

# WELLNESS COACH

WELLNESS VIRTUAL GUIDE



**STARPOOL**

wellness concept



# Wellness Coach

In collaboration with renowned partners, we have designed an **interactive system** to fulfill the desire of people to feel good and fit. Wellness Coach allows you to **theme rest moments**, transforming them in actual experiences of **deep regeneration**.

Wellness Coach includes:

## MINDFULNESS

● RELAX ● CALM ● STABILITY ● CREATIVITY ● LUCIDITY

*Guided meditation programs, developed in collaboration with neuroscientist **Nicola De Pisapia**.*

## BREATHING

● BEGINNER ● INTERMEDIATE ● ADVANCED ● PERFORMANCE ● CHALLENGE

*Audioguide breathing exercises, realized with the world No Limits Freediving record-holder **Andrea Zuccari**.*

## MUSIC

● AIR ● FIRE ● EARTH ● WATER ● MOONLIGHT

*Relaxing music tracks that accompany relaxation moments with the **slow and gentle sounds of Nature**.*

Every piece of content promotes beneficial relaxation thanks to a versatile and intuitive software. With Wellness Coach, you can choose the activity yourself: mindfulness programs with their specific well-being goal, the level of difficulty of the breathing exercises or your favorite music track among the ones available. You can also choose the language and the duration of the session.



## HOTELS

# *Wellness Coach is a valuable well-being booster for spas and hotels.*

To offer your guests a one-of-a-kind **Wellness Entertainment** experience.

To **enhance the services offer** of hotels in both individual and common relaxation areas.

## COMBINED WITH RELAXATION DAYBEDS

To **theme rest** and offer your guests immersive well-being thanks to the noise-cancelling headphones.



## IN A COMMON AREA

To **organize actual Wellness Entertainment “events”**, planning time and contents.



## IN ROOMS

To offer guests an **innovative solution for psychophysical well-being**, to experience in complete privacy.



# *Wellness Coach is the perfect guide for deep regeneration.*

A real support to improve your every-day performance.

**Scientific research** is meeting broad support in the fields of psychotherapy, from well-being in the workplace to sports.

Every piece of content is designed to **promote psycho-physical recovery**, train specific brain areas and improve focus.

## BUSINESS AND WORK

It promotes a **creative approach** to problems and trains **mental agility**, favoring self-awareness.



## TRAINING AND RECOVERY

A training to **manage fatigue**, **reduce stress** and **release emotions** in a conscious way.



## QUALITY OF LIFE

It provides **intuitive and accessible** programs to transform psycho-physical well-being in a good daily habit.







*Wellness Coach is a  
professional tool to enhance  
beauty treatments.*

It allows to **combine massages and treatments**  
with actual well-being programs for body and mind.

Support the operators' work and offer your guests unique emotions.

BEFORE THE TREATMENT

To create a welcoming setting and prepare for the treatment  
in a **state of complete quiet and relaxation**.



DURING THE TREATMENT

To promote **deep relaxation, reduce stress** and **release tension** more easily.



AFTER THE TREATMENT

To create the right atmosphere before **gradually going back to reality**  
with renewed psycho-physical well-being.

# Plus

- 10" display with charger.
- Adjustable metal stand with safety lock.
- Software with:
  - › **5 mindfulness audio guides in 7 languages:** Italian, English, American English, German, French, Spanish, Russian with **music tracks played at special frequencies to enhance the effect of conscious relaxation.**
  - › **5 breathing exercises in 7 languages:** Italian, English, American English, German, French, Spanish, Russian
  - › **5 relaxing music tracks** inspired by the slow and gentle sounds of nature.
- › The minimum duration of each program is 10 minutes.

## TECHNICAL INFORMATION



Wellness Coach Social



Wellness Coach Personal

Dimensions	27 w x 27 d x 122 h cm	27 w x 27 d x 65 h cm
Weight	15,8 kg	9,2 kg
Voltage	230 Vac	230 Vac
Maximum consumption	200 W	200 W
Functioning temperature (max)	40°	40°
Functioning humidity (max)	40-45%	40-45%
Music	High-quality audio speaker with Bluetooth	High-quality headphones with Bluetooth
Stand	Metal varnished in matt black	Metal varnished in matt black

*Volume activation and adjustment from display, possible connection to client's audio system with 3.5 mm male stereo audio connector.*

*When new contents are available, Wellness Coach may be updated by Starpool service.*

Wellness Coach by Starpool is fully compliant with the relevant European standards. Starpool reserves the right to change/adjust the technical and dimensional information without prior notice. Should the purchaser want to install Wellness Coach in countries outside of the European Union where different standards to CE are in place, the purchaser shall be under the obligation to notify the additional requirements to Starpool.



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