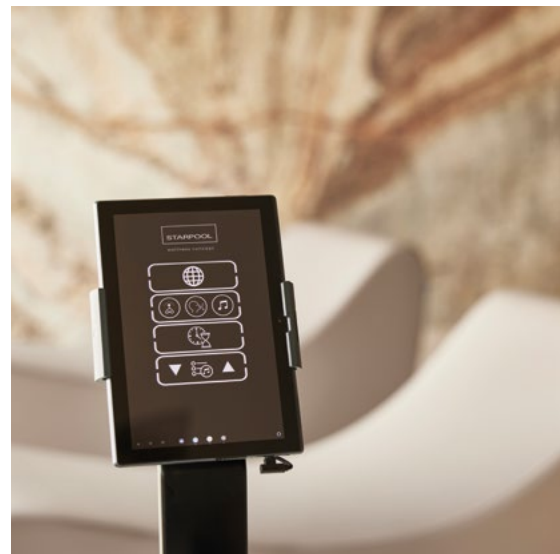
THE VIRTUAL GUIDE FOR YOUR WELL-BEING

Wellness Coach is an innovative and versatile solution to create a space for psycho-physical recovery in your company, even with little space available.

Thanks to its intuitive software, you'll be able to offer your employees **actual Brain Training programs** developed with renowned partners in the fields of research and sports.

Mindfulness exercises to learn how to live in the present and manage stress and fatigue, and guided breathing techniques to promote better performance.

The moments dedicated to rest turn into actual experiences of psycho-physical regeneration that have a positive impact on the company as a whole.





Choose your favourite lounge from our solutions for your relaxation

Lounger

ERGONOMICS IN THE SERVICE OF WELL-BEING

The sinuous shape of Synua Lounger **supports and embraces the body perfectly** and in the maximum comfort.

The essential lines and the minimal design convey lightness and simplicity through harmonious proportions.

The ergonomic characteristics combine perfectly with the Brain Training activities, favouring a posture that maximizes the effectiveness of Mindfulness program and guided breathing techniques available with Wellness Coach.

Stable and robust, our loungers blend in any indoor environment.





[Discover more on Zerobody](#)

Zerobody

FAST AND EFFECTIVE PSYCHO-PHYSICAL REGENERATION

Zerobody brings the **regenerating power of the Dry Float Therapy** into the workplace through an innovative system of use validated by scientific research and suitable to everyone, without any contraindication.

Thanks to its extreme versatility, it adjusts perfectly to the needs of both large international corporations and of smaller companies. Zerobody is indeed an effective tool that allows to **regenerate body and mind in just 10 minutes**.

Through the intuitive software, it is possible to customise the Dry Float Therapy session with audio-guide **Brain Training** programs: Mindfulness and breathing exercises developed with renowned partners in the fields of science and sport. Mental training that favours cognitive enhancement and psycho-physical balance.

Zerobody requires **very little maintenance** and only needs an electrical connection.





[Discover more on the Molecular Hydrogen Booster](#)

Molecular Hydrogen Booster

DEEP PSYCHO-PHYSICAL WELL-BEING THAT LASTS OVER TIME

Molecular hydrogen is a **powerful antioxidant that ensures benefits for both body and mind**: it prevents cell ageing, and it favours cognitive enhancement and focus.

For this reason, it is the ideal solution for companies that are in search of effective and versatile solutions for their employees' well-being.

The Molecular Hydrogen Booster is a **practical nasal inhalation system** that can be used in any context of daily life.







*Scientific
Research*



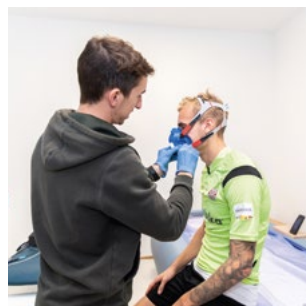
The scientific research project conducted by Promotus: "Dry floatation on Zerobody as a technique for stress management and psycho-physical recovery"

Scientific Research Department

Offering wellness requires knowledge, competence and skills.

We work to fully meet the need for a better quality of life, **and science is our most valuable ally**; we rely on it to understand how to make the most out of our wellness, health, and self-care products. **Stress management, sleep, performance and longevity**: these are the global health issues where our Wellness solutions can have the greatest impact and, for this reason, our scientific research revolves around these four pillars.

Our Scientific Research Department analyses the results of scientific studies and **supports the companies in the creation of bespoke areas for psycho-physical regeneration**, providing specific methods and protocols based on individual needs.







