



MOBILE BEAUTY & WELLBEING FOR YOUR EVENTS

UK Wide Experiential Services

Product Launches | Exhibitions | Team Building
Family Fun days | Conferences | Company Away Days

★ Trustpilot

EXCELLENT



GLO CONCEPTS

For fantastic event ideas, look no further!
Glo's mobile health and beauty experiences
will help you create an unforgettable
experience at your event.

Working with over 800 freelance professional therapists, stylists and trainers throughout the UK, Glo's health and beauty services will relax, rejuvenate and beautify your teams, guests and colleagues to reinforce your company ethos and brand.

With over 20 years' experience our extensive range of mobile treatments, trainings and up to date knowledge on the latest trends allows us to provide small and large events in single or multisite locations. We are competitively priced and only work with professional and insured therapists and trainers.

We tailor our services and combine treatments and trainings to enhance your:

- Product Launches
- Trade Shows
- Appreciation Events
- Team Building
- Company Away Days
- Conferences + Exhibitions
- Family Fun days
- Networking Events

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 on and bigger and better projects in 2026!"



SOME GLO CLIENTS



With your organisation's culture and brand in mind, we approach each event individually. Harnessing over 17 years' experience, we deliver a service as though part of your in house team.

CLAIRE TARALA_KDM EVENTS

"We have used glo a number of times for our client's corporate events, most recently for Mindfulness training and mobile beauty treatments. The therapists are always very professional and arrive in good time for the events, the treatments/sessions are always very well received."

MASSAGE

The most popular of our wellbeing services, Glo's massage provides a quick but relaxing and rejuvenating option for your guests.

Hand and Foot massages are perfect for chill out zones, and summer events, and can be experienced on bean bags, cushions, or sofas, and chairs. With treatments starting at 10 minutes per person, this treatment is ideal for large groups of people.

Indian head massage taps into ancient wisdom to release tension and calm the mind and senses. Recommended as 10-15-minute treatments, and provided in a normal chair, or sofa, your glo therapists can also roam to provide treatments wherever your guests are.

Onsite massage treatments are the most popular service for events. Provided in 15-minute treatments in a specially designed ergonomic

chair supplied by your Glo therapist are instantly recognizable by guests for a fully clothed and deeply therapeutic massage.

Body massage using Swedish massage or holistic massage techniques direct on the skin require a more private zone and are recommended in 30-minute minimum sessions. These treatments are ideal in hotel suites or other private spaces at your venue.

Whichever option you choose, expect Queues!

As with all our services, we will prepare appointment schedules for the smooth running of your Glo massage service, along with health consultations for your guest's safety.

PAULA ANDREWS, CORPORATE RELATIONS MANAGER_DIALAFLIGHT

"Our company used Glo-Pamper to arrange office massages for some of our most important corporate clients. At DialAFlight, customer service is at our core and we wanted to work with a company who have the same values and priorities. Throughout all the email and telephone exchanges, Anna from Glo-Pamper has been extremely helpful and put together various massage suggestions and pricing options. The organisation of the therapist visits has been very easy and most important of all, our clients have all said how wonderful their massages have been. They are a real pleasure to work with."



Wellbeing Treatments at Chelsea and Westminster Hospital



Perfection beauty at the races - foot rubs

WELLBEING WORKSHOPS & WEBINARS

Cultivate healthy and positive personal development for your team or guests with Glo's trainings in Mindfulness, Life Coaching and Nutrition. Some of the themes covered include:

MINDFULNESS:

- Mindfulness Foundation
- Positivity to support Mental Health and Manage Stress
- Build Resilience
- Digital Overload
- Communication
- Sleep
- Mindful Eating
- Guided Meditation

NUTRITION:

- Bitesize basics
- Improving energy and concentration
- Supporting immunity
- Healthy heart
- Eat to sleep (insomnia)
- Digestive health
- Controlling cholesterol
- Managing Menopause
- Brain food (mental health)
- Plant based, Foods
- Organic Food - Is it worth it?
- How to Build a Self-Care Toolkit

LIFE COACHING:

