



BUSINESS SERVICE BROCHURE

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About Us



Introduction

Welcome to Godiva Clinic – your premier destination for comprehensive wellness and health management. We specialize in functional medicine, offering personalised treatments that focus on the root causes of health concerns rather than just symptoms. Our services include in-depth blood testing, detailed health and body composition checks, and customized nutrition and exercise plans to help you achieve optimal well-being.

Why would your business benefit from the services provided by Godiva Clinic?

At Godiva Clinic, we believe that the health and well-being of your employees directly impact your business's success. Our services, including advanced blood testing, detailed health assessments, and customized nutrition and exercise plans, are designed to help your team achieve optimal health and peak performance. By partnering with us, you invest in the long-term well-being of your workforce, boosting productivity, reducing absenteeism, and promoting a healthier, more engaged team.



Why Work With Us?

In today's fast-paced business environment, companies are constantly seeking innovative ways to enhance employee performance, reduce absenteeism, and increase productivity. One often-overlooked factor, however, is the profound impact that employees' physical and mental health has on their overall effectiveness. Research consistently shows that physical well-being, coupled with its positive effects on mental health, directly influences productivity, engagement, and job satisfaction. The World Health Organization highlights that mental and physical health are interconnected and essential for managing stress, working efficiently, and contributing meaningfully to an organization. By partnering with our health clinic, which offers comprehensive services such as exercise programs, access to a nutritionist, blood testing, blood pressure monitoring, and overall physical health support, you can significantly improve your team's well-being. Prioritizing employee health not only fosters greater motivation and focus but also leads to fewer sick days and enhanced performance, driving better outcomes for your business.

At Godiva Clinic our mission is to bridge the gap between everyday health concerns and professional medical care by providing comprehensive testing, personalized health assessments, and clear, actionable insights. We take the guesswork out of your health by offering a client-centered approach where every individual's unique needs are our priority. We believe no question is too small, and we are committed to spending as much time as needed to ensure that each client feels informed, supported, and empowered. Our goal is to provide the clarity and guidance necessary for you to take the next steps with confidence, whether that means bringing your results to your primary care doctor or continuing care with us. Your health is our top priority, and we're here to help you navigate it every step of the way.



Evidence

The Impact of Employee Health on Productivity

Exercise Programs: Incorporating regular physical activity into the workplace has been proven to boost employee health and work performance. A study published in The Journal of Occupational and Environmental Medicine found that employees who participated in exercise programs demonstrated significant improvements in both physical health and job performance, including increased energy levels and reduced stress (Proper et al., 2003). These benefits translate into fewer sick days, greater focus, and a more engaged workforce.

Incorporating regular physical activity into the workplace has been shown to enhance employee health and work performance. Exercise programs, particularly those focusing on resistance and stretching, can significantly reduce the incidence of low back pain (LBP), a common ailment that often leads to absenteeism. Studies have demonstrated that such exercise interventions decrease both the frequency of LBP episodes and the number of days employees are absent from work due to back pain.

[mdpi.com](https://www.mdpi.com)

By implementing workplace exercise initiatives, employers can foster a healthier workforce, leading to decreased absenteeism and increased productivity.

Blood Testing and Blood Pressure Monitoring: Regular blood testing and blood pressure monitoring are critical for identifying health risks early and preventing long-term issues. Research from The American Journal of Hypertension suggests that employees who regularly monitor their blood pressure are more likely to take proactive steps to manage their health, reducing the likelihood of heart disease and stroke, which are common causes of long-term absenteeism (Chobanian et al., 2003). Early detection of health problems through routine testing allows employees to address issues before they impact their ability to work.



Evidence

Access to a Nutritionist: Proper nutrition is crucial for maintaining physical and mental health. A study in the American Journal of Clinical Nutrition revealed that employees who receive personalized nutrition guidance are more likely to make healthier food choices, leading to improved overall health and fewer days off work ([Davis et al., 2016](#)). Having access to a nutritionist can help employees optimize their diets, improving their energy levels, focus, and resilience to stress, all of which contribute to better job performance and reduced absenteeism.

