



WORKPLACE WELLBEING

Motivate · Educate · Reward

Office Massage | Yoga | Wellness Workshops | Sound Baths
Breathwork | Exercise Classes | Wellbeing Days | Wellness Retreats

www.glo-pamper.co.uk 0207 096 0385 info@glo-pamper.co.uk

ABOUT GLO

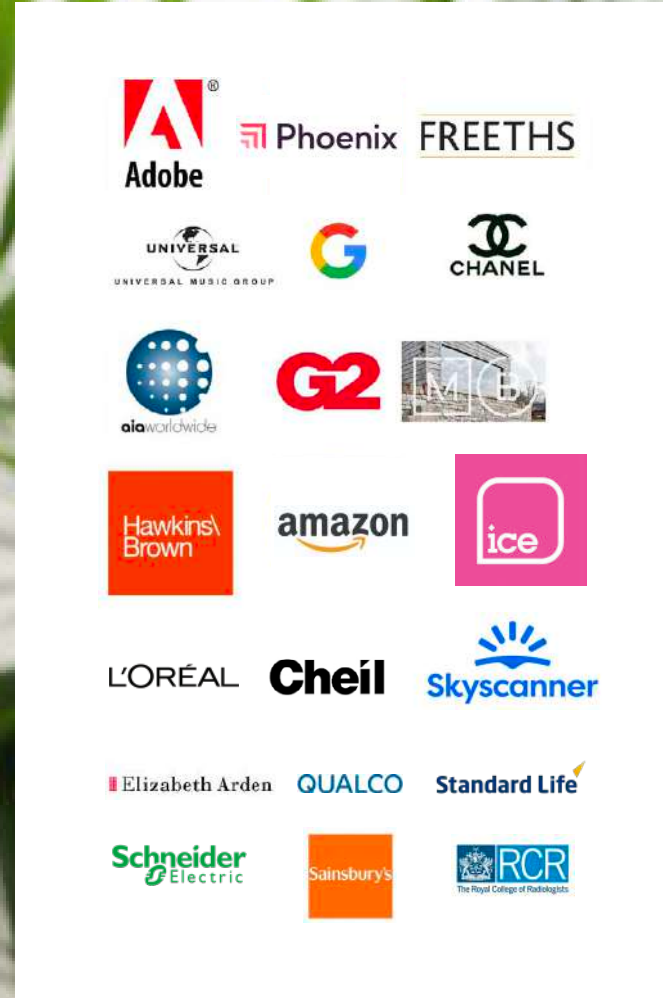
With 20 years' experience, Glo's workplace wellbeing services help businesses improve and maintain good health practice, increase productivity and support employees to feel good every day!



We specialise in a combination of 1-2-1 treatments, exercise classes, interactive workshops, and online webinars and trainings. Covering a variety of wellbeing subjects, our workshops include topical themes on Nutrition, Mindfulness, and Life coaching. While our 1-2-1 services include Onsite Massage, Reflexology, and Mobile Beauty. Exercise classes include Fitness, Tai chi, Yoga, and Pilates.

Our services are tailored to your business culture and budget – including hybrid and work from home settings – to create entire wellbeing campaigns or add-ons to existing EAP and other benefit programmes.

These experiences can be combined to create engaging programmes for wellness days, regular programmes of health, ongoing wellbeing programmes, or annual health awareness campaigns plus exercise classes.



964,000 workers suffering from work-related stress, depression or anxiety (new or long-standing) in 2024/25 — the highest level since records began. (HSE, November 2025)

For every £1 invested in workplace mental health and wellbeing, UK employers see an average return of £4.70 - and up to £6.30 for company-wide programmes. (Deloitte, 2024)

Almost one million workers in Great Britain are currently suffering from work-related stress, depression or anxiety — the highest level ever recorded. (HSE, 2025)

Stress, depression or anxiety accounted for 52% of all work-related ill health and 62% of all working days lost due to work-related illness

22.1 million working days lost due to work-related stress, depression or anxiety in 2024/25 — almost one third higher than the previous year's figure of 16.4 million

The Health and Safety Executive (HSE) remind us that preventing work-related stress is a legal duty.

