



Staff Wellness Day



Do you value your employees and show you care about their health and wellbeing?

Would you like to reduce absenteeism in your company?

Did you know that work related stress accounts for over a third of all new incidences of ill health?*

* www.hse.gov.uk

Each case of work-related stress, depression or anxiety related ill health leads to an average of 30.2 working days lost.

A total of 13.8 million working days were lost to work-related stress, depression and anxiety in 2006/07.

As well as reducing sickness absence costs to an organisation, tackling stress can have a positive effect on:

- Employee commitment to work
- Staff performance and productivity
- Staff turnover or intention to leave
- Staff recruitment and retention
- Customer satisfaction and organisational image and reputation.

Many businesses are now discovering the benefits of offering a massage session within the workplace to energise the workforce and increase employee morale, loyalty and productivity.

A small financial investment by companies not only benefits the employees but also the management by increasing the effectiveness throughout the workforce.

Whatever the size of your business, it makes sense to look after your staff and help to create a great place to work.

I belong to the Federation of Holistic Therapists and I am qualified in Beauty Therapy, Aromatherapy, Reflexology, Crystal Therapy, Hopi Ear Candles, Reiki and Emotional Freedom Technique.

As a Holistic Therapist I understand how important it is to look at the whole person and the mind, body and spirit connection.

I offer a fully insured excellent mobile corporate service to businesses and I provide all the equipment needed to ensure a successful 'staff wellness day'. In fact all you need to provide is a quiet room (with electric sockets) where I can put up a massage couch and a sink nearby for hand washing.

The treatments on offer throughout the day include 25 minute taster sessions in

- Reflexology (foot massage)
- Back & neck massage
- Hand & arm massage
- Reiki and Crystals
- File and polish

All employees who choose a treatment will receive a £5 gift voucher to use at a later date at my salon.

Don't hesitate to contact me today to tailor a plan that will benefit your company.

Email: louise@heathcotebeauty.co.uk or telephone 01926 741255.

Book a staff wellness day today and give your staff some quality time!

Brief description about the treatments on offer.

(Please note Holistic treatments encourage the body to detoxify. In order to get the full benefit of these treatments it is very important to drink plenty of water and avoid tea, coffee and smoking for as long as possible before and after each session).

Reflexology:

Reflexology is a pressure therapy primarily involving the feet. It revolves around the understanding that there are reflex points on the feet that relate to the structure and function to all parts of the body. Applying pressure to these reflexes using gentle pressure may influence the state of the body in many ways.

This treatment also helps to rebalance the body including the subtle energy field and chakra system. Reflexology has been found to reduce stress and tension, relieve pain, improve bodily functions and generally restore the body to a better state so improving physical well being.

Back & neck Massage:

Massage is truly a relaxing treatment which eases tension in the muscles. We all tend to hold tension in our shoulders without realising it and this can be the cause of many problems including head aches and back problems. Massage improves circulation, reduces stress levels, relaxes the mind and strengthens the immune system. (If you don't want to get oil on your clothes after the treatment, remember to wear an old shirt).

Hand & arm massage:

A hand and arm massage is very soothing. Our hands work very hard during the day and it's nice to give them a bit of pampering. It is a very comforting massage and it is surprising how quickly the body relaxes during this treatment.

Reiki & Crystals:

Reiki is a Japanese word meaning universal life energy. This energy flows in and around all living things. There are many variations of Reiki but in essence it is a healing process that works at bringing us into balance and reinforces the body's natural ability to heal itself at different levels, whether physical, mental, emotional or spiritual. Reiki treatments help to clear any blockages and strengthen the energy in and around the physical body. I also use crystals during this treatment, placing them on or around the body. Crystals compliment any therapy and support the even flow of energy in and around the body.

File and Polish:

This treatment includes filing the nails into shape, tidying the cuticles and painting the nails with a clear polish. Please note: Only a clear polish is used in these taster sessions. I use 'nail envy' which is a quick drying nail strengthener.



Wellness Day Itinerary

I can accommodate a maximum of 12 sessions per day.

Simply book a 25 minute slot and choose your treatment.

Sessions begin at 10:00 finishing at 16:30 allowing a 30 minute lunch break.

Please be ready 5 minutes before your appointment for a smooth running order.

Name	Treatment	Time
<i>Example - Simon Smith</i>	<i>Reflexology</i>	<i>10:00 - 10.25</i>
		<i>10:30 - 10.55</i>
		<i>11:00 - 11.25</i>
		<i>11:30 - 11.55</i>
		<i>12:00 - 12.25</i>
		<i>12:30 - 12.55</i>
Lunch Break - 13:00- 13:30		
		<i>13:30 - 13.55</i>
		<i>14:00 - 14.25</i>
		<i>14:30 - 14.55</i>
		<i>15:00 - 15.25</i>
		<i>15:30 - 15.55</i>
		<i>16:00 - 16.25</i>
Day 2		
		<i>10:00 - 10.25</i>
		<i>10:30 - 10.55</i>
		<i>11:00 - 11.25</i>
		<i>11:30 - 11.55</i>
		<i>12:00 - 12.25</i>
		<i>12:30 - 12.55</i>
Lunch Break - 13:00- 13:30		
		<i>13:30 - 13.55</i>
		<i>14:00 - 14.25</i>
		<i>14:30 - 14.55</i>
		<i>15:00 - 15.25</i>
		<i>15:30 - 15.55</i>
		<i>16:00 - 16.25</i>

(Extra Therapists are available if required).