



Workplace Wellbeing

Motivate • Educate • Reward

Office Massage | Wellness Workshops | Wellbeing Days

Health Awareness Campaigns | Exercise Classes



"The greatest medicine is to teach people how to not need it"

With over 10 years' experience, glo's office health therapies help teams improve and maintain good health practice, increase their productivity and feel good every day!

Our services are tailored to you and work for small independent companies as well as large businesses operating multi-site locations throughout the UK.

We specialise in a combination of 1-2-1 treatments, exercise classes, and group workshops covering a range of topical health and wellbeing subjects.

Our services range from Onsite massage, Reflexology, Yoga, Pilates, and Tai Chi to Nutrition, Mindfulness and Life Coaching. These experiences can be combined to create engaging programmes for wellness days and health awareness campaigns to suit your culture and budget.



FREETHS



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Elizabeth Arden

"Our services"

Our all-time favourite office massage and reflexology services provide a hands-on approach to releasing tension and boosting energy whilst our exercise classes help to keep teams fit to promote healthy habits for desk based work:

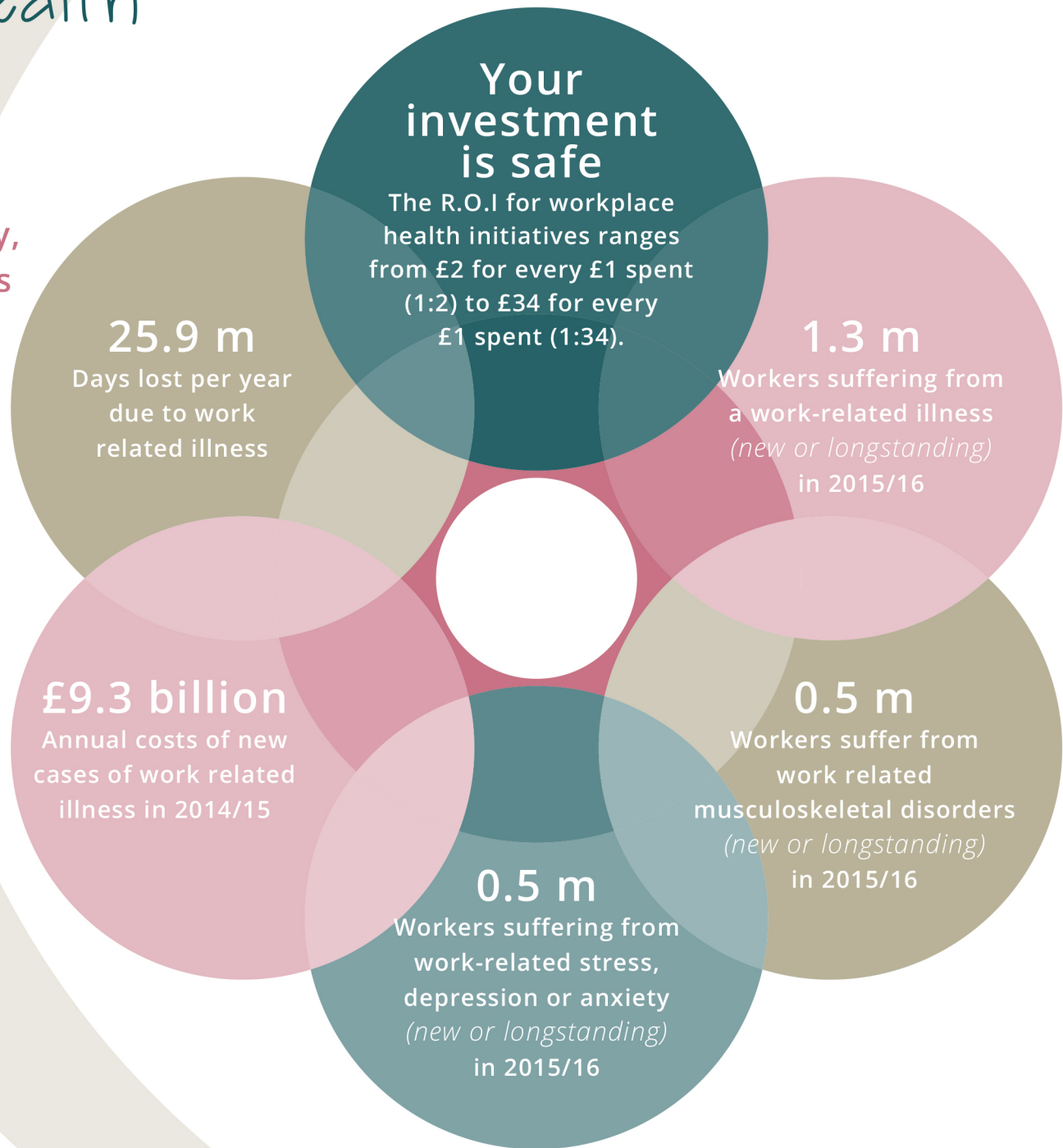
- Yoga
- Pilates
- Tai Chi



"Supporting Staff Health"

With the increase of modern day pressures both at work and home, as well as cases of depression, anxiety, obesity and musculoskeletal disorders on the rise, never has it been so critical to invest in staff to maintain productivity, motivate and reduce the ever-increasing amount of sick days, or presenteeism.