OFFICE MASSAGE

Our most popular treatment, a fully clothed, 15–20 minute stress-busting gem

Onsite massage is our most requested service — and for good reason. A quiet space and a massage chair are all that's needed. One of our glo therapists will work on the back, neck and shoulder areas, targeting the tension that builds up in those classic desk-based spots: down the back, across the shoulders and between the shoulder blades.

Staff leave feeling relaxed yet refreshed — and the effect on team morale is immediate.

Regular placements benefit from discounted rates on our standard pricing.

REFLEXOLOGY

Reflexology can be provided at the same price as office massage, with a minimum treatment time of 30 minutes per person. Breaks are included for bookings longer than 3 hours and are not charged.

2 HOURS
(PRICE ON APPLICATION)

3 HOURS
UP TO 12 TREATMENTS
£210 + VAT

4 HOURS
UP TO 16 TREATMENTS
£250 + VAT

5 HOURS
UP TO 20 TREATMENTS
£315 + VAT

8 HOURS
UP TO 26 TREATMENTS
£375 + VAT

CHRISTINA KOLOVOU_SKYSCANNER

"Glo and their professional therapists have transformed our workplace into a sanctuary of relaxation. From the moment they arrive, their calming presence sets the tone for a rejuvenating experience. The convenience of on-site massages has been a game-changer for our productivity and overall well-being."



In fast-paced, always-on environments, stress doesn't announce itself — it accumulates. Many employees find themselves reacting rather than responding, juggling competing demands while struggling to switch off. Over time, this erodes focus, depletes energy and

quietly undermines performance. Our mindfulness workshops take a practical, accessible approach — giving people simple, evidence-based techniques they can use from day one. Not to eliminate pressure, but to meet it more consciously.

VANI_ ACCENTURE

"It was truly an amazing session. The entire hour felt incredibly peaceful and blissful, providing a wonderful opportunity to pause and reconnect with mindfulness. The session was very thoughtfully structured, and the practical mindfulness exercises made the experience even more meaningful and engaging. Tony facilitated the session exceptionally well— his calm presence, clear guidance, and thoughtful approach made the session both enjoyable and impactful. Overall, it was a refreshing and enriching experience".

MINDFULNESS FOR WELLBEING AT WORK

Practical tools for focus, resilience and mental clarity

STRESS MANAGEMENT & THE BODY

Helps employees understand what's actually happening when stress takes hold — and develop healthier, more conscious ways of responding to everyday pressure before it becomes overwhelming.

FOCUS & PRODUCTIVITY

For teams operating in distraction-heavy environments, these sessions use mindfulness to train attention, reduce mental clutter and support more intentional, effective working.

BURNOUT PREVENTION & RESILIENCE

Employees learn to recognise early warning signs, regulate their energy and build the capacity to sustain performance over time — before they reach a breaking point.

EMOTIONAL WELLBEING & SELF-AWARENESS

Develops the ability to pause between stimulus and response — improving emotional intelligence, reducing reactivity and supporting steadier, more considered communication.

VIRTUAL WORKSHOP
(UP TO 100 ATTENDEES)
FROM £550 + VAT

IN-PERSON WORKSHOP
(UP TO 40 ATTENDEES)
FROM £750 + VAT

PREMIUM TAILORED WORKSHOP
VIRTUAL
FROM £950 + VAT

PREMIUM TAILORED WORKSHOP
IN PERSON
FROM £1,200 + VAT

3-PART WORKSHOP SERIES
FROM £1,800 + VAT

REST, RECOVERY & SWITCHING OFF

For people who struggle to disconnect, these sessions use mindfulness to support genuine rest, improve sleep quality and create clearer boundaries between work and personal life.

Bespoke packages and volume pricing available on request.



LIFE COACHING FOR WELLBEING AT WORK

Supporting resilience, clarity and sustainable ways of living and working

Burnout, stress and disengagement rarely have a single cause. More often, they're the result of people operating out of alignment with what matters to them — carrying too much, asking too little, and rarely stopping to examine the patterns driving their behaviour.