*Our
services*

Our services

Consulting, Technical Support and Training
are the pillars sustaining our whole work.

Together, and thanks to the people who are part of our reality,
we develop **ambitious projects** based on our clients' real needs,
supporting, and accompanying them every step of the way.

We'll support you in each phase, starting from the project,
in order to help you make the most of our products
and show you their full potential.



Being your **Wellness partner** pushes us to always do
our very best, to develop **regenerating facilities**
and places dedicated to individual well-being.



[Discover more about our services](#)

OUR SERVICES



CONSULTING

Our professionals are **by your side in every phase of your Corporate Wellness project**, from its conception to its final realisation, to help you develop it **just as you want it**. They will help you to identify the best solution in terms of **sustainability, management, function and design**.



TRAINING

Nurturing wellness at work is an actual **ritual that requires skilful gestures and attention to detail**. Our **Scientific Research Department** will be by your side to help you make the most of your products and **choose the methods of use** that are more suited to your co-workers' well-being and to the overall company organisation.



SERVICE

We provide **fast and constant technical support service, covering the hardware and software as well**, thanks to our specialised technicians who give assistance to our clients in the shortest possible time, ensuring **prompt, inexpensive action** to prevent anomalies and malfunctions.





References

References

Many companies have chosen us as Wellness Partner to design the areas dedicated to the psycho-physical well-being of the employees.

What our ambassadors from the world of Corporate Wellness say about us:

Stephane Cosandey

HEAD OFFICE HEALTH & SAFETY MANAGEMENT, NESTLÉ

“We chose Zerobody with the aim of broadening our wellness service offer and enhance our Relaxation area with an effective solution that suits everyone. When we tried Zerobody for the first time, it was immediately clear to us how much our co-workers would appreciate it.”



Daniel Brecheis

HR EXECUTIVE MANAGER AT STEELCASE

“More and more case histories prove that investment in wellness has a direct impact on company results, thanks to the employees, who are more creative and innovative, healthy and motivated. With this in mind, we learned about Starpool and their approach to Corporate Wellness. When we discovered Zerobody, its scientifically proven effectiveness for the regeneration of body and mind, and how easy it is to include it in everyone's daily work activity, we immediately decided to make it part of our Learning & Innovation Center in Munich”.



Michael Oberhofer

CEO, BRANDNAMIC

“Brandnamic Management has its employees' well-being at heart. The Brandnamic Campus is the kingdom of creativity, but when work gets tough, a well-deserved relaxation break is what we need to recharge our batteries and have better and better ideas. When I manage to take some time for myself, I lie down on Zerobody too, to indulge in absolute well-being, just like our team members.”

Nestlé

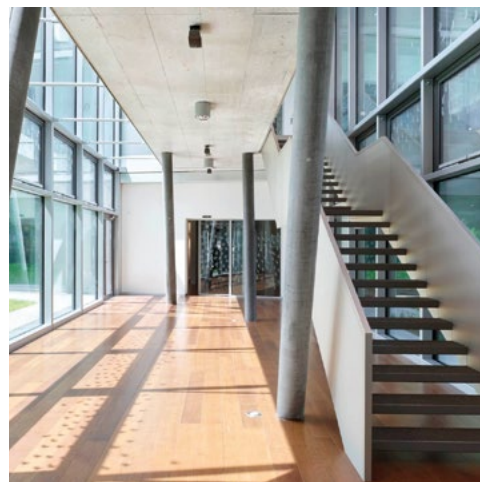
To the Swiss corporation, the purpose of enhancing quality of life and **contributing to a healthier future starts** with the employees themselves. This is why the Group decided to **devote an entire building to well-being**: there, everyone can use the gym and the Yoga room the nursery, as well as the meditation and **relaxation area**.

In the Relaxation Area, you can find a **Recharge Room** that has been designed and realised with the support of our Corporate Wellness experts. The room is equipped with **Zerobody**, for a regeneration break of up to 30 minutes during the work day.

The Recharge Room is additional confirmation of Nestlé's commitment to employees' health, and it makes the Company a more enjoyable and healthier workplace.



[Discover more](#)
[on the Corporate Wellness at Nestlé](#)



Steelcase

Steelcase designs and creates advanced workplaces.