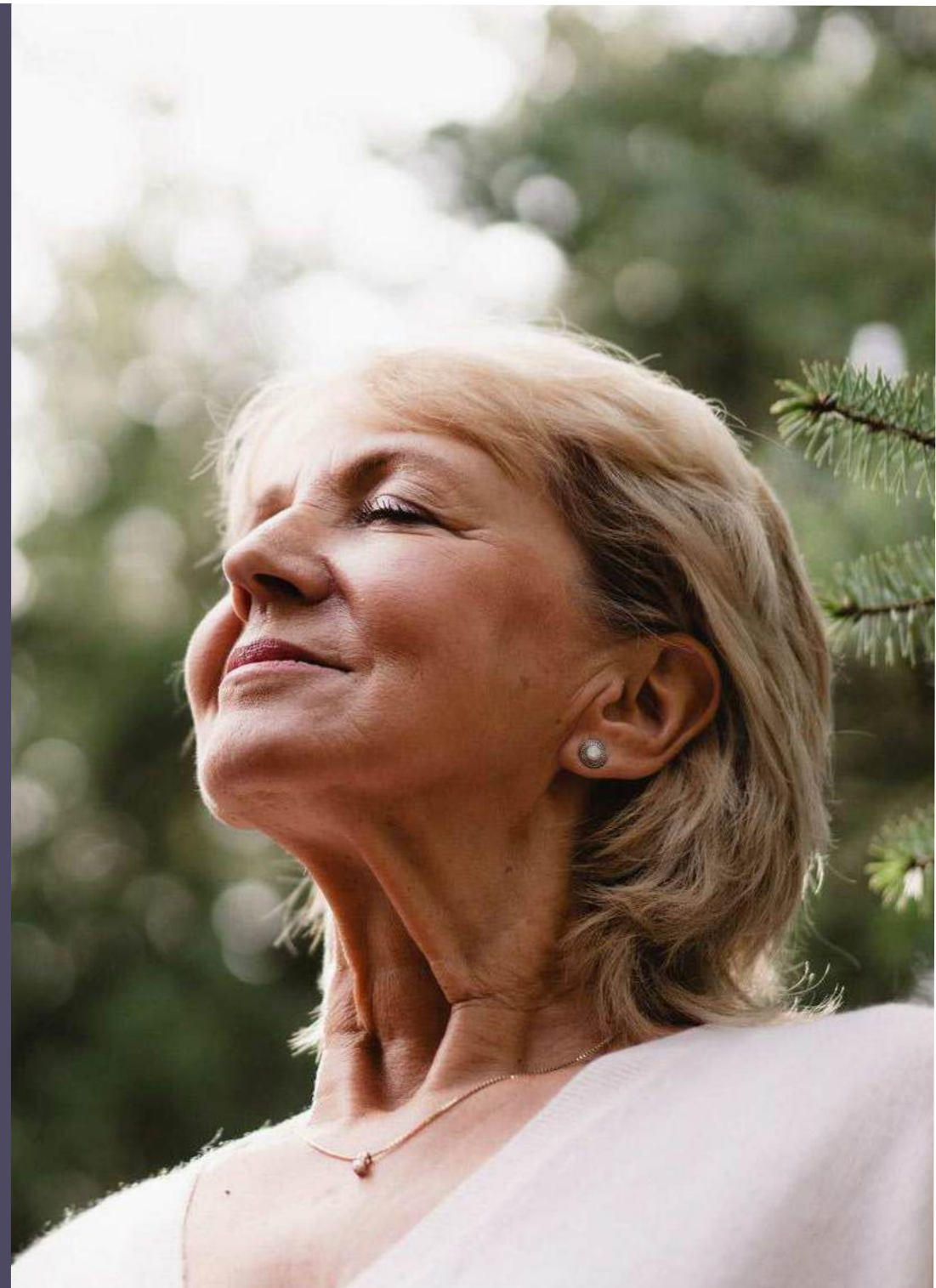
- Stress management / improving resilience
- Insomnia
- Self-care
- Setting and honouring boundaries
- Goal setting (general or specific goals)
- Living with integrity / becoming the person you want to be
- Understanding your personal values
- Time management
- Simplify your life
- Getting fit
- Increasing your energy
- Recovering from setbacks



Ice events for 02 mindfulness staff training

GLORIA BROOMHALL_ PHOENIX GROUP

"Our bespoke programme included meditation sessions to support feelings of overwhelm and for better sleep; Mindfulness sessions covering a range of topical themes like mental health awareness and building positivity, sleep, mindfulness movement and mindful eating; Nutrition to support immunity; Nutrition for menopause and finally Life Coaching methods to help assist colleagues to manage change with a specific focus on returning to office after the pandemic."