These workshops create space to do exactly that. Grounded in psychology, coaching principles and real-life experience, each session helps individuals develop greater self-awareness, emotional resilience and the confidence to respond to life's challenges in ways that genuinely support their wellbeing.

THE HIDDEN DRIVERS OF BURNOUT

Explores how misalignment — not just workload — leads to exhaustion. Employees examine their values, boundaries and sense of identity beyond their roles, and begin to understand what changes when they stop putting themselves last.

RESILIENCE: THE ANTIDOTE TO STRESS

We live in an age of unpredictable change, and our brains are wired to find uncertainty threatening. This session builds the emotional tools to stay grounded, flexible and forward-looking — even when the ground feels unstable.

CARING FOR OTHERS WITHOUT LOSING YOURSELF

Many employees balance demanding professional roles with significant caring responsibilities outside work. This session addresses the emotional and physical toll this takes, and helps people set boundaries, reduce guilt and protect their own wellbeing while continuing to show up for others.

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HARNESSING YOUR FINANCIAL SUPERPOWER

Money is one of the biggest sources of stress in modern life. This session creates a safe, non-judgmental space to explore personal beliefs around money, understand financial behaviour and build greater confidence and control.

89% of UK employees report financial anxiety affecting their performance at work. (Zellis, 2025)

REST & RECOVERY: THE SCIENCE OF CREATIVITY

Our best thinking rarely happens under pressure. This session explores why genuine rest is essential for performance and mental health — and gives people practical ways to build recovery into daily life without the guilt.

BECAUSE WHEN PEOPLE FEEL SUPPORTED AND RESILIENT, THEY SHOW UP BETTER — AT WORK AND BEYOND.

GRIEF, LOSS AND COPING IN THE WORKPLACE

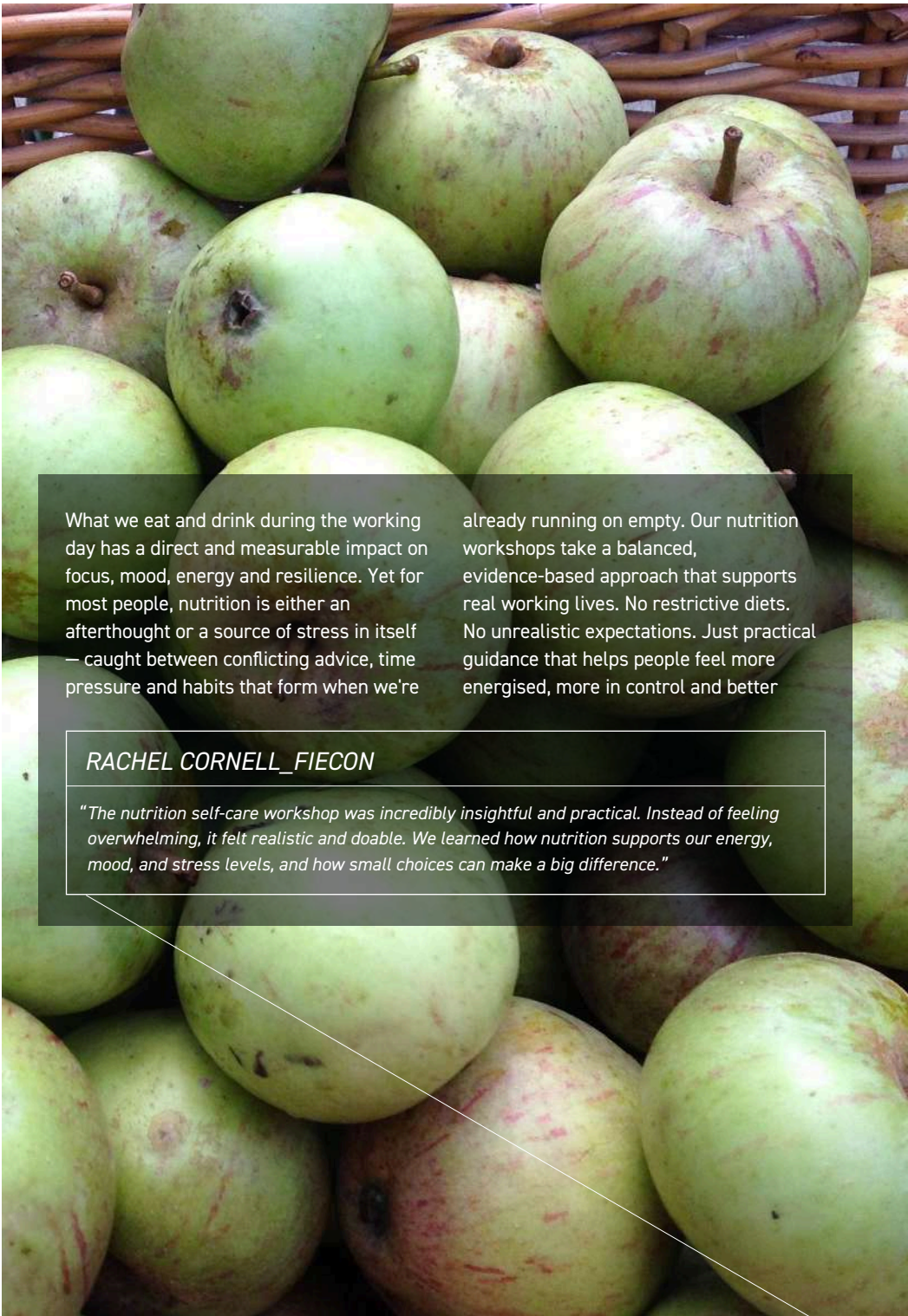
Grief affects people in deeply individual ways, and its impact rarely stays at the door. These sessions give employees and managers a compassionate, practical framework for navigating loss — without expecting people to simply push through.