Your bottom line can stay healthy too with the return on investment for some workplace health initiatives ranging from £2 for every £1 spent (1:2) to £34 for every £1 spent (1:34) mainly due to presenteeism and absenteeism (*Healthy Work – Evidence into Action 2010 page 46 Figure 9*)



"Take care of your body, it's the only place you have to live in"

Yoga: 45 mins – up to 20 + yoga mat hire

Pilates: 45 mins – up to 20 + yoga mat hire

Tai chi: 1 hour – up to 20

Now, let's get physical with Yoga, Pilates (including desk Pilates), and Tai chi. These classes combine relaxing and energizing exercise to benefit health, improve the state of mind, and bring energy to the working day.

Vinyasa yoga

Is all about the flow and the glow. Flow, because the poses run smoothly from one to the other and glow, because it is a little more dynamic than some traditional styles of yoga - so you may sweat a little. Physically this system of yoga stretches, releases and re-energizes the body; while mentally synchronized breathing relaxes the chatter of your mind (a bit like mindfulness) and helps to release energy to flow throughout the body.

Your yoga class will start with some simple breathing exercises to help connect the mind and body and a series of yoga sequences will then be practised to warm up, stretch, strengthen and bring heat to the body. A cooling down relaxation will end the session with a few minutes of guided meditation. Mats can be hired and gym clothing is required.



Pilates

The Boss of perfecting posture and alleviating aches and pains caused from desk-based work. Using techniques that focus on flexibility and strength, pilates training benefits the body from the very top of your head right down to your tippy toes.

Glo's Pilates training will teach simple breathing exercises along with gentle stretching exercises to help loosen muscles. The glo trainer will then teach exercises that can be practised either at home or at a desk to help build core strength, reduce lower back pain, release tension around the neck and shoulders and ultimately improve posture. No special clothing is required for desk Pilates. Gym clothing is recommended for full Pilates training.

Tai chi

Often described as “meditation in motion” to calm the emotions, focus the mind, and strengthen the immune system. Practiced at a slow and even speed, graceful movements are accompanied by deep circular breathing which reduces stress whilst improving flexibility and balance.

During a glo tai chi class, the group will be shown simple exercises and movements, and then allowed time to practise. Classes are suited to people of all ages and are conducted in a quiet environment to enable students to find their own natural rhythm as well as a deeper awareness of their body in movement. No special clothing or kit is required.





“ The glo nutrition workshops were useful to talk about the best things to eat – especially at lunchtime and pre/post exercise, and the hand outs were good ”

**Laura Bayston,
Freeths**

“ Glo helps Enjoy-Work Chiswick Park to support our wellbeing programme by providing a large variety of wellness workshops including Mindfulness training, Nutrition, Life Coaching, and Aromatherapy. They consistently provide a professional, efficient and cost effective service ”

**Carly Gibbs,
Enjoy Work**

“ Yoga classes have proved to be a healthy and engaging activity for our clients and glo consistently provides a seamless service from start to finish ”

**Lyndsey Yarwood,
KDM Events**

“To do list: 1. Schedule massage, 2. Have massage, 3. Schedule next massage”

