



WELLNESS IN THE WORKPLACE
On-Site Corporate Massages

WHICH EMPLOYEE WILL STAY AT THEIR JOB?

HAPPY

Creative work environment

Extended medical

Work perks

Recognition

Engaged

STRESSED

Overworked

Ignored

No perks

Treated poorly

Disregard for wellness

*Is your company providing the right message to your staff?
Will they want to stick around for the long haul?*

A REAL BUSINESS PROBLEM

“Illness-related work absences can cost the average Canadian firm up to **\$10 million a year in lost productivity!**”*

“The **majority** of an **employee’s time** is spent at the workplace.”**

“**High staff turnover hurts your budget** by messing with your hard costs. Advertising–Interviewing–Training–Lowers Productivity.”***

References:

* Watson Wyatt study as found in Canadian consulting firm <http://www.workingwell.ca> "A WorkingWell study

**Forbes. c/o Young Entrepreneur Council. “Five Reasons corporate wellness is more important than ever”

***Inc. “how much employee turnover really costs you - The costs may be hidden, but they are still there. That alone should motivate you to treat your staff well.” By Suzanne Lucas.

VANCOUVER COMPANIES: HR CHALLENGES

High turnover...

We understand the challenge

New hires & retention...

We help reduce turnover

Major competition from
down south...


We have proven experience

Major players are
moving to Vancouver...

*We have worked with
companies that show
wellness initiatives in the form
of massages and relaxation
treatments have helped them
retain their staff*

Small pool of talent...

Need for cool culture...



“For the last 3+ years, our staff have very much benefited from Soulful Indulgence's wellness services by feeling more energized at work.

I can't imagine not having this particular service to our staff as the sign up sheet fills up quickly every week.”

Will Lai
Human Resources
QuickMobile

CANADIAN EMPLOYEES HEALTH AND WELLNESS

60%

of Canadians spend
their entire work day seated

66%

of Canadians report
high stress on their jobs

7.5 million

Canadians suffer
with mental health annually*

Healthy and Happy Employees Perform Better at Work

Scientific studies have linked the benefits of massages have on health.**

References:

* Statistics from article, [Workplace Wellness Programs \(Part 1 – What Canadian companies are doing\)](#), Goldbeck

** [Touch Research Institute](#)

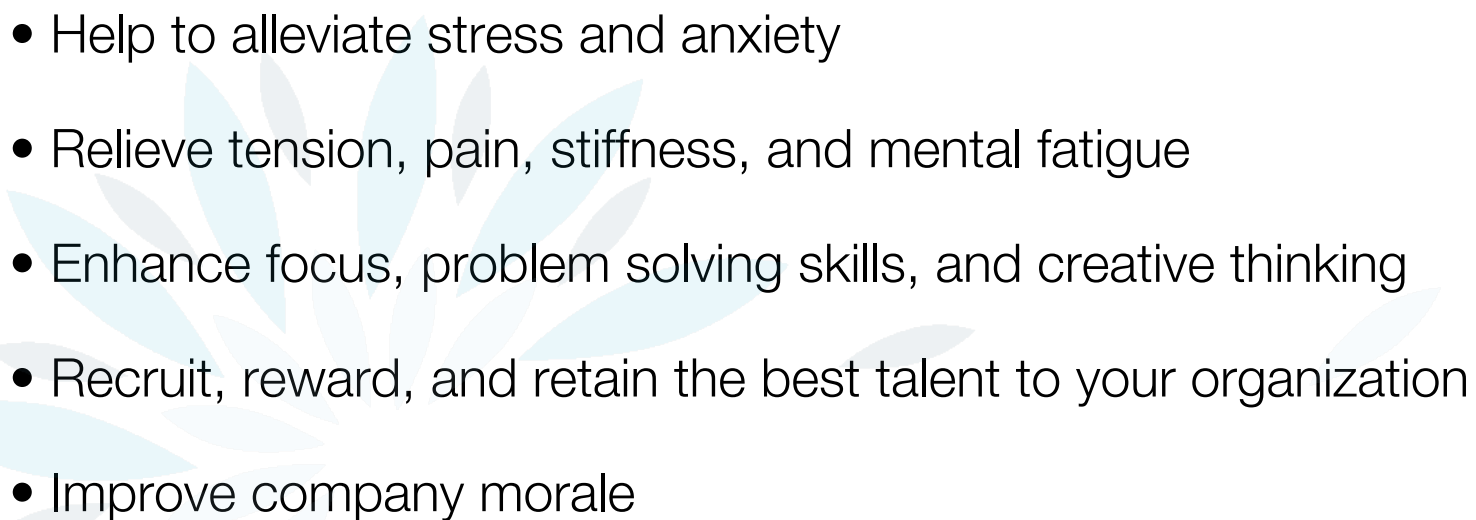


Invest in Happy & Healthy Employees

At Soulful Indulgence, we bring the energy back to the workplace by delivering massages and relaxation treatments to hardworking employees directly to your office.