WHAT ATTENDEES TAKE AWAY

- Feel more equipped to navigate change, uncertainty and difficult life experiences
- Have greater emotional resilience and self-awareness
- Hold practical tools to manage competing demands and responsibilities
- Feel more confident setting boundaries and prioritising their own wellbeing

ENDRESS_ LIFE COACHING

"The managing stress and resilience workshop was engaging, practical, and highly relevant. It provided clear strategies we can apply immediately, and it sparked valuable conversations within our team. A worthwhile and empowering experience."



What we eat and drink during the working day has a direct and measurable impact on focus, mood, energy and resilience. Yet for most people, nutrition is either an afterthought or a source of stress in itself — caught between conflicting advice, time pressure and habits that form when we're

already running on empty. Our nutrition workshops take a balanced, evidence-based approach that supports real working lives. No restrictive diets. No unrealistic expectations. Just practical guidance that helps people feel more energised, more in control and better

RACHEL CORNELL_FIECON

"The nutrition self-care workshop was incredibly insightful and practical. Instead of feeling overwhelming, it felt realistic and doable. We learned how nutrition supports our energy, mood, and stress levels, and how small choices can make a big difference."

NUTRITION FOR WELLBEING AT WORK

A practical, supportive approach to energy, health and sustainable performance

NUTRITION AS SELF-CARE: YOUR PERSONAL TOOLKIT

Effective self-care starts with understanding what truly supports you — not what works for someone else. This session helps employees build simple, sustainable habits around food that support mood, focus and resilience without adding pressure.

HOW TO AVOID BURNOUT FROM THE INSIDE OUT

Physical depletion — driven by poor nutrition, energy crashes and irregular eating — plays a significant role in burnout. This session explores the connection between what we eat and how we think, feel and cope under pressure.

SIMPLE WAYS TO SUPPORT ENERGY & FOCUS

Practical guidance on eating for consistent energy throughout the day — including meal timing, smart snacking and the role of hydration in concentration and cognitive performance.

THE SECOND SPRING: SUPPORTING WOMEN THROUGH MENOPAUSE

Menopause is a transition, not a problem to fix. This workshop explores how nutrition can support the body through hormonal change — addressing symptoms such as fatigue, brain fog and mood shifts, while helping to maintain bone health, muscle mass and long-term wellbeing. It also supports a more informed, compassionate workplace conversation around menopause.

