



Energy Therapies

Workplace Therapies

“Workplace wellness makes commercial sense”

Source: DWP building the case for wellness

Employees are more motivated and engaged if they feel that their employer cares about their health and provides services to encourage and promote a healthier lifestyle.

Benefits for your business

In 2013 Price Waterhouse Cooper conducted a survey on behalf of the DWP to evaluate amongst other things, the benefits to employers of a wellness at work scheme. The report “Building the case for wellness” can be found at <https://www.gov.uk/government/publications/work-health-and-wellbeing-building-the-case-for-wellness>

Providing workplace therapies for your employees can carry many benefits for your business including:

- Increased morale, job satisfaction and loyalty
- Reduction in sickness and absenteeism
- Portraying a positive image of the business to external organisations and partners
- Increase in productivity
- Enhanced concentration, accuracy and efficiency
- Decreased staff turnover

Benefits for your employees

Massage can have positive effects on employee health, which include:

- Stress relief
- Relief of chronic pain caused by conditions such as RSI and back pain



- Improved mental and emotional well being
- Releasing feel good hormones
- Boosting their natural energy levels
- Improved sleep patterns
- Feeling of being appreciated by their employer

Our therapies provide an effective way to achieve this. Onsite sessions last 35 minutes (30 minutes therapy and 5 minutes for undressing/dressing. The client can remain fully clothed, but socks need to be removed for reflexology).

Why choose Energy Therapies?

- Peace of mind – our therapists are fully qualified and insured in their therapies
- Relax – Your staff are in safe hands, a health consultation will be carried out before providing any therapy, ensuring we can provide the best treatment possible
- Friendly – our therapists are friendly and will put your staff at ease and will fully explain the therapy they are giving and aftercare advice

What therapies do we offer?

- Reflexology
- Swedish Massage
- Indian Head Massage
- Reiki (can be a non-touch therapy)



Did you know?

- In 2015/16 stress accounted for 37% of all work related ill health cases and 45% of all working days lost due to ill health
- By occupation, jobs that are common across public service industries (such as healthcare workers; teaching professionals; business, media and public service professionals) show higher levels of stress as compared to all jobs
- The total number of cases of work related stress, depression or anxiety in 2015/16 was 488,000 cases, a prevalence rate of 1,510 per 100,000 workers
- It is estimated to have cost UK economy £14.1bn for workplace injury or illness.

Source: Health & Safety Executive

Wellness Programme Fees

There are many ways a wellbeing programme can work for your business. Costs can be paid in full as an employee benefit, as part of your wellbeing programme, they can be subsidised with an agreed contribution from the employee or you can simply provide the space and time for employees to benefit from this service, with the employee paying for their chosen therapy.

To discover more about your options or to arrange a meeting, feel free to call us on 07826 032655 or email your enquiry to energytherapies@outlook.com.

To read more about the therapies we can provide, please visit our website at www.energytherapies.co.uk.



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