The Link Between Physical Health and Mental Well-Being: Research consistently shows that improving physical health can have a direct impact on mental well-being, which in turn boosts work performance. Employees who engage in regular physical activity, maintain a balanced diet, and monitor their health are less likely to experience burnout, anxiety, and depression. A study in The Lancet Psychiatry demonstrated that physical health interventions led to reduced stress levels and improved cognitive function, resulting in better focus, enhanced decision-making, and improved job performance ([Karanikolos et al., 2013](#)). Additionally, a Psychosomatic Medicine review found that employees who take steps to improve their physical health tend to experience better mental health, which translates into increased engagement and fewer disruptions in work-related tasks ([Goh et al., 2019](#)).



Scientific Evidence Supporting the Benefits of Employee Health Programs

According to the HSA, organizations that invest in employee health programs experience not only lower rates of absenteeism but also a higher level of employee engagement and retention (HSA, 2019). In addition, a study by the Economic and Social Research Institute (ESRI) found that Irish companies that implemented health and wellness programs, including regular health screenings and physical activity initiatives, saw significant reductions in healthcare costs and better overall employee performance (ESRI, 2021). These programs were linked to improved employee morale, reduced burnout, and enhanced team collaboration. The Workplace Wellness Ireland initiative, launched by the Irish government, underscores the importance of mental health alongside physical health in fostering a productive workforce. Research from this program has demonstrated that organizations with a focus on mental well-being through stress reduction workshops, access to counseling, and promoting work-life balance reported increased productivity and lower turnover rates (Workplace Wellness Ireland, 2020).

Additionally, Irish research shows that the return on investment for health programs is clear. A report from the Irish Business and Employers Confederation (IBEC) indicates that for every €1 invested in employee wellness programs, companies can expect to see a return of up to €4 in reduced healthcare costs, improved productivity, and reduced absenteeism (IBEC, 2018).

These findings highlight the positive impact that health and wellness initiatives can have on both employees and organizations in Ireland. By supporting employee health, businesses can reduce costs, increase productivity, and create a healthier, more engaged workforce. Investing in employee well-being is not only beneficial for employees but also serves as a smart business strategy.



A meta-analysis published in The Lancet found that workplace health programs that incorporate physical activity, nutrition, and health monitoring lead to improvements in employee health, reduced absenteeism, and increased productivity ([Conn et al., 2009](#)). The World Health Organization has long emphasized that employee well-being is essential for maximizing productivity and reducing work-related stress. Supporting physical health is crucial for improving overall mental health and work performance ([WHO, 2020](#)).

Scientific Evidence Supporting the Benefits of Employee Health Programs in Ireland

Research conducted in Ireland has consistently shown the significant benefits of workplace health programs in improving employee well-being and boosting organizational performance. A study by the Irish Heart Foundation found that workplace wellness initiatives, particularly those promoting physical activity, healthy eating, and stress management, have a direct impact on reducing absenteeism and increasing productivity (Irish Heart Foundation, 2020). Employees who participated in such programs reported lower levels of stress, greater job satisfaction, and improved overall health. The Health and Safety Authority (HSA) in Ireland also highlights that a healthy workforce is integral to business success, noting that work-related stress and poor physical health are major contributors to absenteeism and decreased productivity.



Our Services

Blood Testing Panels



Bronze Package €200

Establish the general health of your patients with a broad screen including vitamin D and ferritin.

Full Blood Count

Haemoglobin
Haematocrit
Mean Cell Haemoglobin
Mean Cell Haemoglobin
Concentration (MCHC)
Mean Cell Volume
Red Blood Cell Count
Basophil Count
Lymphocyte Count
Eosinophil Count
Monocyte Count
Neutrophil Count
White Blood Cell Count
Platelet Count

Kidney Health

Creatinine
eGFR
Chloride
Potassium*
Phosphate
Sodium
Urea

Urinalysis

Bilirubin
Glucose
Ketones
Nitrite
PH
Protein
Red Blood Cells
Urobilinogen
White Blood Cells

Heart Health

Total Cholesterol
LDL Cholesterol
HDL Cholesterol
Total Cholesterol/HDL
Cholesterol Ratio
Triglycerides
High Sensitivity
C-Reactive Protein

Iron Status

Ferritin

Diabetes Health

Glucose
HbA1c

Liver Health

Alkaline Phosphatase
Alanine Aminotransferase
Aspartate Transferase
Gamma-glutamyl
Transferase
Total Bilirubin
Albumin

Diabetes Health

Glucose

Bone Health

Alkaline Phosphatase
Calcium (Adjusted)
Phosphate
Vitamin D



Silver Package €300

A detailed dive into patient health and wellbeing including extended cardiovascular health.