HEALTHY AT ANY SIZE

A naturopathic approach that moves beyond dieting — helping employees understand their body's signals, build balanced eating habits and improve overall health in ways that are realistic and sustainable for the long term.

WHAT ATTENDEES TAKE AWAY

- Feel more confident fuelling their body for energy and focus
- Understand the link between nutrition, stress and overall wellbeing
- Have practical tools to support sustainable, healthy habits
- Be better equipped to manage their energy and reduce burnout risk

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LAUGHTER YOGA FOR WELLBEING AT WORK

A unique, evidence-informed approach to connection, resilience and team energy

When teams laugh together, something shifts. Trust builds more naturally. Energy lifts. The way people relate to one another — and to the pressures they share — changes for the better. Laughter Yoga harnesses these effects intentionally, using guided laughter, breathing techniques and light movement to create a shared experience that is both physiologically powerful and genuinely memorable.

No one needs to be funny. No one needs to perform. The laughter itself does the work. Developed by Dr Madan Kataria in 1995 and now practised in over 100 countries, Laughter Yoga is grounded in neuroscience. Because the body cannot distinguish between spontaneous and intentional laughter, the benefits are the same either way — a release of endorphins, serotonin and dopamine, a reduction in cortisol, and a measurable shift in how people feel.

WHAT IT RESOLVES

For individuals struggling with stress, low motivation or a sense of disconnection, Laughter Yoga offers an immediate and accessible reset — boosting energy, building confidence and improving emotional regulation in ways that extend well beyond the session itself.

For teams navigating pressure, change or fractured dynamics, it creates psychological safety and strengthens the bonds that make collaboration easier. It is particularly effective

following periods of intense work, organisational change or low morale. For organisations, it supports wellbeing strategy in a format that people genuinely engage with — reducing stress-related absence and demonstrating a real commitment to employee experience.

WHAT TO EXPECT

Sessions are facilitated, inclusive and adaptable — suitable for all team sizes with no prior experience required. A typical session moves through a warm welcome and introduction to the science, gentle warm-up exercises, a sequence of guided laughter and breathing, and a period of relaxation and grounding to close.

VIRTUAL WORKSHOP
(UP TO 100 ATTENDEES)
FROM £550 + VAT

IN-PERSON WORKSHOP
(UP TO 40 ATTENDEES)
FROM £750 + VAT

PREMIUM TAILORED SESSION
FROM £1,200 + VAT

Sessions can be delivered as a standalone workshop or as part of a broader wellbeing programme.



L'OREAL_YOGA

"It was a lovely session – I think it was perfectly adapted for a corporate / in-work session, with it being not too strenuous but still really good stretches. It was nice to take a moment away in the middle of the day and come back to my desk feeling energised with a clear mind."

CORPORATE YOGA

Expert-led classes for modern workplaces, delivered on-site wherever you are

Corporate yoga isn't about flexibility or clearing your mind. It's about giving your people a practical, accessible way to manage stress, release physical tension and arrive at their work — and their lives — feeling better than when they left their desk. Sessions are led by experienced, fully insured teachers, adapted to mixed abilities and designed to fit around the working day. No prior experience required.

VINYASA FLOW

A dynamic, movement-based practice linking breath with motion. Builds strength, improves circulation and creates a genuine sense of release. Ideal for teams who need an active reset.

HATHA YOGA

A slower, accessible practice focused on posture, alignment and breath. Perfect for mixed-ability groups, desk workers and anyone new to yoga.

CHAIR YOGA

Fully seated yoga designed for office environments — no mat required. Ideal where space is limited or for teams who prefer a gentler approach.

RESTORATIVE & YIN

A deeply calming practice using supported postures and stillness. Perfect for high-pressure teams, end-of-week sessions or as a counterpoint to intensive away days.

