





# Introducing Corporate Hands

Corporate Hands is dedicated to providing corporate wellness to your workplace or events, as 10 years plus established national provider of professional corporate wellness solutions; including workplace and events massage, corporate yoga & meditation classes and onsite health checks. Our team of professional and certified health practitioners have been handpicked specifically to provide your company with the best health and well-being service available.

We can offer your company a simple and effective solution to improving health and reducing stress and fatigue in the workplace whilst increasing your productivity with our specially tailored corporate wellness programs. We are a preferred provider to many companies and industries throughout Australia from Legal Practices, Hospitals, Education facilities and Retail to Mining and the Oil and Gas industry.



## ***Our services include but not limited to:***



**Corporate  
Massage**



**Corporate  
Yoga**



**Corporate  
Meditation**



**Onsite Health  
Checks**



**Online Booking  
System**

**Book Now**

Corporate Hands can provide a fully tailored wellness program for your workplace or event. Here are six reasons why you should choose us!

- ✓ Professional qualified practitioners
- ✓ Fully insured for public liability and professional indemnity
- ✓ National provider of wellness since 2010
- ✓ Tailored programs to suit your needs
- ✓ Competitive pricing
- ✓ Fully comprehensive online booking system



# Corporate Massage

Our team are fully qualified and insured therapists and have been handpicked specifically to provide you with the best health and well-being service available. Many of our practitioners also have backgrounds in Sports and Exercise Science, Anatomy and Physiology, Nutrition and Personal Training. We would be happy to provide you with copies of our Professional Indemnity and Public Liability insurances if required.



## Our Corporate Massage Services

### 1. Seated Massage

Corporate Hands seated massages are carried out in our ergonomic massage chairs. We provide the massage chairs, hand cream, hygiene products and soft background music. A room/space will need to be provided to carry out the massages.

### 2. Roving (at desk)

Roving massages are carried out by our practitioners whilst staff are seated at their desks. Our practitioners will roam the office and provide neck, back and shoulder massages for your staff. We provide hand cream, hygiene products, and 'laminated hands' upon request. Our 'laminated hands' can be easily placed on monitors or desks, this ensures our practitioners can easily locate those whom have requested a massage and adds an element of fun!

### 3. Events Massage

Event massages can be tailored to any event! This includes but is not limited to conferences, golf days, family fun days, and fundraisers. Our practitioners have a wealth of experience at events and will encourage the crowd to participate whilst creating a fun vibe. We provide the massage chairs, hand cream and hygiene products.

<i>Company funded</i>
\$90.00 p/h per practitioner (2hrs. minimum)
\$85.00 p/h per practitioner (3-5 hrs.)
\$80.00 p/h per practitioner (5 hrs.+)
\$70.00 - \$80.00 p/h (upon negotiation for multiple days/practitioners)

<i>Staff funded</i>
10 minutes - \$17.50
15 minutes - \$25.00
20 minutes - \$32.00
30 minutes - \$48.00
(Online booking system essential)

### 4. Remedial/Sports Massage

Our onsite remedial massages are carried out by our practitioners on our professional massage tables. A room/space will need to be provided to carry out the massages. We provide the massage tables, linen, oils/creams, hygiene products and soft background music.

✓ Pricing on application



# Corporate Yoga

Corporate Hands yoga practitioners are fully qualified in Hatha Yoga with a wealth of experience in classes, workshops & retreats in health and well-being in Perth and Regional WA. Their experience in the corporate sector means they understand how office environments impact the mind and body.

Classes are tailored for your workplace and are designed to suit all capabilities.

## Classes

Choose from 30- or 60-minute classes; class sizes from 4-40 people can be accommodated.

- ✓ Simple de-stressing breathing exercises.
- ✓ Physical yoga postures to release tension, relax, and improve flow of energy. Postures including flowing, seated and standing are tailored to the group's needs.
- ✓ Rest & relaxation practices to finish.

## Benefits

Yoga classes are an excellent option for all workers to take some time for themselves away from the desk. Yoga also has the following benefits:

- ✓ Increases core strength, tones and improves general flexibility.
- ✓ Reduces overall levels of stress which can result in such conditions as hypertension, heart disease, depression & anxiety.
- ✓ Improves mental clarity, therefore increases concentration & productivity.
- ✓ Releases tension produced from long periods of sitting, or constant fast based office environments.

**Pricing from \$165- \$190 + GST /hr**





# Corporate Meditation

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Our friendly qualified meditation teachers have a minimum of two years' experience within the corporate sector, retreats and workshops. These classes are perfectly suited to workplaces and events and all classes can be tailored to suit your specific needs.

## **Classes**

Choose from 30- or 60-minute classes; class sizes from 4-40 people can be accommodated.

- ✓ Introduction explaining what meditation is and its importance
- ✓ Simple breathing exercises
- ✓ Guided deep relaxation
- ✓ Mindfulness visualization
- ✓ Gentle stretching and movement
- ✓ Instructions on how to practice meditation on your own

## **Benefits**

- ✓ Meditation is a fantastic way to relieve stress, reduce fatigue, stabilise emotions, improve sleep and revive mental clarity. It is also an effective solution to addressing workplace stress.
- ✓ Regular meditation results in a relaxed state of mind and body, increased focus and resilience in handling stressful situations. A deeper sense of self, peace and fulfillment in both work and life is achieved.

**Pricing from \$165- \$190 +GST /hr**





## Onsite Health Checks

Our onsite health checks provide an overview of the general health and wellbeing of your staff. Employees can gain an insight into their health with a face-face consultation with a qualified health professional. The checks take approximately 15 minutes and we provide an online booking system (see page 7) and a pre-health questionnaire.