Includes panels

covered in

Bronze

Package:

Full Blood Count
Heart Health
Liver Health
Kidney Health
Diabetes Health
Urinalysis
Bone Health



Thyroid Health

Thyroid Stimulating
Hormone
Free Tri-iodothyronine
Free Thyroxine
Anti-Thyroglobulin
Antibody
Anti-Thyroid Peroxidase
Antibody

Diabetes Health

Glucose
HbA1c
Insulin
C-Peptide

Metabolic Syndrome

Leptin
Adiponectin
Resistin

Tumour Markers

Total Prostate
Specific Antigen (M)
CA-125 (F)

Iron Status:

Ferritin
Iron
TIBC
Transferrin
Transferrin
Saturation

Kidney Health

Cystatin C
Magnesium
Uric Acid

Nutritional Health

Calcium (Adjusted)
Albumin
Iron
Vitamin D
Magnesium

Heart Health

Apolipoprotein A-I
Apolipoprotein B
Apolipoprotein B / A-I
Ratio
Apolipoprotein CII
Apolipoprotein CIII
Apolipoprotein E
Cardiovascular Risk
Score
High Sensitivity
C-Reactive Protein
Lipoprotein (a)
Small LDL Cholesterol

Infection & Inflammation

C-Reactive Protein

Muscle & Joint Health

Uric Acid

Gold Package €400

Largest and most exclusive screen covering over 150 data points across key health areas.

Includes panels

covered in

Silver Package:

Full Blood Count
Heart Health
Liver Health
Kidney Health
Diabetes Health
Urinalysis
Bone Health
Thyroid Health
Tumour Markers
Nutritional Health
Infection &
Inflammation
Iron Status
Metabolic Syndrome



Infection & Inflammation

C-Reactive Protein
Albumin
Complement Component 3
Complement Component 4
Ferritin
Immunoglobulin A
Immunoglobulin G
Immunoglobulin M
Anti-streptolysin O

Pancreatic Health

Pancreatic Amylase
Lipase

Allergy Evaluation

Immunoglobulin E

Female Hormonal Health

Oestradiol
Follicle Stimulating
Hormone
Luteinising Hormone
Progesterone
Prolactin
Testosterone
Sex Hormone Binding
Globulin
Free Androgen Index

Digestive Health

H. Pylori
Anti-Tissue
Transglutaminase
Antibodies

Muscle & Joint Health

Creatine Kinase
Uric Acid
Rheumatoid Factor

Male Hormonal Health

Testosterone
Sex Hormone Binding
Globulin
Free Androgen Index

Nutritional Health

Folic Acid
Vitamin B12
Total Antioxidant
Status

Bone Health

Parathyroid Hormoneulin
E



SPECIALISED PANELS

Tired All The Time €250

Address common causes of fatigue in your patients including nutritional deficiencies and thyroid function.

Full Blood Count

Haemoglobin
Hematocrit
Mean Cell Haemoglobin
Mean Cell Haemoglobin
Concentration (MCHC)
Mean Cell Volume
Red Blood Cell Count
Basophil Count
Lymphocyte Count
Eosinophil Count
Monocyte Count
Neutrophil Count
White Blood Cell Count
Platelet Count

Kidney Health

Creatinine
eGFR
Chloride
Potassium*
Phosphate
Sodium
Urea
Cystatin C
Magnesium

Nutritional Health

Calcium (Adjusted)
Albumin
Iron
Folic Acid
Vitamin B12
Vitamin D

Thyroid Health

Thyroid Stimulating Hormone
Free Tri-iodothyronine
Free Thyroxine
Anti-Thyroglobulin Antibody
Anti-Thyroid Peroxidase
Antibody

Bone Health

Alkaline Phosphate

Infection & Inflammation

C-Reactive Protein

Diabetes Health

Glucose
HbA1c
Insulin
C-Peptide

Iron Status

Ferritin
Iron
Total Iron Binding Capacity
Transferrin
Transferrin Saturation

Fertility Panel (Male & Female) €230

Rule out common differential diagnoses associated with difficulty conceiving.

