



Beauty.Vitality.Health



A happy employee performs better

### Defining wellness

An active process of becoming aware of, and making choices towards a healthy and fulfilling life. A state of complete physical mental and social well-being and not merely the absence of disease or infirmity - World Health Organization.

Corporate wellness is about finding fun initiatives that will whip your office up into shape, leaving you fit for business. We are working on ways to create better company culture for offices of all types and sizes.

Release workplace tension and stress with corporate massage. We send our teams to office packs, corporate events, team buildings and private functions.

### Contact us today

We cater to conventions, trade shows, corporate and special events. Anytime you want to sponsor a massage for a company good team building –day we will represent your company organisation within the highest level of professionalism to complement your company image and provide a quality services that leaves a lasting impression. They will associate your brand with feeling good. It's a win win. Call us today and we can tailor our services for your company or organisation

- Available from 09:00-17:00 Mon-Fri
- Travelling expense included if the assignment is within 10km of Lynnwod R10 per km will be charged there after
- Flexibility rates depending on an event and number of people attending
- Regular office clothes is fine for chair massage but we can also supply disposable clothing if needed
- Massage is 20-30min per person
- we bring massage chairs and beds depending on your specification

### Other services

- manicures express
- Mini facials
- Skin analysis





Ideally we don't believe in on the desk massage. The aim of a stress/tension relief is exactly that; To remove stress, to get client away from a work mode into a relaxed mode. We prepare to set-up in a room and allow people to take scheduled and controlled breaks from their desks or work places into the treatment area without interruptions other people in the working area.

### Gifts that give back

- Boast your employee engagement
- Better your company culture
- Make your employees happy and clients

A good recognition and reward system provides employees with 3 things

- fair return of their efforts
- motivation to maintain and improve their efforts
- a clarification of what behaviours and outcomes the organisation values

### Big 5 factors behind great work place

Most successful companies like Google, Nike and Apple knows how to motivate their employees. Their secret for high employee engagement is focusing on improving on what we like to call the big 5

- wellness
- productivity
- social
- environment
- generosity

The balance between personal life and work life is important to companies and individuals. Fabu-health aims to improve office environments through social engagements and massage holistic therapies.

Taking care of employees is a good reward system and its not any rewarding to the entire company structure. Fabu-health encourages corporates to be well aware of their health and wellbeing





### Standard rates

Minimum 10 people ; chair massage = R70 per person (no oils) back neck and shoulder

Minimum 10 people ;bed massage= R70 per person (no oils) back neck and shoulder

Minimum 10 people ;bed massage= oils and cream = R120

### Let us organise your wellness day

- includes health and medical check-up
- fitness programme
- nutritional guides
- motivational talks
- massage treatments

### Company bonus

As an added benefit for establishing a company account we are glad to donate gift cards for corporate specials events, golf and sports tournaments you may.... have just ask.

We have an onsite salon located in Lynwood CSIR where we offer much more variety of specialised treatment

