

## **The Detox Office: a way to counter digital fatigue**

Think about this question for a moment: "Where do you go to recharge your batteries and decompress?" For many, the answer is: "Out in nature!" However, the connection to nature is often missing in the design of modern office spaces. A green plant here, a flower pot there - that's a given. But for many employees, that alone is not enough to make the office feel like a place of well-being. With this in mind, Sedus has developed the Detox Office concept with the aim of creating a mindful and healthy workplace. The concept includes a biophilic design with plants, organic furniture and natural colours to create an environment that promotes the well-being and health of employees. The Detox Office offers different work areas that flow into one another and fulfil the needs of employees.

"The Detox Office concept represents a holistic approach to modern workplace design and culture," says Ernst Holzapfel, Head of Marketing at Sedus Stoll AG. "It emphasises a harmonious balance between digital communication and interpersonal relationships and ensures that technology does not become a stress factor, but instead becomes a non-intrusive tool. This is supported by the integration of biophilic design elements. The working environment is defined in a variety of different ways and is designed with daylight and green spaces to create a pleasant working atmosphere."

## **The Detox Office: a caring ecosystem for the workplace**

One of the most important tasks of the Detox Office concept is to create an environment where people can find a balance with their digital work. All of the new products and solutions that Sedus launched in 2023 make a significant contribution to this.

With the se:lab mobile planter, Sedus has launched a mobile zoning element that transforms office space into a green oasis. With a width of 1400 mm, a height of 1900 mm and a depth of 200 mm, the green design element is an eye-catcher in any office. The integrated wheels make the mobile element flexible to use and the easy-to-remove inserts for the plant tray make it quick and easy to create vertical green spaces in the office.

The new plant box for the se:matrix shelving system adds a cosy and natural touch to the working environment. Perfectly matched to the shelving, the plant boxes can be integrated into the shelving system individually, easily and without any effort. Whether as a green eye-catcher by integrating one plant box or integrating several to create a completely greened shelving area, the possibilities are endless. With a width of 345 mm or 745 mm, a depth of 345 mm and a height of 150 mm, small and large green plants can find a new home in the boxes. The waterproof plastic inserts with non-slip rubber on the underside allow offices to quickly and sustainably "green up".

With se:dot, Sedus has introduced a product to the market that is characterised by its organic, natural and homely design. The stools can be used flexibly and create a pleasant atmosphere in the office.

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