EXERCISE

Glo's exercise classes are a fantastic way to start a long day of meetings, conference or team building day. Helping to connect your teams through exercise, our classes are designed to educate and create a sense of wellbeing for the rest of the day.



VINYASA YOGA

Is all about the flow and the glow. Physically this system of yoga stretches, releases and re-energises the body; while mentally synchronised breathing relaxes the chatter of your mind (a bit like mindfulness) and helps to release energy to flow throughout the body. Your yoga class will start with some simple breathing techniques to help connect the mind and body and a series of yoga sequences will then be practised to warm up, stretch, strengthen, and bring heat to the body. A cooling down relaxation will end the session with a few minutes of guided meditation. Other less dynamic classes are also available. Mats will be supplied, and gym clothing is required.

PILATES

The Boss of perfecting posture and alleviating aches and pains caused from desk-based work. Using techniques that focus on flexibility and strength, Pilates training benefits the body from the very top of your head right down to your tippy toes. Simple breathing exercises along with gentle stretching exercises will help loosen muscles and build core strength, reduce lower back pain, release tension around the neck and shoulders and ultimately improve posture.

TAI CHI

Often described as "meditation in motion" to calm the emotions, focus the mind, and strengthen the immune system. Practiced at a slow and even speed, graceful movements are

accompanied by deep circular breathing which reduces stress whilst improving flexibility and balance. During a glo tai chi class, the group will be shown 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 to enable students to find their own natural rhythm as well as a deeper awareness of their body in movement. No special clothing is required.

FITNESS

Glo's fitness classes use Body Weight and HIIT (High Intensity Interval Training) workouts to get fit, build body strength, and help lose weight. Every area of the body is targeted (Upper body/Core/Legs). This class covers mobility training to warm up, 15-20 minutes of 2-3 mini circuits that incorporate strengthening exercises, and aims to increase the heart rate, and ends with a 10-minute cool down to gradually bring the heart rate down to its normal resting rate. All participants will complete a Physical Activity Readiness Questionnaire before their session.



KDM events Yoga class for company away day

NINI FERRITY_HUEL

"Our Pilates class was AMAZING! Such good feedback from everyone who attended the class, our Glo trainer was so lovely and allowed plenty of time to get set up too."

SPA DAYS

Combine Glo's core mobile spa services to create a professional salon experience for your guests. Body massage and facial treatments are best suited to a private space (room or suite) or conference room with screens. Create a Nail bar with Glo's nail technicians for a social and pampering treat. Treatments are available in 30, 40, 45, 60-minute appointments.

MASSAGE

Escape to tranquillity with a full body Swedish massage. Using light to medium pressure your therapist can focus on the areas of the body that need the most attention. Combined with the use of luxurious aromatic preblended massage oils, any stress and tension will quickly melt away.

DEEP PRESSURE MASSAGE

De-Toxifying Using a delightful blend of fragrant oils immerse into relaxation with a deep pressure Swedish massage Dedicated to relieving tight, tense muscles your therapist will use medium to firm pressure to help increase circulation, soften and relax the tissues and help you completely unwind.

REFLEXOLOGY

Experience this holistic pressure therapy treatment to restore equilibrium to your mind and body. Specific pressure points on your feet are stimulated to benefit the major organs of the body, which are mapped out on the feet, helping to improve hormonal issues, and soothe back pain, migraine and digestive disorders.

HOLISTIC FACIAL MASSAGE

Indulge in this relaxing treatment using aromatic oils to massage the face, head and shoulders. Using light pressure on your face and a deeper pressure around the head and shoulders, any tension will drift away leaving a calm mind and relaxed state.

BEAUTY FACIAL

A relaxing facial for every skin type that includes cleansing, exfoliation and a mask. All topped off with moisturiser for a healthy glow. Longer duration facials will also incorporate toning and massage as part of the treatment.

