



YOUR EMPLOYEES' WELLBEING
MATTERS

TABLE OF CONTENTS

3	About Abuelita's Wellbeing	19	Extras
4	Mission & Vision	21	CSR Your Impact
6	Problem & Solutions to help maintain employees satisfaction, their wellbeing	22	Let's discuss
7	Our Services	23	Contact



WE ARE A NOT-FOR-PROFIT COMMUNITY INTEREST COMPANY

At Abuelita's, we bridge the gap between corporate wellbeing and social impact. As a not-for-profit, we deliver holistic health services that enhance employee performance, reduce absenteeism, and boost retention—directly benefiting your bottom line.

By investing in your team's physical and mental wellbeing, you're not only fostering a healthier, **more engaged workforce but also strengthening your company's CSR efforts.**

Every session booked with us helps fund essential wellbeing services for disadvantaged communities, meaning your commitment to employee care extends far beyond your office.

Prioritize your people. Maximize your impact. Let's build a thriving workplace—together

HOLISTIC HEALTH FOR EVERY JOURNEY



Our Mission

To provide accessible, high-quality wellbeing services that promote physical, mental, and emotional health. We aim to create a fairer society by ensuring these services reach everyone, especially those in need.

Our Vision

To be a leading force in improving employee wellbeing and community health, fostering a more inclusive, balanced, and healthier future for all. By aligning with your CSR initiatives, we can collectively create a ripple effect that benefits not only your employees but also vulnerable communities, driving positive change at every level.

EMPLOYEE WELLBEING ↔ **YOUR COMPANY'S CSR** ↔ **CONTRIBUTING TO THE COMMUNITY**

THE PROBLEM: EMPLOYEE WELLBEING CHALLENGES

In the UK alone, employee health is a growing concern, impacting productivity and wellbeing:

- **Stress & Mental Health:** Over 875,000 workers reported stress, anxiety, or depression in 2022/23.
- **Absenteeism:** 1 in 5 employees take time off due to stress-related issues.
- **Physical Discomfort:** 11% of UK workers report daily stress, with many facing physical discomfort from long hours at a desk.



The Impact:

Poor mental health costs UK businesses £42–45 billion annually in lost productivity and absenteeism.

THE SOLUTION: PROMOTE HEALTH & PRODUCTIVITY WITH TAILORED HOLISTIC WELLBEING SERVICES

Long hours at a desk, short breaks usually filled with personal admin tasks, lead to stress, aches, and pains, affecting both employee wellbeing and productivity. This can cause reduced focus, higher absenteeism, and impact your bottom line.

Our services—DSE Assessments, Chair Massage - Wellbeing days at work, Nutritional Therapy Workshops, and Meditation—directly address these issues. Studies show that prioritizing **employee satisfaction and wellbeing can boost productivity by 25%** (Harvard Business Review, 2022) **and reduce absenteeism by 28%** (Journal of Occupational Health Psychology).

By supporting your employees' health, you foster better focus, engagement, and retention, creating a more positive and productive workplace.



HOW WE SUPPORT YOUR TEAM

Chair Massage – Office Visits

Book us for a full day or 1/2 day - depending on your team's size. One-off | Monthly | Bi-monthly | or a Weekly visit to your office. The more you book, the cheaper it becomes.

Healthy Nutrition Program

Webinars with Q&A on healthy eating. In-person workshops with additional individual mini-sessions to discuss personal challenges. Regular check-ins, if needed | Courses - Pre-recorded sessions on healthy nutrition (ideal for welcome or maternity leave packages).

DSE Assessment

Choose between: Office visits | Home visits | Virtual Assessment | or a combination, whatever suits you and your team - We can offer ongoing support and adapt to your needs.

Moving Meditation

Unlike traditional wellness programs, mindful movement and nature connection offer employees practical, holistic tools to thrive, not just survive. When integrated into the work environment, these practices foster a healthier, more resilient workforce, improve team cohesion, and reduce stress and burnout.



Zen Room Set-up

If you have an underutilized room in your office with enough space for a portable massage table for full body massages, we'd love to set up a Zen area and provide an on-site therapist for your team. We've seen this in large companies, and it's been an absolute game-changer for employee wellbeing.

CHAIR MASSAGE - OFFICE VISITS: ONE-OFF, MONTHLY, BI-MONTHLY, WEEKLY

Our experienced therapist will come fully equipped, needing only a quiet corner or private room where employees can relax and rejuvenate. This specially designed chair massage targets the back, arms, neck, and head, helping to relieve stress and boost energy levels.

Benefits of improving posture at work

- increased energy levels
- increase wellness and feelings of happiness
- relax shoulder and back tension from sitting at a desk
- a great incentive for members of staff.

We enhance the experience with a calming atmosphere, incorporating gentle music and aromatherapy to maximize relaxation and stress relief.



Book a one-time paid trial to see how our wellbeing services fit your team before committing.

WHY CHAIR MASSAGE?