Onsite massage: Treatments start at 15 minutes per person

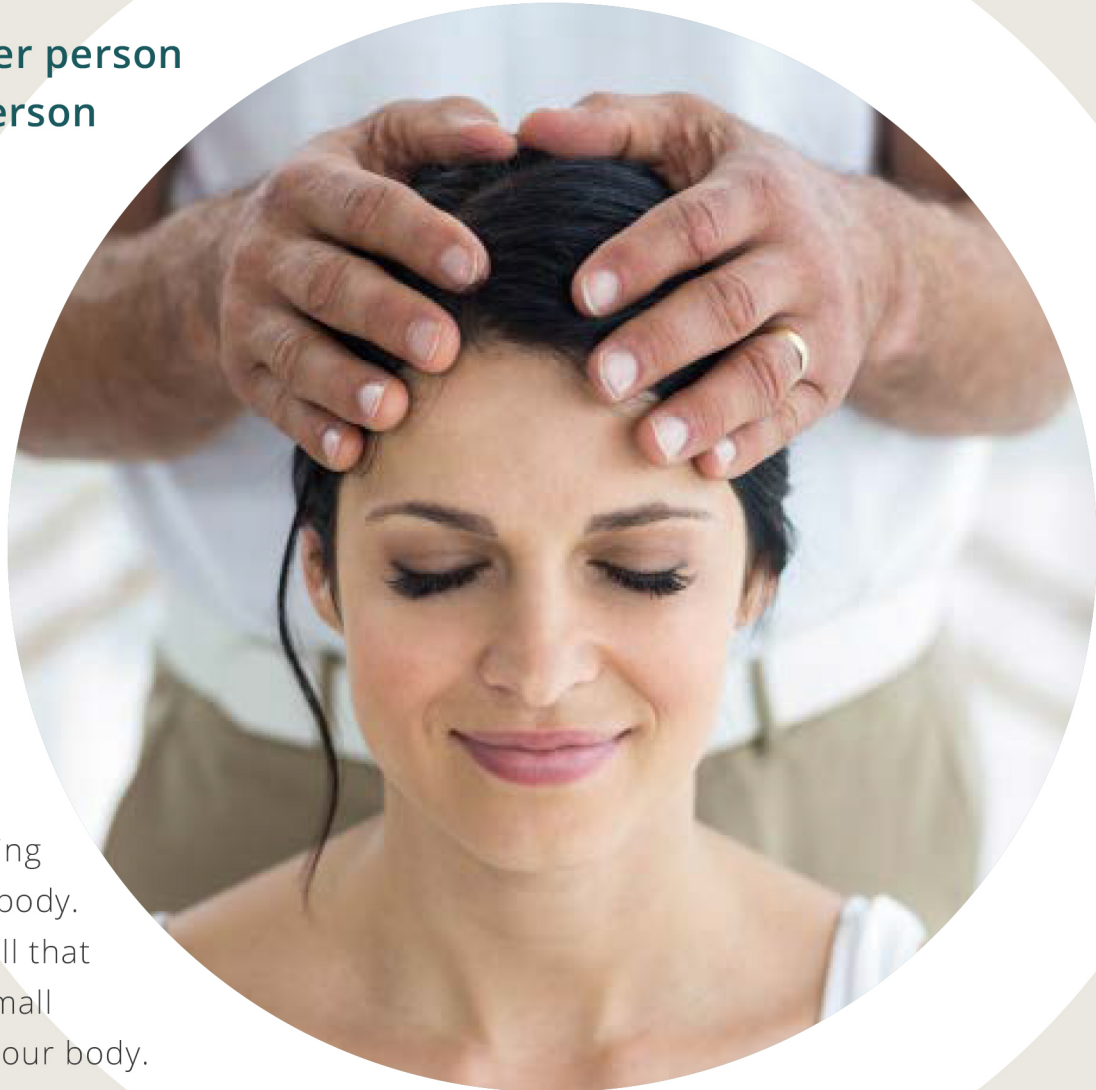
Reflexology: Treatments start at 30 minutes per person

Onsite massage

Literally, our clients' most favourite treatment is a 15-20 minute fully clothed stress-busting gem. A quiet space / room for an on-site massage chair is all that is needed and one of our glo therapists will massage the back, neck and shoulder areas to help relieve any tension on those stressed “work-at-desk-all-day” spots typically down the back and in between the shoulder blades, leaving staff feeling relaxed yet refreshed.

Reflexology

Reflexology is a highly effective pressure therapy applied to the feet. When these reflex points are stimulated they connect with different areas around the body which assist the body's self-healing processes, to improve circulation, reduce tension and detox the body. A quiet space / room for a reflexology chair or massage table is all that is needed for one of our glo therapists to set to work on those small pressure points that can have big health benefits on the rest of your body.



Aromatherapy: 1 hour – for up to 20 people

Mobile beauty

Aromatherapy

Our wonderful aromatherapy workshops create a fantastic option for team building and team rewards. It provides a great introduction to aromatherapy and its uses for health and home and will guide the group through creating their own blended product from salt scrubs to hand creams. Each workshop is bespoke and can be tailored to seasonal themes or national events such as creating a love potion for Valentine's Day, or a deluxe hand-cream or foot soak for Mother's day.

Mobile beauty

Experience a glo beauty treatment at work either as a treat or as a time saving initiative for your teams to experience professional Manicures, Pedicures, Facials, Make overs, Hair styling.

Our mobile spa services provide a relaxed and professional approach to receiving the best beauty treatments available. Pick and mix from our menu for company away days, corporate events, or gifting for your favourite client.





“ The team really enjoyed their massages and we had so much positive feedback. The therapists were really friendly, calming and welcoming ”

**Callie Kitchener,
Elizabeth Arden**

“ It was a pleasure to work with Glo. Their access to such a broad range of therapists across the country made an extensive project rolling out across the country on the same day feasible. Large Events can often throw up the unexpected and it is always more than a bonus to work with a team that are on hand to help from enquiry right through to the event and feedback ”

**Nicky Edwards,
Contraband for EE**

“ glo was instrumental in helping Universal Music design and run a successful health awareness campaign; they were professional, friendly, knowledgeable, fun and generally made the whole event very easy to orchestrate and a huge triumph! ”

**Sarah Hand,
Universal Music**

"Thank you for your time"

We look forward
to working with you.

