

# Bloem



Let's rethink recovery



## BLOEM

A space for calm.

In your work life, it can be truly difficult to disconnect during the day. Constant noise, workload, and a lack of privacy can make it hard to focus.

Over time, this reduces well-being and productivity.

With Bloem, you have a space for mental recovery and private breaks during the day.

Where?  
[info@bloem.com](mailto:info@bloem.com)  
[www.bloem.com](http://www.bloem.com)



## Small break, big impact.

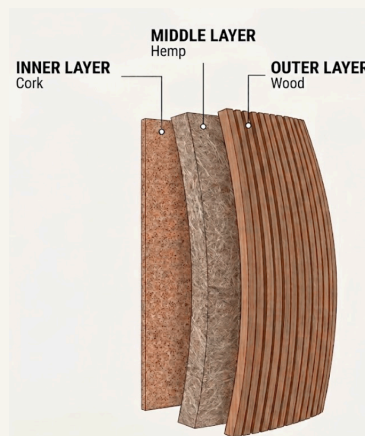
With a short break during your workday, you can regain energy and stay more focused for the rest of the day.

10 minutes can make a meaningful difference.



### Noise reduction

Multiple insulation layers of cork, hemp & wood block outside noise and create a calm, safe space.



### Mental recovery

Relax with pre-installed content to guide you through meditation, breathing, stretching. You can also just listen to music and nature sounds or change the lighting.