DELIVERY OPTIONS

- One-off sessions and team days
- Monthly or fortnightly classes
- Weekly ongoing programmes
- Block bookings (10 classes)
- Lunchtime and end-of-day sessions
- Wellbeing days and corporate events

LONDON PRICING

ONE-OFF / AD-HOC CLASS
£185 + VAT

MONTHLY OR FORTNIGHTLY CLASS
£175–£185 + VAT PER CLASS

WEEKLY PROGRAMME
£175 + VAT PER CLASS

BLOCK OF 10 CLASSES (PAID UPFRONT)
£1,700 + VAT (£170/CLASS)

NATIONWIDE PRICING

ONE-OFF / AD-HOC CLASS (BEFORE TRAVEL)
£165–£175 + VAT

MONTHLY OR FORTNIGHTLY CLASS
£155–£165 + VAT PER CLASS

BLOCK OF 10 CLASSES (PAID UPFRONT)
£1,450 + VAT (£145/CLASS)

Yoga mat hire available. £4 per mat (up to 15 mats) or set fee of £50. All fees are subject to VAT. Travel costs may be added for nationwide bookings.

BREATHWORK & TAI CHI

Movement and breath practices for a calmer, more energised working day

BREATHWORK & STRETCH
60 MIN (UP TO 20 PEOPLE)
£250 + VAT

TAI CHI
60 MIN (UP TO 20 PEOPLE)
£200 + VAT

BREATHWORK & STRETCH

In today's fast-paced world, many of us feel mentally drained and physically tense from long hours at desks and screens. This 60-minute session is designed to break that cycle — rejuvenating the body, calming the mind and enhancing overall wellbeing. Using a blend of focused breathwork and mindful stretching, the class targets areas commonly affected by long hours of sitting — the lower back, hips, shoulders and neck — while also helping to alleviate mental fatigue and anxiety. Often described as meditation in motion, it offers a structured yet accessible way to release tension and restore focus.

TAI CHI

Tai Chi is often described as meditation in motion — practiced at a slow and even pace,

with graceful movements accompanied by deep circular breathing. It reduces stress whilst improving flexibility and balance, and strengthens the immune system. During a glo Tai Chi class, the group will be guided through simple exercises and movements and then allowed time to practise. Classes are suited to people of all ages and are conducted in a quiet environment, enabling participants to find their own natural rhythm and a deeper awareness of their body in movement.



Both sessions available as in-person classes. Up to 100 people online.

L'OREAL NOTTINGHAM_SOUND BATHS, REFLEXOLOGY, TAI CHI

"Thank you so much for organizing such a brilliant day. The feedback has been amazing with everyone loving the activities we put on and the opportunity to get involved. I think everyone was pleasantly surprised by the sound bath and they really enjoyed the tai chi too."





SOUND BATHS

A deeply immersive experience for rest, restoration and collective reset

In the middle of a busy working day, week or team event, a Sound Bath offers something increasingly rare: genuine stillness. Guided by an experienced practitioner using resonant instruments — gongs, singing bowls, chimes and more — participants are invited to lie back, let go and allow the sound to do the work. No experience is needed. No effort is required. Just space to breathe, rest and reset.

THE SCIENCE OF SOUND

When exposed to slow, sustained, harmonically rich sound, the brain naturally shifts into lower-frequency states associated with deep relaxation — including alpha and theta brainwaves. In this state, the stress response quiets, cortisol levels fall and the body's natural restorative processes are activated. Regular exposure to this kind of deep rest has been associated with reduced stress and anxiety, improved sleep quality, lower blood pressure, greater emotional regulation and enhanced focus and mental clarity following the session.

WHAT TO EXPECT

Sessions are led by an experienced Sound Bath practitioner and are suitable for all abilities and backgrounds. Participants are invited to lie on yoga mats or remain seated. The practitioner begins with a short grounding introduction before moving into a flowing, uninterrupted experience

of layered sound and vibration. Sessions close with a gentle return to full awareness. Instruments typically include Tibetan singing bowls, crystal singing bowls, gong, drum and chimes. All equipment is provided and transported by the practitioner.

