

DeStress Lounge an immersive experience

In today's face paced existence sometimes hitting the pause button can be the best remedy. A tranquil oasis is created in the workplace to melt away the stressors of the day! Select from one, or offer all of the services below to create a warm, refreshing experience that employees will appreciate for a long time to come.

Aromatherapy

Aromatherapy is a holistic treatment using scents. Through the use of essential oils such as rose, lemon, lavender and peppermint, inhaled, massaged or diffused, you can alleviate tension and fatigue and invigorate the entire body. Working in concert with the olfactory nerves they have a direct effect on our nervous system and brain. Essential oils can affect mood, reduce anxiety and promote relaxation.

DeStress-Meditation

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 guided meditation periodically throughout the event to those within the DeStress Lounge as they are experiencing the other services.

Massage

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 Therapists come to the workplace with a portable massage chair to provide 10 to 15 minute massages to interested employees.

Reflexology

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. Approximately 4 people per therapist can be seen in 1-hour. Multiple therapists are available.



Time-Out Organic Tea Tasting Break

This Garden/Farm to Table program includes a tasting of several varieties of herbal ice and 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 your own delicious refreshing cup of tea will be provided.

Voyager Relaxation

Do you enjoy adventure? 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 head phones & glasses) are programmed to provide 10 to 15 minute sessions that instill a deep state of relaxation. When used regularly these units can assist individuals with creative visualization, accelerated learning and business and sports development.

+ Ideal Event Set-up

For maximal affect, 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.

E-mail: info@TryHFC.com for a quote.