

C4F GROUP - JH DESIGN
&
SAMINA

present

LIVING MOMENTS

THE LONGEVITY LUXURY HEALTH SUITE



© Joachim G. Hallwachs, Prof. Dr. Günther W. Amann-Jennson & Dr. Sven Greie



Our Goal

LIVING MOMENTS

is a forward-looking, holistic hotel suite, apartment, penthouse, chalet or even an exclusive villa.

LIVING MOMENTS makes the future a reality today.

A visionary spatial concept that combines scientifically based regeneration with exclusive design and genuine transformation.

LIVING MOMENTS is a suite concept that redefines the hotel industry.

LONGEVITY: For people who want more than just comfort: health, clarity, vitality and a new quality of life.

It

LIVING MOMENTS

CONZEPT



Originated from our developed PSL (Protected Smart Living) series. This includes Smart Business Apartments, Co-Working Places, Market Place areas, Golf Chalets, Best Ager Apartments, Penthouse Suites, Luxury Chalets and Villas.

Regardless of design and size, because the design is always customised to the respective project (location, target group, etc.) and LIVING MOMENTS is available in sizes from 50 - 800 m², LIVING MOMENTS is subject to very clear criteria.

These are:

| | |
|-----------------------------------|--|
| Sustainability: | Our nature as a role model & SDG criteria |
| Exclusivity and individuality: | State of the art & Taylormade |
| Multifunctionality: | 5 modes in one suite |
| Geomancy | Wisdom of Mother Earth - energy flow |
| The Special Human Design Concept: | Light, sound, colour, aroma, climate, acoustics & art |
| Evidence-based processes: | Salutogenetic processes, neuroathletics, oxygen, metabolism, body, sleep and heart rate analysis, cold, negative pressure, nutrition, etc. |

LIVING MOMENTS: A SUITE THAT PROTECTS, STRENGTHENS, CALMS & TRANSFORMS.



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IMPRESSIONS
LIVING ROOM

IMPRESSION: LIVING MOMENTS BEDROOM



IMPRESSION: LIVING MOMENTS BEDROOM

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LIVING MOMENTS -
THE LONGEVITY
LUXURY HEALTH SUITE

BEDROOM VARIANT II.
HERE, SWISS PINE IS
COMBINED WITH REAL
MOSS WALLS.

IMPORTANT FOR THE
SLEEP HORMONE
MELATONIN.
THE BLINDS ARE
COMPLETELY OPAQUE.

IMPRESSION: LIVING MOMENTS BEDROOM

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LIVING MOMENTS -
THE LONGEVITY
LUXURY HEALTH SUITE

BEDROOM
THE SPECIAL BED
DEVELOPED BY
PROF. Dr. G.W.
AMANN-JENNSON
IN THE NEW
JH DESIGN DESIGN.

SWISS STONE PINE,
LEATHER, NO METAL
AND MUCH MORE
ENSURE RELAXED,
HEALTHY SLEEP AND
THEREFORE OUR
WELL-BEING.

LIVING MOMENTS BEDROOM - A HEALING SPACE



LIVING MOMENTS - THE LONGEVITY LUXURY HEALTH SUITE

Together with internationally renowned sleep psychologist and bioenergetics expert Prof. Dr. med. h.c. Günther W. Amann-Jennson, founder of Samina, a unique suite concept was developed. See also the treatise by Prof. Dr. Günther W. AMANN-JENNSON, 'EINFACH GESUND SCHLAFEN' (Simply Healthy Sleep).

The centrepiece: **the Gravitas © inclined sleeping bed – solid, grounded, transformative.**
A true statement of sleep culture and craftsmanship, developed with Samina and Prof. Dr. Amann-Jennson.

Metal-free, grounded and optimally inclined, it supports the natural flow of blood and lymph, promotes cell regeneration, relieves the cardiovascular system – and lulls guests into a deep, restful sleep.

A bed that is much more than just a piece of furniture – it is a regenerative experience.