Implementing a chair massage day demonstrates your company's commitment to employee wellbeing, resulting in a more relaxed and productive workforce. Research shows workplace massage therapy reduces stress and improves job satisfaction.

A study by Day et al. (2009) found that employees receiving weekly 20-minute massages experienced reduced strain and lower blood pressure. (MetaTouch).

Offering these sessions helps create a positive company culture, reduce absenteeism, and increase productivity.

CHAIR MASSAGE - OFFICE VISITS

ONE-OFF | RESIDENCIES

Our corporate on-site massage therapists offer competitive pricing and charge simply by the hour, making us one of the most affordable options in London.

Team-focused pricing - minimum 8 employees per visit:
£90 per hour for 20 or 30-minute sessions per employee.

Employee-focused pricing - minimum 8 employees per visit:
£30 per 20-minute or £45 per 30-minute per employee*

*price gets cheaper depending on frequency - one-off, monthly, bi-monthly, weekly sessions

The prices cover one therapist per hour | Minimum of 3 hours per booking.
Available morning, lunch, or afternoon slots. London-based offices only.
72 hours cancellation policy

DSE ASSESSMENTS & WELLBEING: THE IMPACT



A UK study found that a four-day workweek led to 65% fewer sick days and 70% less burnout, proving that wellbeing initiatives boost productivity and workplace morale. **Companies that invest in employee wellbeing create a more focused, relaxed, and engaged team.**

DSE assessments help reduce stress, absenteeism, and physical discomfort caused by poor posture or repetitive strain. In the UK, musculoskeletal disorders account for 32% of work-related health issues (source: ergonix.co.uk) and stress contributes to 46% of work-related conditions (source: hse.gov.uk).

DSE ASSESSMENT: OFFICE, HOME AND/OR VIRTUAL SESSIONS



By assessing workstation setups, posture, and daily habits, you can prevent injuries, improve comfort, and boost productivity, creating a healthier, more engaged workforce

What is Assessed in a DSE Assessment?

- All the process is an individual in-depth assessment
- Workstation Setup – Ensuring desks, chairs, and equipment meet DSE regulations.
- Posture – Analyzing sitting and standing habits to prevent strain.
- Environmental Factors – Evaluating lighting, noise, and workspace conditions.
- Work Habits – Identifying risks in daily routines to improve efficiency.

DSE ASSESSMENT PRICES

Including: Personalised reports | Equipment demonstration & setup
Arrange a date that works for your workplace | Carried out in person by our experienced assessors
Independent product recommendations

Individual Focused:

Virtual 1-2-1 meeting - **30 minutes/per employee - £60**

Home Visit - **30 minutes / London only - £90**

Team focused assessment:

Office Visits - **Half day - up to 10 employees - £400**

Office Visits - **Full Day - up to 15 employees - £550**

Get in touch for a custom quote tailored to your company's wellbeing goals.
We support both office and hybrid setups (working from home and the office).
Ongoing support with virtual assessment or in person on request.

HEALTHY NUTRITION PROGRAM IN THE WORKPLACE

Poor nutrition directly impacts performance—employees with unhealthy diets are 66% more likely to lose productivity, while those who eat well are 25% more effective (Brigham Young University).

Our nutrition workshops and pre-recorded sessions help reduce absenteeism, improve focus, and boost overall efficiency. **As an employer, you gain full ownership of the recorded sessions, allowing unlimited use for long-term impact. A one-time investment that drives sustained productivity and business growth.**

Our team members are featured in



SHEERLUXE

B B C



Sainsbury's
magazine

STYLIST

COUNTRY & TOWN
HOUSE

Women'sHealth

The Telegraph

yahoo!life

HEALTHY NUTRITION PROGRAM IN THE WORKPLACE

Series of 5 live webinars - £2000

30 minutes + Q&A Zoom presentation on healthy eating. Slides and pdf resources will be provided in advance to be shared with attendees. Can be a one-off event or part of a series (example of 5 webinar programs: **Healthy Nutrition - Fundamentals & Myths | Top 5 tips and foods to thrive | The gut-brain axis: how food impacts our mental health | Are superfoods really super? | Customized webinar.**

In-Person workshop - 45 minutes - £550

In-person events to engage the workforce providing live presentations or/individual mini-sessions to discuss healthy nutrition and easy changes to implement. Possibility to do regular “check-ins” as part of a program.

3 Pre-recorded sessions - £1200*

Courses: 3 Pre-recorded sessions on healthy nutrition, ideal to be included in a welcome package, maternity leave package or as part of a bespoke wellbeing program.

***Ownership of the recorded material which can be utilised and shared as many times as needed.**

MOVING MEDITATION INDOORS OR OUTDOOR WORKSHOPS

Unlike traditional wellness programs, mindful movement and nature practices give all teams, especially the creative hearts of your business the tools to thrive, unlocking fresh ideas and overcoming stagnation. By fostering a healthier, more resilient workforce, these practices improve team cohesion and reduce stress.

