



LIVING WELL

PLAYACAR

## **WELLNESS & BIOHACKING LIVING**

*A home designed to optimize your health  
and upgrade your living environment.*



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Nowadays, creating an environment in which life becomes well-being is a priority.

To this end, there are various technological innovations that allow you to counteract the harmful effects that are so damaging to your health.

## **WELLNESS & BIOHACKING LIVING**

Imagine living in a space where everything is optimizing your health and improving your quality of life...

Wellness & Biohacking Living is an integral wellness concept for the home that offers the latest health trends based on science, technology and ancient wisdom to help people improve their quality of life.

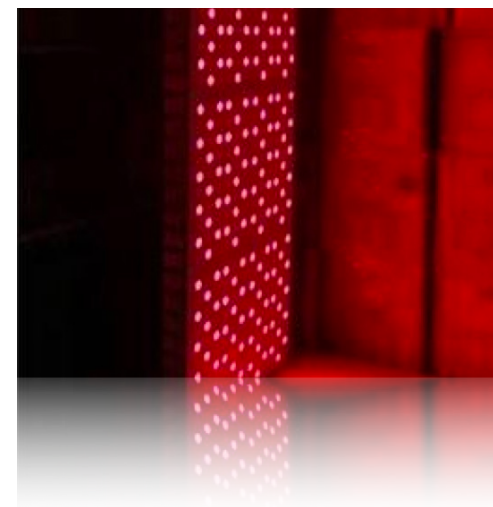
The offers are personalized and designed according to the particular needs of each family.

## BATHROOM



### SHOWER FILTER

When we bathe with hot water, the chlorine in the water penetrates through the pores of the skin and contaminates our bodies. It is essential to use a water filter in every bath to eliminate chlorine, remineralize the water and provide vitamins to the body.



### BIO LIGHT/INFRARED LIGHT

High intensity infrared light helps with cellular de-inflammation that's caused by thousands of pro-inflammatory agents that we breathe and ingest in our food. It also helps generate energy at a deep level, activates the collagen and improves the ability of many physical and mental functions. Infrared light panels can be placed in the bathroom so that you can get all its benefits while you are getting ready.



### CELLULAR WATER

No.1 technology that promotes longevity by nourishing from the inside out through the inhalation of cellular water. Inhale one of the most powerful antioxidants which helps repair the damage caused by daily oxidation. It also boosts the immune system and your vitality. By inhaling cellular water 15 minutes a day you will reap enormous health benefits.



### ION DETOX TUB

The ion bath helps detoxify most of the pollutants in the environment like heavy metals, pesticides, chemicals. By detoxifying weekly, we strengthen the immune system, reduce pain and reduce inflammation of the joints.

## ROOM



### EARTHING

Mats with Earthing technology help to discharge the electromagnetic pollution caused by the daily use of electronic devices, as well as to generate multiple benefits by being connected all night to the earth's energy.

Sleeping in a bed that is connected to the earth's charge will help you sleep better and wake up with much better energy.



### NEUTONIC SLEEPING MASK

State-of-the-art technology that helps change high-activity brain waves into relaxing waves that induce sleep and mental calmness.

The Neutonic Sleeping Mask is also a trainer to improve sleep quality (it is washable and reusable).



### LIGHTING

Artificial light affects the body's natural rhythm, affecting sleep and energy levels. With a circadian light system we can simulate natural light at different times. It also sincronizes to an APP to determine the time schedule when the color of the light changes.



### AROMATHERAPY

Aromatherapy diffuser with 100% natural essences that balance the brain's neurotransmitters: serotonin (day), GABA (night relaxant).

## ROOM



### SLEEP-PROMOTING LAMP

With this lamp you can create your own rest routine. You can program the times when the relaxing music is turned on for a meditation session or change the lighting in the room according to the atmosphere you want to achieve. The same can be done for when you wake up: choose the music that makes you feel good and the lighting that helps you wake up.



### AIR FILTER

The best air filter to purify all types of viruses, bacteria and germs floating in the environment and on surfaces. The HEPA filter removes 99% of the pollutants in the room, providing clean air that supports rest and relaxation. The ideal thing is to place one in each house environment.

## KITCHEN



### HUROM

The best juice extractor. Created to help you lead a healthy life, its cold-pressing technology has a mill that extracts every last drop of juice without generating heat. This keeps the enzymes of each ingredient intact and makes it easier for you to absorb them.



### KANGEN FILTER

In the past, we used to drink spring water, today the water we consume does not provide us with nutrients to enhance our health. The best investment we can make for our body is to properly hydrate, and for that it is essential to have the best water filter. One that provides hydration rich in molecular hydrogen, with different PH settings for the body and skin as well as for washing food and disinfect spaces in your home.