Full Blood Count

Haemoglobin
Haematocrit
Mean Cell Haemoglobin
Mean Cell Haemoglobin
Concentration (MCHC)
Mean Cell Volume
Red Blood Cell Count
Basophil Count
Eosinophil Count
Lymphocyte Count
Monocyte Count
Neutrophil Count
White Blood Cell Count
Platelet Count

Hormonal Health

Oestradiol
Follicle Stimulating
Hormone
Luteinising Hormone
Progesterone
Prolactin
Testosterone
Sex Hormone Binding
Globulin
Free Androgen Index

Liver Health

Alanine Aminotransferase
Alkaline Phosphatase
Aspartate Aminotransferase
Gamma- glutamyltransferase
Total Bilirubin
Albumin
Ferritin

Heart Health

Total Cholesterol
LDL Cholesterol
HDL Cholesterol
Total Cholesterol / HDL
Cholesterol Ratio
Triglycerides

Iron Status

Iron
Ferritin
Total Iron Binding Capacity
Transferrin
Transferrin Saturation

Kidney Health

Chloride
Phosphate
Potassium*
Sodium
Urea

Diabetes Health

Glucose
HbA1c
Insulin

Nutritional Health

Vitamin D

Infection & Inflammation

C-Reactive Protein



Sports Performance €300

A profile to optimise athletic performance through specific monitoring of nutrition, hormone and stress levels, providing insight to prevent injury and overtraining.

Full Blood Count

Haemoglobin
Haematocrit
Mean Cell Haemoglobin
Mean Cell Haemoglobin
Concentration (MCHC)
Mean Cell Volume
Red Blood Cell Count
Basophil Count
Eosinophil Count
Lymphocyte Count
Monocyte Count
Neutrophil Count
White Blood Cell Count
Platelet Count

Nutritional Health

Total Antioxidant Status
Folic acid
Vitamin B12
Vitamin D

Liver Health

Alanine Aminotransferase
Alkaline Phosphatase
Aspartate Transferase
Gamma-glutamyl Transferase
Total Bilirubin
Albumin
Ferritin

Heart Health

Total Cholesterol
LDL Cholesterol
HDL Cholesterol
Total Cholesterol / HDL
Cholesterol Ratio
Triglycerides
Apolipoprotein A-I
Apolipoprotein B
Apolipoprotein B / A-I
Ratio
High Sensitivity
C-Reactive Protein
Cardiovascular Risk
Score

Diabetes Health

Glucose
HbA1c

Female Hormonal Health

Luteinising Hormone
Testosterone
Sex Hormone Binding Globulin
Free Androgen Index

Thyroid Health

Thyroid Stimulating Hormone
Free Tri-iodothyronine FT3
Free Thyroxine FT4

Male Hormonal Health

Testosterone
Sex Hormone Binding Globulin
Free Androgen Index

Urinalysis

Bilirubin
Glucose
Ketones
Nitrite
pH
Protein
Red Blood Cells
Urobilinogen
White Blood Cells

Iron

Ferritin
Total Iron Binding
Capacity
Transferrin
Transferrin Saturation

Kidney Health

Creatinine
eGFR
Calcium (Adjusted)
Chloride
Magnesium
Phosphate
Potassium*
Sodium
Urea
Uric Acid

Creatine Kinase

CK-MB
Myoglobin

Stress Health

Cortisol
DHEA-S

Bone Health

Alkaline Phosphatase
Calcium (Adjusted)
Phosphate
Vitamin D

Infection & Inflammation

C-Reactive Protein



Nutritional Health €250

Our new nutritional panel, designed and curated by our in-house expert nutritionist, includes key markers of current nutritional status alongside other indicators that may be causative or symptomatic of poor nutritional outcomes.