LIVING MOMENTS BEDROOM - A HEALING SPACE



LIVING MOMENTS - THE LONGEVITY LUXURY HEALTH SUITE

A combination of Swiss pine wood, leather moss wall, clay plaster and pollutant-free materials creates a soothing microclimate. The sleeping area is completely separated from the rest of the suite acoustically, thermally and visually – for uncompromising tranquillity.

Light, temperature, sound and aroma are precisely tailored to human chronobiology.

Technology for body and mind: a sensor-controlled light ceiling, soft night light, melatonin-friendly, completely opaque blinds and bioadaptive aroma programmes make the sleep process a conscious and holistic experience.

A sensor-controlled LED strip guides guests safely to the bathroom/WC at night without actually waking them up.

LIVING MOMENTS CONDITIONAL KEY FACTORS



LIVING MOMENTS - THE LONGEVITY LUXURY HEALTH SUITE

REGARDLESS OF THE DESIGN, WHICH IS ALWAYS TAILORED TO THE SPECIFIC PROJECT, THERE ARE SOME DECISIVE KEY FACTORS.

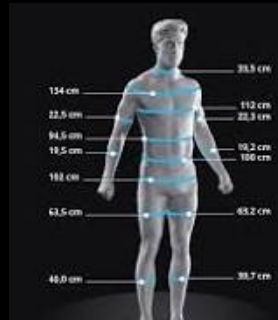
THE HALLWAY AND GUEST TOILET MUST BE SEPARATE FROM THE LIVING ROOM

THE SLEEPING AREA MUST BE COMPLETELY SEPARATED (requires different temperatures, must be acoustically protected, etc.).

A 'BUFFER ZONE' (storage area) MUST BE CREATED BETWEEN THE SLEEPING AREA AND THE BATHROOM.

GEOMANCY KNOWLEDGE SHOULD BE INTEGRATED AS MUCH AS POSSIBLE.

EVIDENCE-BASED SOFTWARE PROCESSES



LIVING MOMENTS – THE LONGEVITY LUXURY HEALTH SUITE

LIVING MOMENTS is more than just a suite – it is a holistic health concept.

LIVING MOMENTS makes your hotel, your home, the benchmark for regenerative travel or living.

LIVING MOMENTS offers its guests more than just a bed – it offers a genuine fresh start.

Tools such as:

Comprehensive body analysis. Evidence-based diagnostics based on 3D technology.

uVida metabolic analysis at rest.

Nextring sleep analysis with heart rate variability, oxygen saturation and much more.

DNA & epigenetic tests for a perfect nutritional analysis.

Provide valuable health data for individual optimisation and are a customer loyalty tool.

High-quality nutritional supplements from BEYOND DNA and high-end natural cosmetics from MORPHODERM round off the programme perfectly.



LIVING MOMENTS: YOU ALSO EMPOWER YOUR EMPLOYEES



LIVING MOMENTS - THE LONGEVITY LUXURY HEALTH SUITE

- ✓ Training to become a certified sleep and longevity health coach.
- ✓ Individual health support based on scientific principles.
- ✓ Integration of state-of-the-art analysis and coaching methods.
- ✓ Positioning as a pioneer in the rapidly growing health and longevity sector.

Today's and tomorrow's guests are looking for more than just a beautiful room or suite – they are looking for a sustainable experience that is positive for them.

"Sleep is not the end of the day – it is the beginning of health, vitality, clarity and a new quality of life."



WITH LIVING MOMENTS, YOU CAN TURN AN OVERNIGHT STAY INTO AN EXPERIENCE THAT LASTINGLY IMPACT!

HOLISTIC, FOR BODY, MIND AND SOUL.

LIVING MOMENTS & SAMINA: WHERE SLEEP BECOMES YOUR BRAND'S SIGNATURE.

LIVING MOMENTS - THE LONGEVITY LUXURY HEALTH SUITE
YOUR USP IN A SUCCESSFUL FUTURE!

