

WORKPLACE WELLBEING SOLUTIONS

Supporting healthier, happier and more productive workplaces

ESO Mobile Spa delivers professional onsite massage therapy and wellness programs that help organisations support employee wellbeing, reduce stress and build a positive workplace culture.



THE BENEFITS FOR YOUR ORGANISATION



Improved employee wellbeing



Reduced workplace stress, tension and discomfort



Enhanced employee engagement and productivity



Increased job satisfaction



Stronger sense of value and belonging among staff

CONVENIENT. FLEXIBLE. PROFESSIONAL.

We bring everything to you – qualified therapists, professional equipment and a seamless booking and management process.

- ✓ Delivered onsite at your workplace
- ✓ Employees access treatments during the workday – no travel, no time out of hours
- ✓ Ideal for time-poor employees, including those balancing work and family commitments



TREATMENT OPTIONS TO SUIT YOUR WORKPLACE



CHAIR MASSAGE

- Typically 15 minutes
- Delivered fully clothed
- Ideal for wellbeing days, events and high participation programs
- Focus on stress relief, muscle tension and relaxation



TREATMENT TABLE MASSAGE

- Typically 30 – 60 minutes
- Delivered on a massage bed
- Use of therapeutic oils
- Remedial, relaxation or targeted treatments
- Deeper, more comprehensive care



By delivering treatments directly in the workplace, ESO enables employees to conveniently access wellbeing services during the workday without the need to travel to an external clinic.