



*Wild Lotus  
Wellbeing*



*ON SITE  
MASSAGE  
& Wellbeing*

## Info & Pricing

[www.wildlotuswellbeing.co.uk](http://www.wildlotuswellbeing.co.uk)  
[claire@wildlotuswellbeing.co.uk](mailto:claire@wildlotuswellbeing.co.uk)

 WildLotusWellbeing—



07547240854



# ON SITE MASSAGE & Wellbeing

## Who we are Wild Lotus Wellbeing

Wild Lotus Wellbeing is a holistic health and wellbeing company based in the UK in sunny Manchester.


Run by Claire Ferguson, our focus is on meditation, chakra work and massage for stress reduction and battling the anxieties of everyday life.

From Meditation to massage we have everything needed to design bespoke in-house wellbeing sessions and days for you and your team.



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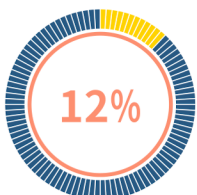
1 in 7 people experience  
mental health problems in  
the workplace



Women in full-time  
employment are almost  
twice as likely to have  
common mental health  
problems as full-time  
employed men



12.7% of all sickness days  
in the UK are attributed to  
mental health conditions.





# ON SITE MASSAGE & Wellbeing

## Treatments

### Indian Head Massage

- Increases energy levels, focus and concentration
- Clothes on massage from specially designed chair
- 20 minute session

### Meditation Session

- Improves performance, personal relationships, and health
- Online and in person sessions available
- 20 min-40 min session

### Bespoke Packages

- Bundles, courses and bespoke sessions
- Group and individual coaching session
- Holistic team building workshops

Please get in touch to discuss your options

### Pricing

Hours	Cost
1 hr - 3 hrs	£55 p/h
3 hrs +	£45 p/h

All prices include VAT

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The CIPD 2022 Health and Wellbeing at work survey identified the top three benefits of employers increasing their focus on employee Wellbeing as:

A healthier and more inclusive culture



Better work-life balance



Better employee morale and engagement



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As discussed by  
CIPD.co.uk:

"Health and Wellbeing shouldn't have to be treated as an 'add-on' or 'nice-to-have' activity by organisations.



If employers place employee Wellbeing at the centre of their business model and view it as the vital source of value creation,

the dividends for organisational health can be significant"

## ON SITE MASSAGE & Wellbeing

### Meet Claire

As a fully-certified Coach, Reiki Master, Meditation Teacher and Complementary Therapist. I enjoy helping my clients achieve their personal and professional goals.

The essence of my work is to facilitate self-growth by helping you identify the core challenges and setbacks in your life, so that you can overcome them with confidence.

Life's too short to be unhappy, unsure, or unfulfilled. Let me help you learn and develop better ways to handle the challenges that are standing in the way of your goals.



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