WE LOOK FORWARD TO PRESENTING LIVING MOMENTS TO YOU IN PERSON:

TEL: +41 79 907 48 40 / E-MAIL: joachim@c4f-group.com

ABOUT CREATIVITY 4 FUTURE



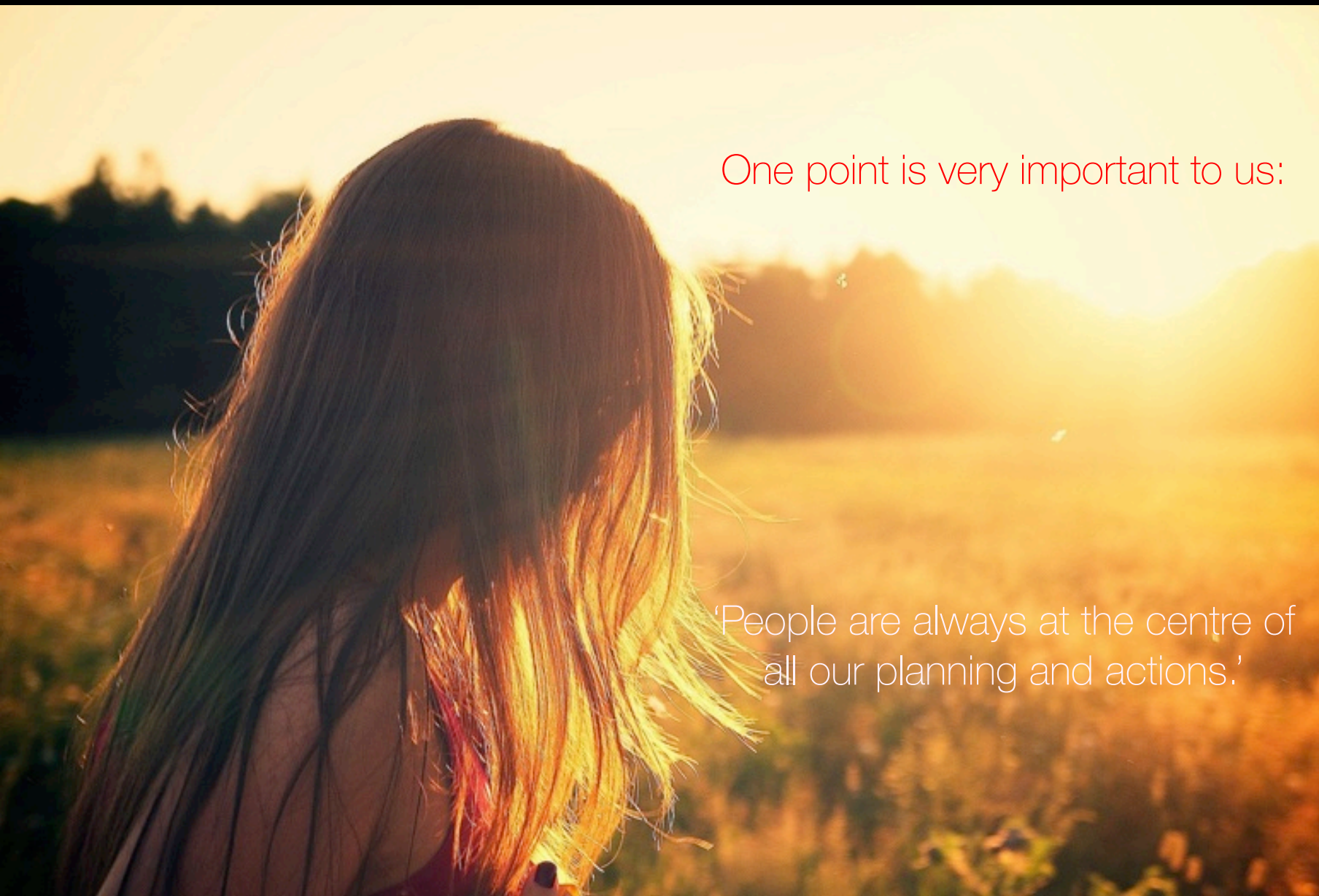
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... is a pool of international experts from various fields.

Architecture & design, landscape architecture & real estate, hotel, tourism & finance, spa, sports science, medicine & entertainment.

Our products and solutions add value to your business!





One point is very important to us:

'People are always at the centre of
all our planning and actions.'

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THANK
YOU

... FOR YOUR ATTENTION.

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