

HOW CAN WE HELP WITH YOUR CORPORATE EMPLOYMENT ASSISTANCE PROGRAMME?

From our experience with corporate clients we have listed below those areas where we are able to help your programme and in turn enhance your corporate wellness:

- By providing not just desk massage, couch massage or ergonomic chair massage but a whole list of treatments to choose from for your corporate wellness programme.
- Those employees who experience stress, anxiety, breakdowns, bereavement, divorce or other forms of mental health issues are offered corporate wellness treatments. This can be for those employees currently at work or for those on long term sick leave as part of their back to work rehabilitation programme. This programme we have found works extremely well when linked in with Mindfulness sessions.
- Those employees who experience RSI, post-surgery ligament recuperation, gym injuries etc. which cause either pain at work or time off work benefit from regular massage treatments. Plus those employees who are on waiting lists for NHS physios or find private clinics too expensive can be offered deep tissue massage as part of the corporate wellness programme.
- We also offer Cancer Touch Therapy as part of the corporate wellness service whereby those employees who are currently undergoing, or have undergone cancer treatments, or at risk of lymphedema can request the Complimentary Medical Association accredited treatments for their conditions.
- Corporate wellness treatments are also offered by many Rewards Dept's as part of their corporate incentive schemes e.g. reaching targets, acknowledgment of hard work.

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- Corporate wellness treatments, especially massage, are also offered at marketing events, not only for employee breakout sessions, but are also used to attract clients and used as a promotional tool.

There are so many benefits of corporate wellness treatments:

- ✓ Promotes health and well-being in the workplace
- ✓ Reduces stress and mental fatigue
- ✓ Employees become more alert with a refreshed focus, better attitude and improved productivity

Research shows regular massage for example has the following benefits:

- ✓ Creates more attention and fewer errors, reduces stress, muscle pain, tension and more
 - ✓ Releases back pain and headaches
 - ✓ Focusses on those areas of RSI such as carpal tunnel, back, legs, feet and joint pain due to posture at desks or the physical work involved in a warehouse environment
- Corporate wellness programmes result in:
- ✓ Helping the body cope better with pressure and improves performance at work whilst decreasing HR stress related costs
 - ✓ Re-energises with increased thought and mental clarity
 - ✓ It does not require a big budget to get great results
 - ✓ Employees can visibly see their employers are fulfilling their duty of care by excellent management of their key assets!

Let us help your corporate wellness programme by helping your employees take charge of their health and well-being!

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