

## DeStress Oasis



Stress is a formidable opponent to our state of well-being. Research has proven its adverse effects on mind and body can trigger a myriad of health issues. In today's fast-paced existence sometimes hitting the pause button can be the best remedy. A tranquil oasis is created to melt away the stressors of the day! The DeStress Oasis offers a relaxing, recharging experience that employees will appreciate for a long time to come.

### Aromatherapy- Cost \$1,050; 3-hours

Aromatherapy is a holistic treatment that uses essential oils such as rose, lemon, lavender, and peppermint, inhaled, massaged or diffused, to alleviate tension and fatigue and invigorate the entire body. Working in concert with the olfactory nerves essential oils have a direct effect on our nervous system and brain and with regular use positively affect mood, reduce anxiety and promote relaxation.

### BuddhaBooth- Cost - \$1,950; 3-hours

#### Your Om Away from Home

The BuddhaBooth is portable peace and quiet. We provide a sensory-safe space of comfort to alleviate the senses amid the chaos of the world around. The benefits of taking a timeout in a BuddhaBooth are numerous as experienced by seekers of calm all around the world. With a private space to gain mental strength and clarity to handle the daily obstacles one encounters,

our clients feel comforted and recharged after each use. Studies show that dedicating even just five minutes to mental peace and rest can lead to

results such as expanded clarity and focus, increased productivity, enhanced sense of well-being.



### BuddhaBooth (cont.)

Instead of surrendering to stress, claim your calm. A Meditation Practitioner will man the Booth taking participants through a 3 to 5-minute guided relaxation experience.

### Chair Yoga – Cost \$550; 3-hours

The chair is not our enemy. How we approach our time in the chair may be! If your job calls for extended seated time, chair yoga guides you through easy stretches and movements in conjunction with breathing work to relieve areas of tension and reduce overall stress; leaving you relaxed and ready for their next challenge!

You will take away tools to avoid stiffness, fatigue, and tension that often result from prolonged sitting.



### On-Site Massage - Cost \$525; 1 therapist; 3-hours

Studies have found massage to be helpful for: Anxiety • Digestive disorders • Fibromyalgia • Headaches • Insomnia Related to Stress • Myofascial Pain Syndrome • Nerve Pain • Soft Tissue Injuries • Sports Injuries• TMJ

Fully insured, licensed and vetted therapists come to the workplace to provide 10 to 15-minute massages. No disrobing needed, participants sit comfortably in a special massage chair.



Any number of therapists can be deployed per event. This service is a great addition to any corporate event and can be offered on a weekly or monthly basis to reduce stress. On-line scheduling provided at no additional charge. Events greater than 4-hours require break time for therapists. Any number of therapists can be scheduled.

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## Meditation Medley – Cost \$725; 3-hours

Meditation is a practice that can instill a state of calm, decrease stress and promote an overall sense of well-being. The meditation practitioner will offer a medley of guided meditations throughout the event. Sessions convene in a separate breakout area. 10 to 15-minute meetings will be held each hour with a focus on different meditation practices, i.e., Zen Meditation – focus on breathing work; Color Guided Meditation – Chakra focus and Guided Meditation concentrate on visualization to bring on a sense of stillness and calm.

## Reflexology – Cost - \$545; 3-hours

Reflexology is a relaxing pressure point massage that is performed on the hands and/or feet. Participant's feet are placed on a lapboard and cleansed by the therapist. Pressure points are targeted to provide a very relaxing therapeutic experience. Since reflexology is performed on each foot (or hand) individually, this service takes approximately 12-15 minutes per person. About four people per therapist can be seen per hour. Multiple therapists are available.

## Time-Out Organic Tea Tasting Break – Cost \$1,050; 3-hours

This Garden/Farm to Table program includes a tasting of several varieties of herbal ice or hot teas. Our Tea Steward will provide information on Tisanes ("herbal infusion"), of dried flowers, fruits or herbs steeped in boiling water. Additionally, information on how to grow herbs, the healthy properties that they have, and how to make a delicious, refreshing cup of tea is provided. Access to water and electricity required.

## Voyager Relaxation – Cost \$475; 3-hours

Do you like to work at peak levels? Or do you just want to retreat to a relaxing place? The Voyager Relaxation Units (attached to headphones & glasses) is programmed to provide 10 to 15-minute sessions that instill a deep state of relaxation.



User Experience – Participants put on glasses and headphones and sit quietly with eyes closed. A ten-minute session provides audible (alternating sounds in ears) and visual stimuli (patterns of colored lights flashing in eyes). Brainwave research has shown that brainwaves will pattern to the light and sound allowing participants to achieve a deep state of relaxation in a short period. When used regularly these units can assist individuals with creative visualization, accelerated learning and business and sports development.

## OASIS PRICING <sup>1</sup>

SERVICE	STAFF	COST
Aromatherapy	1	\$1,050
BuddhaBooth	1	\$1,950
Chair Yoga	1	\$550
Massage	2	\$819
Meditation Medley	1	\$725
Reflexology	2	\$839
Organic Tea Tasting	1	\$1,050
Voyager Relaxation	1	\$475
<b>TOTAL ALL SERVICES</b>		<b>\$7,383</b>

1 – Base pricing is not binding. Above pricing is based on a 3-hour event staffed to serve approximately 36 - 40. Services can be purchased separately. Additional hours and staff are available for high volume events. HFC reserves the right to quote each event individually based on event specifics.

\* Additional hours and staff are available for high volume events. An additional \$175 administrative / shipping fee will be added to Oasis events (fee may vary based on event size). Custom proposals and pricing available upon request.

For maximum beneficial effect, a separate quiet area with the ability to dim the lights is preferred. Participants schedule a time to visit the lounge and spend anywhere from 15 – 30 minutes sampling the available services. They are guaranteed to leave, relaxed, recharged and ready to tackle the day.

Interested in offering a particular service weekly, monthly or leasing a BuddhaBooth? E-mail: [info@TryHFC.com](mailto:info@TryHFC.com) for a custom quote.



*Free Your Mind*

*Foster Mindfulness*

*Enhance Your Life*

