

LAB CONCEPT · FAMILY WELLNESS

Exhale

Breath and calm recovery for the house — one intentional pause, not another feed.

Lab

Concept

Family wellness

September 2026

DRAFT · SOFT-CLEARED STILL

exhale.

BETTER BREATHS.
A CALMER YOU.

exhale.

BREATHE

Family promise: keep the house joyful — rhythm, wellness, and time that stays sacred.

DRAFT · not for publish

Exhale · Lab

placeholder

LAB · THIN SOURCE

Content hole (honest). The Breakroom project summary on file is thin — full body text extract is still pending a clean binary pull. This page is a Lab concept placeholder, not a finished product brief.

Exhale is routed on Family Island as a **wellness lab concept** (Nick May · September 2026). Public-facing language stays quiet shelf: Lab, not Live.

Working intent

Give the household one calm recovery beat — breath, soft focus, a short intentional pause that respects family rhythm instead of competing for attention.

Island fit

Family wellness adjacent. Pairs with the wider wellness / recovery lane on the Island. Nature Relaxation globe remains PAPER behind a fence — not claimed here as Exhale scope.

From NATURE / wellness notes (adjacent, not merged)

- **Calm over catalog.** Prefer one clear recovery interaction over a busy library grid.
- **Empty > fake.** No vapor Live metrics, no borrowed Nature Relaxation™ catalog or brand claims without Alex clear + licensing.
- **Specificity.** One intentional wow (breath ring / soft light) — not soft mush blobs or fleece-toy calm.
- **Fence.** No spend, partner send, or publish without Alex. Nature globe paper stays parked until heated.

Next fill. Pull clean Breakroom PDF body text into this pack; replace placeholder cards with real problem, audience, and done-when once the extract lands.

Status is Lab concept only. Sources: Exhale_Project_Summary.txt · NATURE-RELAXATION-GLOBE.md (adjacent fence notes, not product copy).