### SURGICAL STEEL KITCHENWARE

Surgical steel in the kitchen assures you peace of mind knowing that you are cooking without contaminating the food since this kitchenware does not release toxic elements, even when subjected to high temperatures.



## OTHERS



### ICE WATER BATHTUB

Each day there are more and more people interested in the benefits of daily immersion in ice water.

3 minutes of daily immersion provides such benefits as cellular de-inflammation, activation of brain substances and recovery for many illnesses.

It also trains the body to seek physical and mental resources when faced with stressful situations. It is a biohacking MUST, that is currently used to improve sports performance, sleep quality and overall physical balance.

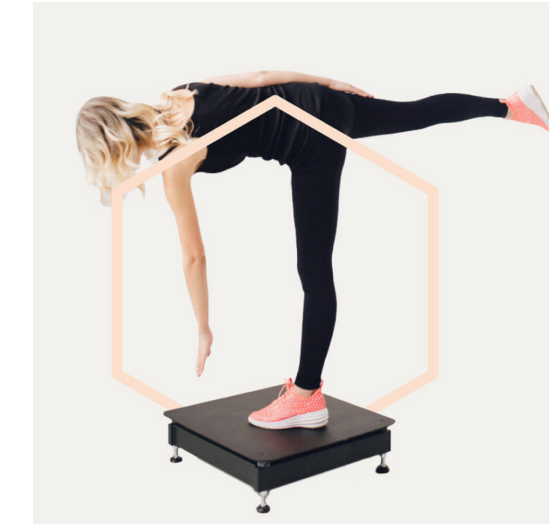


### BIOCHARGER

The latest innovation based on TESLA technology.

This high power energy transmitter stimulates and invigorates the whole organism improving physical performance, health and mental well-being.

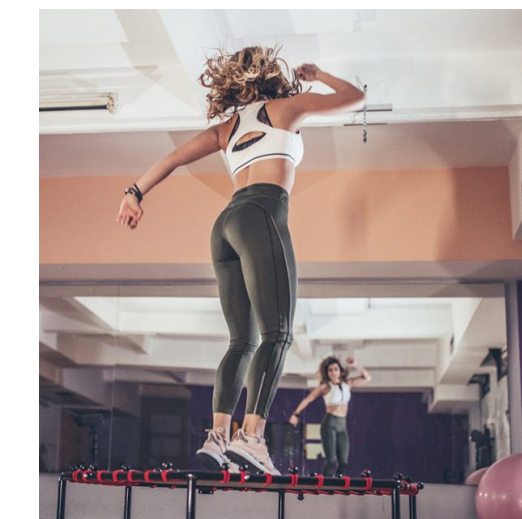
When kept on at home, its high voltage transmits energy to the environment by pulsing electromagnetic waves and providing many health benefits for people and pets.



### VIBRATING PLATFORM

The Bulletproof vibration platform helps increase blood circulation while strengthening muscles and bones.

It also activates endorphins and brain substances to start your day with energy.



### TRAMPOLINE

Considered one of the most beneficial exercises according to NASA, bouncing on a trampoline helps to activate the nervous, lymphatic and circulatory systems.

It also strengthens muscles and bones while avoiding the risky impact caused by other exercises.

## LIVING GREEN - HOME VEGETABLE PATCH



### TOP

Basil  
Cilantro  
Dill  
Mint  
Parsley

### MIDDLE

Arugula  
Chard  
Kale  
Lettuce  
Mustard Greens

### BOTTOM

Cucumbers  
Green Beans  
Peppers  
Tomatoes  
Zucchini



## **WELLNESS & COOKING CLASSES**

Our team of specialists can teach you how to apply the multiple benefits of each of the technologies available into your life in a personalized and preventive way.

If you also want your housekeeping staff to learn how to prepare natural and healthy recipes, we offer the Wellness Chef course to train the kitchen staff on how to nourish the body with the best practices and delicious dishes all day long.

## BATHROOM

Shower filter  
Infrared light screen  
Detox tub

**2,500 usd**

## KITCHEN

Kangen water filters  
Juice extractor  
Surgical steel  
kitchenware set

**9,000 usd**

## ROOM

Earthing Mat – king size  
Neutonic sleeping mask  
Dyson air filter  
Circadian light lamp  
Aromatherapy kit

**3,000 usd**

## SOLD SEPARATELY

Ice water bathtub  
Cellular water anti-aging technology  
Vibrating platform  
Trampoline  
Biocharger

Green Tower – Kitchen vegetable patch  
Circadian lighting for a room or the whole house  
Garden Tower  
Wellness & Cooking Classes  
Vibrating platform & rebounding