

# Spa @ Work

Bring the Spa to You And Your Employees

Employee Recognition  
Employee Incentives  
Morale Builders  
TGIF  
Celebrations / Holidays  
Birthdays / Anniversaries

## Why Spa @ Work?

Stress is the number one cause for absenteeism in the workplace.

The Occupational Safety and Health Administration (OSHA) has declared stress a hazard in the workplace. In terms of lost hours due to absenteeism, reduced productivity, and worker's compensation claims, stress costs American industries more than \$300 billion annually.

Stress can lead to heart attack, stroke, high blood pressure, insomnia, migraines, anxiety and depression; all of which results in healthcare costs. Some health experts say that 90% of disease is related to stress.

Stress reduction can improve overall health, as well as workplace attitude and performance – a welcome benefit for employees and employers. The Spa @ Work stress relief session will leave your employees feeling relaxed, renewed and rejuvenated!

## Spa @ Home Gifts

(Optional gifts that fit any size budget)

Send your employees home with a special Spa @ Home gift or gift set.



We are committed to working with your business to help enrich your employees experience. You can schedule your Spa @ Work session during working hours, during regular break times or after hours.

Your Spa @ Work session is available in 15, 30, or 45 minute stress breaks. Just choose a date and have your employees sign up for a time slot. It's that simple!

Call to schedule your  
**Spa @ Work** session today!

**949.723.0111**

## Let's Escape...Relax...

**The Spa @ Work Session:** The room is softly lit. Peaceful, gentle music plays in the background and I invite you to relax. Lean back in your seat. Close your eyes. Relax and visualize as I invite you to escape. You will be pampered with spa-quality treatments. You are reminded of how important it is to make time for yourself. You will relax and recharge to take on the rest of your day and learn how to repeat the experience for yourself at home....

Depending on your group's size and time-availability, we can add or subtract from the following services:

### Simple Relaxation Techniques

Deep breathing, tension relieving techniques and chair exercises

### Heated Herbal Neck Wrap

Relieves neck tension

### Nourishing Eye Pads

Soothes tired computer eyes

### Herbal Serenity Instant Manicure

Gently exfoliates & protects hands

### Extreme Repair Hand Therapy

Acts as a moisture glove for dry hands

### Rejuvenating Lip Mask

Exfoliates & softens lips

## Renew...

Our Spa @ Work session is a great way to reward your employees

## Rejuvenate...

### Benefits to Your Employees

Learn how stress can affect their lives, jobs, families and health

Learn simple stress management tools and stress-relieving techniques

Get a well-deserved break at work

Feel appreciated by management

Elise Rainey  
SPA SPECIALIST

elise@imagebyelise.com • 949.723.0111 • www.imagebyelise.com