

CORPORATE WELLNESS





Who we are

We are the world's leading wellness travel company specialising in tailor-made health and fitness holidays.

We are passionate about creating a positive and healthy working environment where employees and companies thrive.

How we can help you

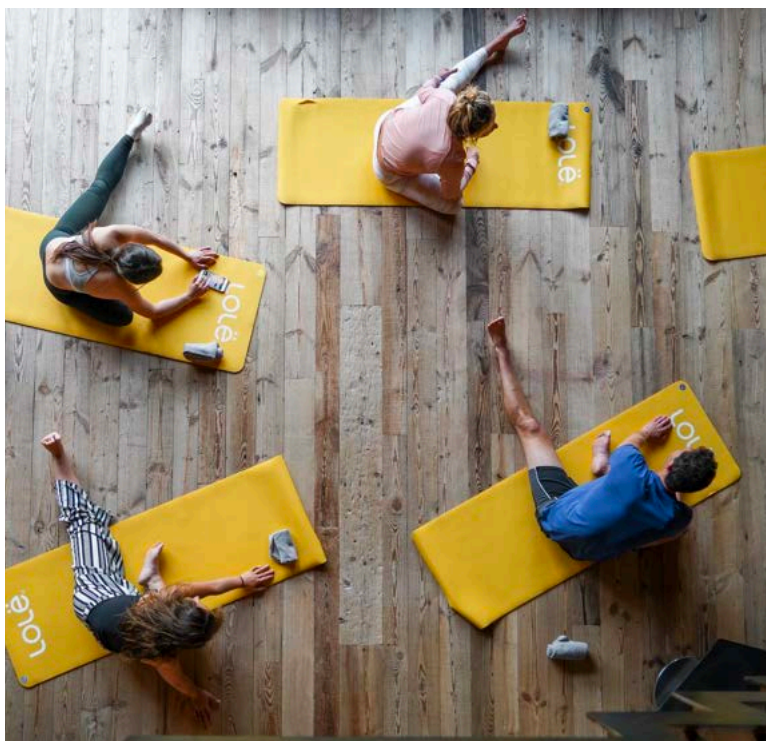
Our mission is to allow your employees the opportunity to completely detach themselves from the stress and strain of their daily routine; returning to work rejuvenated and focused. Investment in the well-being of your workforce positively impacts on attendance, morale, and dependability of your staff.

Our holidays, corporate away days and nutritional and wellness workshops encourage take-home practices and healthy-living lifestyles to make a positive difference. From learning nutritional values in current diets, to providing well-structured fitness regimes tailored to individuals. We help ensure your employees are fit and well, energised and focused, creative and productive - ensuring they can deliver what you need, when you need it, happily and positively.



What we offer

Our Wellness Specialists know our destinations and products inside out. Whether you're looking for a restorative or incentive break for an employee or a team building day focused around wellness, we have something for you. We offer a range of healthy holidays worldwide, as well as weekend breaks in the UK, corporate team away days and nutritional and wellness workshops.



BodyBreaks™

These exclusive 3-night packages available at a number of resorts across Europe will give your employees the break they need to relax and re-energise. Our BodyBreaks™ incorporate fitness, relaxation, and mindfulness which allows your employee to completely switch off and recharge, so they return back to work feeling restored and renewed, ready to tackle the next big project.

Active Breaks

The perfect reward for your employees with sporting preferences, combining their favourite out of work activity with a well-deserved break. We offer active breaks including tennis, golf and sports academies which will help to reduce employee stress levels as well as encouraging more effective communication and collaboration - skills they can bring back to the workplace.



Executive Breaks



Our executive coaching wellness holiday programmes are designed specifically for executives and include detailed lifestyle evaluations, nutritional and fitness coaching. All programmes are delivered to ensure that your executive team can perform at the top of their game and achieve peak performance in the workplace. Programmes range from weekends away to seven days or longer to achieve maximum results and sustain long-term performance in the future.

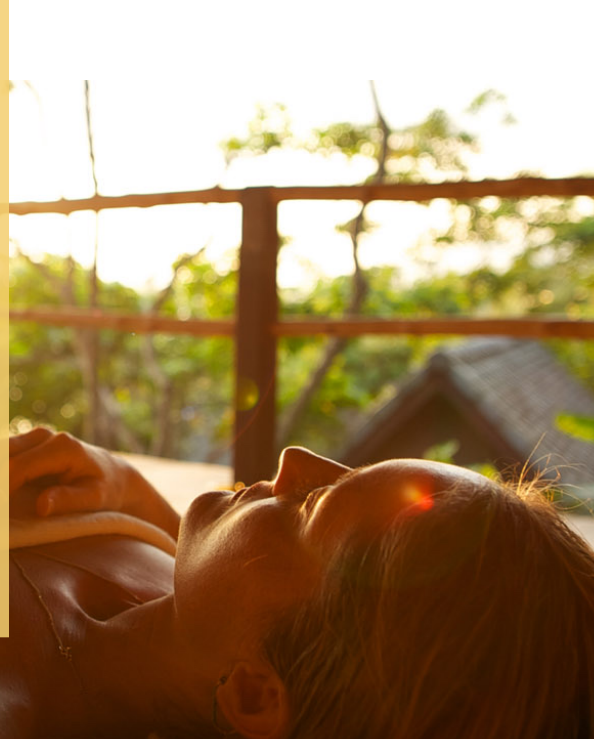
De-stress

Our range of de-stress retreats combat classic stress symptoms and are designed to raise spirits, promote relaxation and offer delicious healthy cuisine. With renewed energy and a healthier outlook, your employees will return reinvigorated, motivated and ready to get stuck into their work with a newfound positivity and fresh approach.



Incentive Breaks

A win, win for everyone! Not only will your employee feel rewarded and valued, they will also return to work with a clear mind, fully re-charged and motivated, ready to tackle even the most demanding of roles. We have a range of incentive breaks on offer for your employees from weekend breaks in the UK and Europe to healthy holidays in Asia, the Caribbean and US.



Wellness Team Away Days



Does your whole team need a reboot? Why not treat them to an away day focused around their health and wellbeing. We have a range of locations around the UK offering everything from spa treatments and sports activities to nutrition workshops. We'll ensure your team have plenty to keep them busy and we'll even provide a healthy lunch. These days encourage team bonding whilst also instilling healthy habits both in and out of the workplace.

Nutritional and Wellness Workshops

When working in a fast-paced environment it can be hard for employees to keep healthy habits. Poor health choices can lead to lack of sleep and concentration resulting in a reduced performance and increased stress levels which plays havoc with our immune system, making us more prone to sickness. Our Nutritional and Wellness Workshops will educate your employees on how to make healthier choices that can easily be adapted to their busy on-the-go lifestyles.



Contact us

Get in touch to find out more about how we can benefit your business in the long-term. Our Wellness Specialists will be able to help you tailor a wellness package which perfectly fits your business requirements no matter what they are.



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Request a Callback: [Click here](#)



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