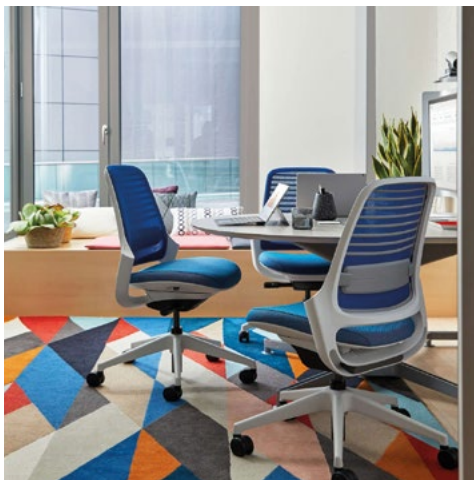
The company has adopted a creative approach to daily life: employees have **spaces and opportunities for psycho-physical recovery**, which allow them to deal with their daily activities with a balanced approach and favour the connection between the physical and cognitive dimensions of well-being.

They chose to install a **Recharge Room Pro** to offer everyone the chance for complete, **fast and effective regeneration of body and mind**.

A solution that is a natural extension of the values in which the company strongly believes.



[Discover more](#)
[on the Corporate Wellness at Steelcase](#)



Brandnamic

Brandnamic is one of the largest full-service marketing agencies for hotels and destinations.

One of the many rooms available to the team at the Brandnamic Campus, in Brixen, is the Lagoon room, which is equipped with a Recharge Room that pleased all employees.

Each of them has access to the well-being experience upon reservation and is provided with brochures explaining how to use Zerobody correctly to make the most of all its benefits.

Guests, too, have the chance to try the **Dry Float Therapy** during the guided tour of the Campus.



[Discover more](#)
[on the Corporate Wellness at Brandnamic](#)



REFERENCES

Other references

Since 1975, we have designed and realised Wellness solutions to promote better quality of life.

We have brought Wellness all over the world with over 4000 realisations in the most diverse sectors.

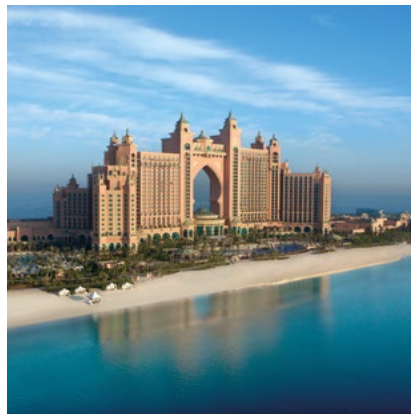


[Discover more on our references worldwide](#)

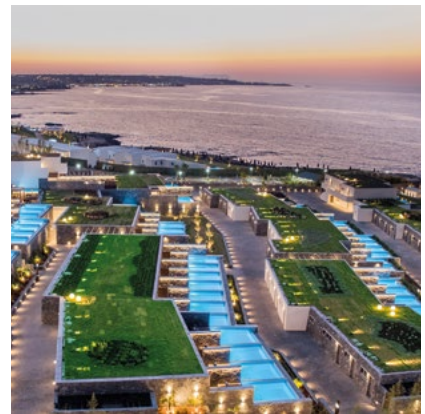
HOSPITALITY



Mandarin Oriental
Milan - Italy



Atlantis The Palm
Dubai - UAE



Nana Princess
Crete - Greece

REFERENCES

DAY SPA & BEAUTY



Aquaria Thermal Spa
Sirmione - Italy



Clinique La Prairie
Clarens - Switzerland



Strøm Nordic Spa
Montréal - Canada

FIT & GYM



Equinox
New York - USA



Planet Wellness Village
Pazzallo - Switzerland



Virgin Active
Italy

PROFESSIONAL SPORT



Aquila Basket Trento
Trento - Italy

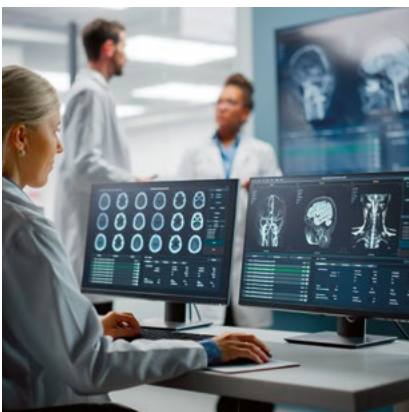


Dorothea Wierer
Italy



Los Angeles RAMS
Los Angeles - USA

HEALTHCARE



Nashville Brain Institute
Nashville - USA



iCryo Wellness
Texas - USA



Casa Sebastiano
Coredo - Italy



wellness concept

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