Full Blood Count

Haemoglobin
Haematocrit
Mean Cell Haemoglobin
Mean Cell Haemoglobin
Concentration (MCHC)
Mean Cell Volume
Red Blood Cell Count
Basophil Count
Eosinophil Count
Lymphocyte Count
Monocyte Count
Neutrophil Count
White Blood Cell Count
Platelet Count

Liver Health

Alanine Aminotransferase
Alkaline Phosphatase
Aspartate Aminotransferase
Gamma- glutamyltransferase
Total Bilirubin
Albumin
Ferritin

Nutritional Health

Albumin
Calcium (Adjusted)
Iron
Folate
Vitamin B12
Vitamin D
Zinc
Magnesium

Pancreatic Health

Pancreatic Amylase

Digestive Health

Anti-Tissue
Transglutaminase
Antibodies

Heart Health

Total Cholesterol
LDL Cholesterol
HDL Cholesterol
Total
Cholesterol/HDL
Cholesterol Ratio
Triglycerides

Diabetes Health

Glucose
HbA1c
Insulin

Iron Status

Iron
Ferritin
Total Iron Binding
Capacity
Transferrin
Transferrin Saturation

Thyroid Health

Thyroid Stimulating Hormone
Free Thyroxine
Free Tri-iodothyronine
Anti-Thyroglobulin Antibody
Anti-Thyroid Peroxidase
Antibody

Vitamins and Minerals €150

Iron Status

Iron
Ferritin
Total Iron Binding Capacity
Transferrin
Transferrin Saturation

Nutritional Health

Albumin
Calcium (Adjusted)
Magnesium
Iron
Folic acid
Vitamin B12
Zinc
Vitamin D

Nutrition & Lifestyle Most Popular Individual Tests

Omega-3 Index
(includes Omega-3 Index, Omega-6:Omega-3 ratio,
AA:EPA ratio, Trans Fat Index)

Omega-3 Index Complete
(includes Omega-3 index, Omega-6:Omega 3 ratio,
AA:EPA ratio, AA, EPA, Trans fat index)

Intrinsic Factor Antibodies

Vitamin B12 (Active)

Red Cell Folate

Tissue Transglutaminase IgA (Coeliac)



Endocrinology €170

This panel assesses the current state of a patient's Thyroid and Hormonal Health.

Hormonal Health

Oestradiol
Follicle Stimulating
Hormone
Luteinising Hormone
Progesterone
Prolactin
Testosterone
Sex Hormone Binding
Globulin
Free Androgen Index

Thyroid Health

Thyroid Stimulating
Hormone
Free Thyroxine
Free Tri-
iodothyronine
Anti-Thyroglobulin
Antibody
Anti-Thyroid
Peroxidase
Antibody
Hormonal Health



Oestradiol
Follicle Stimulating
Hormone
Luteinising Hormone
Progesterone
Prolactin
Testosterone
Sex Hormone Binding
Globulin
Free Androgen Index

Anaemia Profile €190

This panel assesses the current state of a patient's anaemia and evaluates key factors that could be contributing to the condition.

Full Blood Count

Haemoglobin
Haematocrit
Mean Cell Haemoglobin
Mean Cell Haemoglobin
Concentration (MCHC)
Mean Cell Volume
Red Blood Cell Count
Basophil Count
Eosinophil Count
Lymphocyte Count
Monocyte Count
Neutrophil Count
White Blood Cell Count
Platelet Count

Iron Status

Iron
Ferritin
Total Iron Binding
Capacity
Transferrin
Transferrin Saturation

Nutritional Health

Folic Acid
Vitamin B12

Infection & Inflammation

High Sensitivity
C-Reactive Protein



INDIVIDUAL PANELS

Rheumatology

Anti-CCP
Rheumatoid Factor
Uric Acid
Erythrocyte Sedimentation
Rate

€100

Muscle & Joint Health

Creatine Kinase
Uric Acid
Rheumatoid Factor
Lactate Dehydrogenase

€100

Diabetes Health

Glucose
HbA1c
Insulin
C-peptide

€100

Bone Health

Alkaline Phosphatase
Calcium (Adjusted)
Phosphate
Vitamin D
Parathyroid Hormone

€180

Kidney Health

Creatinine
Estimated Glomerular
Filtration Rate
Calcium (Adjusted)
Chloride

Magnesium
Phosphate
Potassium*
Sodium
Urea

€100

Testosterone Monitoring

Testosterone
Sex Hormone Binding Globulin
Free Androgen Index
Free Testosterone
Albumin

€100



Thyroid Health

Thyroid Stimulating
Hormone
Free Tri-iodothyronine
Free Thyroxine
Anti-Thyroglobulin
Antibody
Anti-Thyroid Peroxidase
Antib