Key Benefits:

- **Mental Health:** Reduces stress and boosts focus.
- **Team Culture:** Enhances communication, collaboration, and motivation.
- **Physical Health:** Eases pain, improves posture, and increases energy.
- **Productivity:** Boosts efficiency and reduces burnout.
- **Sustainability:** Aligns with eco-conscious values, attracting like-minded clients and talent.



Investing in wellbeing creates a more engaged, innovative, and productive workforce.

MOVING MEDITATION INDOORS OR OUTDOOR WORKSHOPS

Each session or package is for a maximum of 14 employees.

Personalised discounted quotes for bigger groups.

Mindfulness in Motion In-person group sessions:

1 h session: £300 per session
1.5 h session: £400 per session

Mindfulness in Motion Online group sessions:

30 mins session: £150 per session
1 h session: £250 per session

Outdoor Movement In person group Session:

1.5h session: £400 per session

Nature connection walks (City or Park):

1h walk: £300 per session
Half-day walk (3 hours): £800 per session

Discount

15% for 6 sessions booked
20% for 12 sessions booked

WELLBEING AREA | ZEN ROOM - SETTING UP A WELLBEING ROOM IN YOUR OFFICE

If your office has an underutilized room with space for a portable massage table, we can transform it into a Zen space for your team—full-time or part-time. Our on-site therapist provides personalized wellbeing services (full body massage, back, neck shoulders, pregnancy massage, etc.) designed to reduce stress and boost focus, helping your team feel their best at work."

This concept, already embraced by forward-thinking companies, has proven to be a highly effective way to prioritize employee health and productivity. It's a simple yet impactful way to enhance workplace culture and support your team's overall wellbeing.

Our team is already supporting a major tech headquarters, and the feedback from employees has been overwhelmingly positive.

Reviews: "Simona is incredible. The care I receive is transcending"



Photo of our Hackney Studio

EXTRA BENEFITS OUTSIDE THE OFFICE

10% ON US | 10% ON YOU?

And we don't stop there. Our Hackney-based studio is an oasis of good vibes, offering personalized **1-to-1 therapies such as Massage Therapy, Acupuncture, Physiotherapy, Craniosacral Therapy, Nutritional Therapy, Yoga, Pilates, Reformer Pilates, and Moving Meditation** for those looking to deepen their wellbeing journey beyond the office.

We'd be thrilled to offer your team subsidized wellbeing services! Sign up for a minimum 6-month contract or purchase at least three services, and we'll happily provide a 10% discount on all our services for your employees during the same period. Let's create a healthier, more focused workplace together!



You can also choose to contribute to a reduced price for their 1-to-1 visits, ensuring they feel truly valued. Let's say, an extra 10%? Or more...

STILL UNSURE WHAT TO BOOK? WHY NOT TRY THEM ALL? YOUR OFFICE OR OURS - TEAM BUILDING - THE MOST HOLISTIC WAY



If you have dedicated wellbeing days or want a team-building experience with a deeper impact, let us curate the perfect mix for your team. We can bring everything to you - up to 30 employees. Or up to 10 employees can visit our fully equipped studio.

Choose from Chair Massage, Moving Meditation, Nutritional Workshops, even Yoga, Pilates, Sound Baths, or any combination that suits your team best. We'll help break through accumulated stress and restore balance.

Plus, we'll provide incredible food from the best in town—because true wellbeing is holistic.

Let's take the next step together towards a thriving, engaged team for your company!

DO NOT FORGET YOUR CSR ALIGNMENT | YOUR IMPACT

By partnering with us, a not-for-profit with a strong social mission, you're not just investing in your employees' health—you're also fostering a positive work culture and aligning with your CSR goals.

Your commitment to employee wellbeing extends beyond your office, creating a ripple effect in the wider community. This year, we're partnering with MamaSuze CIC to support refugee groups through wellbeing initiatives.

For every £2000/per year spent with us, we organise one wellbeing day retreat for 6 refugee women, ensuring that your investment in workplace wellness also uplifts those in need. Together, we create healthier teams and stronger communities.



Our Motto: Holistic Health Care for Every Journey | Empowering Change. Transforming Lives.

LET'S CREATE A HEALTHIER, HAPPIER WORKPLACE TOGETHER & A FAIRER SOCIETY



We'd love to discuss how our wellbeing services can benefit your team

Schedule a meeting with our founder to explore potential partnership opportunities and discover how we can tailor a program specifically for your needs.

To get started, we can arrange a one-off office visit, including a chair massage day, allowing your team to experience our services firsthand. After that, we can discuss a long-term partnership to support your workplace wellbeing

For Charities, CIC's or other forms of not-for profit organisation we are happy to discuss different deals and work around your budgets.

Let's take the next step together towards a thriving, engaged team for your company!



CONTACT US

E-mail info@abuelitas.co.uk
Website www.abuelitas.co.uk
Phone 0748 159 2374
Address 17 Amhurst Terrace, London, E8 2BT

THANK YOU FOR YOUR TIME!