



Corporate health and wellness services

What is the problem?

Stress. It costs employers £3.7 billion per annum. It is the leading cause of long-term absence in the workplace. On average each stress absence involved 29 working days lost per person, equalling 13 million work days lost in total. Work related stress reduces performance and productivity, costing employers a staggering 2-7 times more than when employees were recorded absent.



What is the solution?

A study published in the International Journal of Neuroscience found that a **15 minute chair massage** given twice weekly for a period of five weeks had lowered anxiety levels in the work place, improved alertness and resulted in an increase of speed and accuracy. The Wellness Council of America reported a \$24 return for every \$1 spent on a company wellness program for small businesses.

Where do we come in?

We devise and deliver onsite wellness services that fit with your business, your needs and your budget. We work for the long term -to bring sustainable benefits that don't cost the earth.

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On-site chair massage

A pressure point massage that eases tension from the back, neck and shoulders.

We work on each individual for 10-20 minutes depending on specific requirements and tension.

Cost

£15 per person (under 15 people).
£12.50 per person (over 15 people).

Frequency

Recommended 15 minutes every 2 weeks.



In office yoga or pilates

Yoga is a system of exercises; we teach awareness of the body and breathing to develop mental clarity, reduce stress, improve concentration and give each attendee the ability to be still in both mind and body.

Cost

£70 per 1 hour group of up to 8 attendees.
Multiple groups can be held at the same time or consecutively.

Frequency

Recommended one session per week.

Success stories

“ Working with the team at Return to Glory is always a complete pleasure, they are all so professional and approachable, *no request is too big and everything is handled with complete aplomb*. Every team member that I have met at Return to Glory have been nothing short of fantastic and I would not hesitate for an instant to recommend their services. ”

DAVID HARRINGTON, ABLE IMAGES

“ It is inspiring to work with a company that is so Professional, Passionate, Responsive and *completely driven by offering outstanding service at all levels of the spectrum*. ”

STACEY SPOONER, RADISSON EDWARDIAN

Improving concentration in the office

“ On-site massage with Return to Glory made the challenges of the emergency call centre easier to deal with. It made me feel 100 times better, I was relaxed and *my concentration improved*. ”

MET POLICE, METCALL CENTERS

Ensuring employees feel valued

“ Your team were *highly qualified* and professional and certainly left our employees feeling valued. We would not hesitate to use Return to Glory again. ”

VICTORIA CROSS, KPMG

Friendly and discreet

“ I would definitely book Return to Glory again. The team was *professional, friendly and discreet*. ”

MIKI WATSON, GOLDEN GOOSE PR

Simply great value

“ One of the *best massages EVER* and such great value. ”

CHRIS BANE, WATSON, FARLEY & WILLIAMS

Clients include:

- Acumen
- AKQA
- ASTA Skrebyte
- BDSP
- Blue Rubicon
- Brantano
- British Skin Foundation
- Coca Cola
- Cos
- FCUK
- Johnson & Johnson
- Kate Starkey Couture
- Kelly Consultants
- KPMG
- Metropolitan Police
- New Look
- PWC
- Redbox
- Tempero
- Tesco
- The Communications Store
- Thomson Local
- Virgin holidays