60-MIN SOUND BATH
(UP TO 20 PEOPLE) - LONDON
£550 + VAT

60-MIN SOUND BATH
(UP TO 20 PEOPLE) - NATIONWIDE
£450 + VAT

ADDITIONAL SAME-DAY SESSION
(45-60 MIN)
£250 + VAT

GUIDED MEDITATION WITH SOUND (60 MIN)
LONDON
£340 + VAT

GUIDED MEDITATION WITH SOUND (60 MIN)
NATIONWIDE
£300 + VAT

Yoga mat hire available: £4 per mat (up to 15 mats) or set fee of £50. We recommend participants bring their own mat or blanket where possible. All fees subject to VAT.

MOBILE BEAUTY AT WORK

Professional beauty treatments delivered to your workplace



Experience a glo beauty treatment at work — either as a reward for your team or as a time-saving initiative. Our mobile spa services bring professional manicures, pedicures, facials, make-overs and hair styling directly to your office, providing a relaxed and professional experience without anyone needing to leave the building.

Pick and mix from our menu for company away days, corporate events, or gifting for your favourite client.

BEAUTY & STYLISTS FOR CORPORATE EVENTS

We are brimming with ideas on how to create an unforgettable experience at your company annual event or away day. Covering the whole of the UK, our extensive range of mobile treatments, up-to-date knowledge on the latest trends, competitive prices and professional insured therapists make glo an essential partner for your experiential event requirements.

We have extensive experience with multi-site events and offer an on-call service — so whatever scale or format your event takes, we can adapt to your brief.

MOBILE BEAUTY TREATMENTS
FROM £15 PER PERSON

BESPOKE EVENT PACKAGES
PRICED ON APPLICATION

TOBIAS JONES_ICE EXPERIENCE

"We've worked with Glo across a number of events, including major festivals, conferences and chillout zones, and have always been so impressed by their professionalism and calm approach. Glo's team and therapists work and adapt to any brief we bring them. The treatments are always of the highest quality, and their team make every guest feel special. Whether it's corporate wellbeing, a large-scale event, or in a festival field, the team at Glo Pamper deliver a seamless and uplifting experience every time. We're looking forward to continuing working with Glo Pamper on and bigger and better projects in 2026!"

All therapists are professional and fully insured. Contact us to discuss your event requirements.





WELLNESS RETREAT

A relaxing and rejuvenating day for mind and body – for groups of 8+



If a whole weekend retreat isn't possible, a Glo Spa & Yoga Day offers your team a meaningful pause from the working week. Our carefully planned itinerary allows everyone to decompress, reset and reconnect – leaving feeling refreshed, nourished, stress-free and ready for the week ahead.

WHAT'S INCLUDED

- Arrival between 9.15 and 9.30 depart by 5pm
- 2 x yoga classes (suitable for all levels from complete beginners to regular practitioners)
- Delicious 3-course vegan lunch prepared on site by our professional chef
- Free time to relax, read, explore, hike, cycle or run
- Optional professional spa treatment in the comfort of your accommodation (extra charge)

PROGRAMME

9.15 TO 9.30 - ARRIVAL - HERBAL TEA

9.45 TO 11.00
ENERGISING YOGA – ELEMENTS OF HATHA, VINYASA, STRENGTHEN, ENERGISE

11.15 TO 11.00 - TEA/COFFEE

11.00 TO 13.15 - ME TIME: SPA TREATMENTS (OPTIONAL AT EXTRA COST), OR EXPLORE ON A HIKE OR TRAIL.

13.15 TO 14.00 - 3 COURSE VEGAN HEALTHY LUNCH PREPARED ON SITE BY OUR PROFESSIONAL CHEF

14.00 TO 15.30 - ME TIME: SPA TREATMENTS (OPTIONAL AT EXTRA COST), OR EXPLORE ON A HIKE OR TRAIL

15.45 TO 16.45 - RELAXING AND RESTORATIVE YOGA CLASS INCORPORATING PRANAYAMA AND MEDITATION

17.00 - TEA AND DEPART

YOGA DAY RETREAT
(GROUPS OF 8+)
£160 PER PERSON

OPTIONAL SPA TREATMENTS
PRICED ON APPLICATION

Mat and equipment provided. Yoga / gym clothing required.
Bespoke retreat packages available on request.



GET IN TOUCH

Thank you for your time.

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