



CASE STUDY 1 – CAMDEN COUNCIL (EMPLOYER-FUNDED WELLBEING PROGRAM)

-  **Client Type:** Local Government
-  **Service Model:** Council-funded employee wellbeing initiative
-  **Delivery:** Corporate chair massage treatments delivered onsite across multiple council locations.

THE CHALLENGE

Camden Council sought to support employee wellbeing, reduce workplace stress and physical strain, and reinforce its commitment to a healthy workplace culture.

THE SOLUTION

ESO Mobile Spa delivered a structured workplace wellbeing program providing 15-minute corporate chair massages to employees. The program was scheduled across multiple sites and months, with ESO managing bookings, equipment, setup and treatment delivery.

BENEFITS DELIVERED

- Improved employee wellbeing and morale
- Relief from workplace stress, muscle tension and discomfort
- Enhanced employee engagement and job satisfaction
- Reinforcement of the Council's wellbeing objectives
- Convenient access to wellbeing services during the workday, saving time and supporting employees who balance work and family commitments
- Repeat engagement following positive employee feedback

WHY IT WORKED

The Council removed cost barriers for employees by funding the treatments directly, encouraging participation and demonstrating a visible commitment to staff wellbeing.



CASE STUDY 2 – WOLLONGONG CITY COUNCIL (EMPLOYEE-PAID WELLBEING PROGRAM)

-  **Client Type:** Local Government
-  **Service Model:** Employee-funded workplace wellbeing service
-  **Delivery:** Regular onsite massage therapy sessions available to employees through the Council's wellbeing program.

THE CHALLENGE

Wollongong City Council wanted to enhance physical and mental wellbeing opportunities for employees while providing a sustainable and flexible service model.

THE SOLUTION

ESO Mobile Spa offered remedial massage, Swedish relaxation massage and myofascial cupping services onsite. Employees booked and paid for their own treatments while benefiting from the convenience of workplace access.

BENEFITS DELIVERED

- Convenient access to professional therapy during the workday, saving time and supporting employees who balance work and family commitments
- Choice of treatment options:
 - Chair massage (typically 15 minutes)
 - Treatment table massage (typically 30 – 60 minutes with use of therapeutic oils)
- Reduced stress, tension and discomfort
- Improved focus, relaxation and recovery
- Flexible participation without direct employer funding
- Alignment with broader workplace wellbeing objectives

WHY IT WORKED

The model enabled employees to access high-quality treatments while minimising cost to the organisation, making wellbeing support available through a user-pays structure.



Supporting the wellbeing of your people. Strengthening your workplace.