CLASSIC MANICURE

A relaxing and pampering hand and nail treat that includes cuticle tidy, a file and polish. French polish or hand and arm massage also included in 40 and 60 minute treatments.

CLASSIC PEDICURE

A perfect pamper for the feet that includes a foot soak, cuticle tidy, file and polish. French polish, choice of hard skin removal or foot and lower leg massage also included in 40 and 60 minute treatments.

EXCELLENT



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MOBILE NAIR BAR

Our range of popular manicure treatments include nail art as well as standard mini manicure and full manicure or Gel nail treatments.

Diet Coke sponsored Stylist Live Exhibition and Glo's nail technicians created the Diet Coke swirl as part of visitor's mini mani treatment.



The iconic Beano mag had a relaunch and Glo's nail technicians hand painted beano branded nails



Starting at 15 minutes for a mini manicure, and 30 minutes for Gel nails. We can set up at your venue to create an impactful and effective nail treatments.

MAKE UP MASTER CLASS AND MAKE OVERS

We can create a mini masterclass in the latest make up hacks while clients receive a makeover. Ideas include:

- How to choose the right foundation and blusher for your skin
- Make your eyes wider how to apply mascara to achieve impact.
- Achieve perfect winged eyeliner with a spoon!
- Make lipstick last with translucent powder.



HAIR STYLING: MASTERCLASS AND STYLE

Receive a professional hair style to include: updos, curling, straightening, braids. Participate in a master class and learn how to achieve professional looking styles at home. Practice the following styles while being directed by our Hair Stylist.

- Updo's How to make the perfect donut bun, and learn how to apply curly grips properly and pins.
- Curling how to create perfect head of curls without eyes at the back of your head.
- Braids how to create the perfect braid from a ponytail



NDL - Hair & makeup prize winner on the Red Carpet

HAYLEY PHILIPS_CAMP SIMCHA

"It has been a joy working with Glo for over 17 years, they deliver a very relaxing service with excellent results. All the therapists they have sent us from the manicurist, masseuses to hair stylists have always been very professional and accommodating. Overall, a delight to work with."



KIDS EVENTS

Our kids services create an exceptional experience for girls and include hair styling, make overs, manicures and pedicures, and glitter tattoos.

Our hair stylists use designs that emulate popular characters from movies. Stylists use make up styles suitable for children. Mini manicures and toenail paints can provide a more lasting experience for kids. Advice for older children/teenagers can be included to help educate and promote healthy skin.



Camp Simcha kids event
NDL make a princess at Warwick Castle
Moo & Goo beauty and the beast

WELLNESS RETREAT

A relaxing and rejuvenating day for mind and body. If a whole weekend retreat isn't possible for you, experience a Glo Spa & Yoga day for groups of 8 plus.

Even if you are just coming for the day, our carefully planned itinerary will allow you to decompress, reset through a wonderful yoga practice to leave you feeling refreshed, nourished, stress-free and ready for a new week ahead.

As well as Yoga, you can enjoy a countryside walk, a wonderful professional Spa treatment in the comfort of your accommodation (extra charge) as well as a delicious 3 course lunch freshly prepared for you on site by our professional chef.

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

PROGRAMME:

YOGA DAY RETREAT FOR GROUPS OF 8 +

Our Yoga Day Retreats are designed to decompress from the week before and to re-energise for the week ahead. Classes are suitable for everyone, from complete beginners to regular practitioners, and adaptations and modifications are always offered for every level.

All classes cover a bespoke range of physical yoga asanas for your retreat experience and includes guided meditation and pranayama breathing techniques. We have designed the day to create a more dynamic and energizing practice in the morning with a slower, restorative and relaxing practice in the afternoon.

Mat and equipment is provided and you will need to wear yoga / gym clothing.

WHAT'S INCLUDED IN YOUR YOGA DAY RETREAT:

- Arrive between 9.15 & 9.30 - depart by 5pm
- 2 x Yoga Classes
- Delicious 3 course vegan lunch prepared by our professional chef to enjoy with your group.
- Option to enjoy a professional Spa Treatment (extra charge) in the comfort of your accommodation.
- Free time to relax, read, explore, hike, cycle, run
- £160 per person





GET IN TOUCH

Thank you for your time.

Please contact us to discuss your event requirements and receive a free quote.

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