BENEFITS TO MASSAGE AND RELAXATION

- Increase productivity and motivate employees
 - Boost immunity: reduce sick days
 - Help to alleviate stress and anxiety
 - Relieve tension, pain, stiffness, and mental fatigue
 - Enhance focus, problem solving skills, and creative thinking
 - Recruit, reward, and retain the best talent to your organization
 - Improve company morale
- 
- A decorative graphic consisting of several light blue, stylized leaves or petals arranged in a fan-like pattern, extending from the left side of the slide towards the center.

TAKE CARE OF YOUR EMPLOYEES

“Savings on healthcare costs alone make for an impressive ROI”*

“When people feel cared about, they come alive. And that makes workers more engaged and more productive, and it becomes a virtuous—and prosperous—cycle.”**

“Companies with the most effective health and productivity programs generate 20% more revenue per employee.”**

References:

* “What’s the hard return on employee wellness programs” by Leonard L Berry, Ann M. Mirabito, William B. Baun Harvard Business Reviews <http://www.hbr.org>

**Canadian consulting firm <http://www.workingwell.ca> "A WorkingWell study"

Your staff is your most valuable asset.

When workers feel their employers care about their well-being, they are more likely to work harder for the company.



MOST POPULAR CORPORATE SERVICES

Pick-Me-Up Chair Massages

Massage on targeted areas to work out kinks or tensions in the body.

Typist Relief Treatments

Ideal for anyone who slaves over a desk all day, this amazing massage relieves tension to the neck, shoulders, and arms.

Paraffin Wax

Heated wax therapy for tired hands or feet to increase blood circulation and relaxes the muscles.

* Additional services available in our full spa menu including manicures, pedicures, and table massages.

HOW IT WORKS

Get started in three easy steps.



CUSTOMIZE TREATMENT

Choose the services for your team or reserve an open menu format where we will construct a special spa menu. We typically recommend 15-20 minute treatment intervals per employee.

SET A DATE

Schedule the time and day(s) that works best for your team. We require a minimum 2 hours for each booking to ensure we provide the best relaxation experience for your staff.

RELAX AND ENJOY

Simply give us a room or space and we've got the rest! Our services doesn't require a lot of space – a meeting room is suffice.

Announce the good news to your staff and you're all set!

WELLNESS IN YOUR WORKPLACE

Millennials are replacing baby boomers and they are in limited supply.

How are you attracting the best talent, engaging, and keeping them?

- We highly recommend on-going weekly or bi-weekly service for maximum benefit.
- We integrate seamlessly and create a great company vibe.
- 20 minute booking intervals are best, keep it as an employment perk.
- Custom spa menu provided and cost effective hourly rate
- Our personal Signature & Classic Mobile Spa Treatments along with eco-friendly gift sets are deliverable across the Lower Mainland

WELLNESS TIP OF THE WEEK

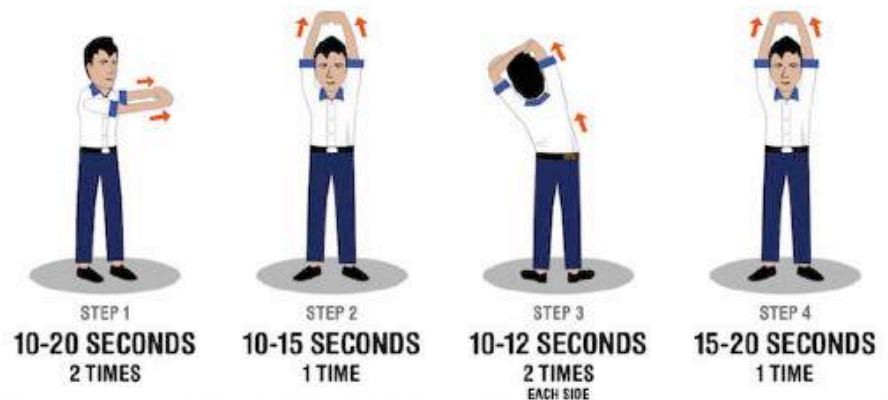
Sign up on a program* and available upon request, we deliver our wellness tips and/or a corporate branded monthly wellness newsletter electronically to your HR team to distribute to your staff.



DAILY EXERCISE FOR COMPUTER USERS & GAMERS



CAN BE DONE WHILE SITTING AT DESK



~ A friendly reminder to stretch daily ~

* Program consists of minimum 4 x per year or large corporate event with multiple practitioners)

EXPLORING OPTIONS: EMPLOYEE PAID SERVICES

- Soulful Indulgence will provide an exclusive spa menu with special rates, where staff can pay for their own services.
- Commit to having Soulful Indulgence on-site weekly.
- Appointments can be made in 20, 40, 60 minute booking intervals.
- All major credit cards, cheques, cash & e-transfers accepted. We can schedule all appointments on our end if preferred.
- The prices on the private spa menu will be the lowest if we are supplied a secure room to keep the space set up at all times, limiting our set up and take down time.



CORPORATE EVENTS

Create a Relaxation Experience

CORPORATE EVENTS

Impress your guest with a special relaxation experience they won't forget.

Great for:

- Staff parties
- Conferences and seminars
- Customer appreciation days
- Charities and fundraising activities
- Tradeshow booths
- Wellness fairs

** Spa-related gift baskets and mobile spa gift certificates make great prizes for special events.*



Contact us to book an appointment to learn more about how to implement a wellness program for your company today.

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