### **Option-1**

Option 1 is carried out by a qualified Nurses, Naturopaths or Pharmacists and includes:

- ✓ Blood pressure check
- ✓ Blood glucose check
- ✓ Body composition check
- ✓ Personalised health check results card to take home
- ✓ Advice & recommendations on general health matters
- ✓ Referral to a health care professional if required

### **Option-2**

Option 2 is carried out by a qualified Exercise Physiologist and includes:

- ✓ Posture, core stability, and musculoskeletal flexibility check. This helps to reduce injury and claims through evaluation and advice on increasing flexibility, strength and correct posture.

**Pricing from \$130.00 + GST /hr**  
*3 hour minimum time frame*

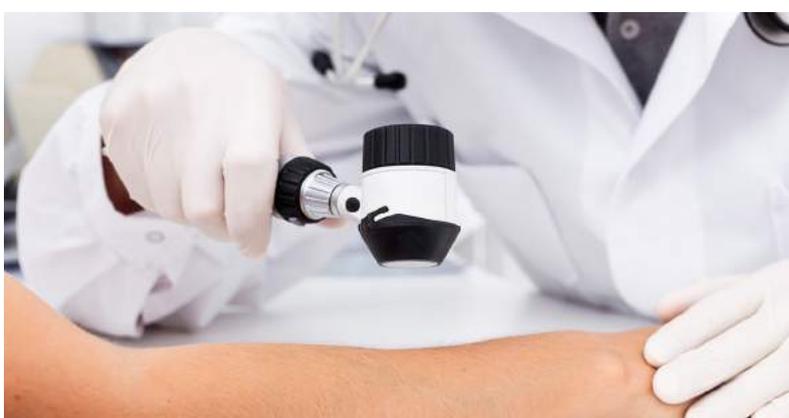


### **Onsite Skin Screening Checks**

Onsite Skin Screening Checks (Exposed Area) \$190.00 + GST per hour/practitioner (min 3 hour booking) 10 or 15 minute checks with our clinician Nurse or qualified Naturopath –experienced in skin checks to identify potential skin cancer lesions. An exposed area skin check is specifically designed to identify suspicious lesions found on areas of the participant's skin that are commonly exposed to the sun. This includes the head, neck, arms, hands, legs and décolletage.

Please note that an exposed area skin check does not replace the need for a full body skin check, which are recommended annually.

Full body skin checks can be organised by our skin screening partner company at \$320.00 + GST per hour (min 3-hour booking)





# Online Booking System

Corporate Hands can provide your company with access to a fully comprehensive online booking system. Staff can easily use this system to book their own appointments, with the option to pay individually if required.

- ✓ Exclusive booking link for your company.
- ✓ Syncs with Outlook calendar.
- ✓ Automatic reminders via email one day prior.
- ✓ Administration access to view and make changes to participant bookings.
- ✓ Access to summary and performance reports.



## Exclusive Booking Link

Staff can use the link to book their own appointments, no login details necessary. We also provide an administrator link to view the full calendar, make changes to booking times, reschedule appointments, and add extra staff as required. The booking system is live and updates every 5 seconds.

9:00am	<b>Joedy</b> 9:00am 20 minute corporate massage - \$20.00	
	<b>Stephen</b> 9:20am	
9:30am	<b>Lynne</b> 9:30am 20 minute corporate massage - \$20.00	
10:00am	<b>Gillian</b> 10:00am 20 minute corporate massage - \$20.00	
	<b>Odette</b> 10:20am 20 minute corporate massage - \$20.00	
11:00am	<b>Tarrant</b> 11:00am	
	Break for therapist 11:20am	
11:30am	<b>Yvonne</b> 11:30am	
	<b>Kelly</b> 11:40am 20 minute corporate massage - \$20.00	
12:00pm	<b>Jocelyn</b> 12:10pm 20 minute corporate massage - \$20.00	
12:30pm	<b>Alicia</b> 12:30pm	
	<b>Kelly</b> 12:40pm 20 minute corporate massage - \$20.00	

## Outlook Calendar

Appointments sync with Outlook calendar, a confirmation is emailed to staff, and a reminder is sent one day prior to the appointment.

Select a day & time

February 2020

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Select a time for Fri, 21 Feb  
in 6 days

Morning	Afternoon
<input type="radio"/> 09:20	<input type="radio"/> 12:30
<input type="radio"/> 09:30	<input type="radio"/> 12:30
<input type="radio"/> 09:40	<input type="radio"/> 12:30
<input type="radio"/> 10:30	<input type="radio"/> 12:40
<input type="radio"/> 10:20	<input type="radio"/> 12:50
<input type="radio"/> 10:30	<input type="radio"/> 13:30
<input type="radio"/> 10:40	<input type="radio"/> 13:40

Please select the highlighted date and your preferred time slot. We may need to reschedule appointments to ensure an efficient service; you will be notified if this is required. Any questions please contact admin@corporatehands.com.au

10 minute seated massage

Melbourne Corporate Office - Room 122 Collins Street

## Payment

Options for fully staff funded or part-funded bookings. Individual staff can pay with their credit details through our safe and secure payment portal with Eway.

## Less Administration

No manual sign-up sheets and an inbuilt participation waiver means no paperwork. Our staff are always on hand for any questions you may have, and we can send a copy of the completed schedule one day prior.

## Reports

Upon request, we can provide access to multiple reports to track participant retention and performance summaries.

**PH:** 1300 520 682 | **M:** 0422 687 467

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