€100

Lipid Profile

Total Cholesterol
LDL Cholesterol
HDL Cholesterol
Total Cholesterol/HDL
Cholesterol Ratio
Triglycerides

€80

Liver Health

Alanine Aminotransferase
Alkaline Phosphatase
Aspartate Aminotransferase
Gamma- glutamyltransferase
Total Bilirubin
Albumin
Ferritin

€80

Heart Health

Total Cholesterol
LDL Cholesterol
HDL Cholesterol
Total Cholesterol / HDL
Cholesterol Ratio
Triglycerides
Apolipoprotein A-I
Reactive
Protein

Apolipoprotein B
Apolipoprotein B / A-I
Ratio
Apolipoprotein CII
Apolipoprotein CIII
Apolipoprotein E
Small LDL Cholesterol
Lipoprotein (a)
High Sensitivity C-

€150



Our Services

Nutritionist



At Godiva Clinic, we offer personalized nutrition services designed to support your unique health goals and needs. Our expert nutritionist works closely with each client to assess their dietary habits, health concerns, and lifestyle, creating tailored nutrition plans that promote overall wellness and prevent chronic health issues. Whether you're looking to manage your weight, improve energy levels, reduce stress, or address specific conditions like gut health, high blood pressure or diabetes, our nutritionist provides evidence-based guidance and practical advice to help you make informed food choices. We believe that good nutrition is a key pillar of health, and through one-on-one consultations, we empower our clients with the knowledge and tools to lead healthier, more balanced lives.

For employers, offering personalized nutrition services to employees can have significant benefits for both individual health and the workplace. Employees who receive proper nutritional guidance are likely to experience improved energy levels, reduced stress, and better overall health, leading to fewer sick days and decreased absenteeism. With tailored nutrition plans, employees are equipped to manage weight, boost productivity, and maintain focus throughout the workday, all of which contribute to a more efficient and positive work environment. Investing in nutrition services for your team not only supports their well-being but also enhances the long-term success and performance of your business.



Our Services

Body Composition



At Godiva Clinic, we provide advanced body composition analysis using cutting-edge technology, offering a deeper understanding of your health beyond just weight. Our technology measures crucial metrics like body fat percentage, muscle mass, visceral fat, and metabolic rate, giving you valuable insights into your overall health and fitness. After your analysis, you'll receive detailed results through the Tanita app, making it easy to track changes over time, set personalized goals, and monitor your progress. This data equips you with the knowledge to make informed decisions about your health, supporting you in achieving a healthier body composition and reaching your wellness goals more effectively.

For employers, offering this service to employees can lead to a healthier, more engaged workforce. By providing employees with insights into their body composition, businesses can help identify and address health concerns early, preventing chronic conditions that could lead to absenteeism. Employees who are healthier, more active, and better informed about their well-being are less likely to take sick days, leading to reduced company healthcare costs and improved productivity. Investing in body composition analysis not only benefits individual health but also supports the overall success and efficiency of your organization.



Our Services

Exercise Prescription



At Godiva Clinic, our exercise scientists specialize in providing tailored exercise prescriptions designed to improve the overall health and well-being of employees. By incorporating personalized fitness routines into their daily lives, employees experience enhanced physical fitness, reduced stress, and better mental clarity. This proactive approach helps prevent common workplace health issues such as chronic pain, fatigue, and stress-related illnesses, ultimately reducing absenteeism. With regular exercise, employees are more energized, focused, and less prone to long-term health complications, leading to increased productivity and a healthier, more engaged workforce. Investing in exercise prescriptions not only boosts the health of your employees but also contributes to a more positive and efficient work environment.



Our Services

Dry Needling



Dry needling, a specialized technique involving the insertion of thin needles into muscle trigger points, can help alleviate pain, reduce muscle tension, and improve overall mobility. This treatment can help employees manage stress more effectively, reduce the likelihood of workplace injuries, and promote quicker recovery from physical strain. As a result, they experience improved well-being, greater focus, and heightened productivity, enabling them to complete their tasks with fewer disruptions from discomfort or fatigue. For the company, providing access to dry needling as part of a wellness program demonstrates a commitment to employee health and satisfaction, fostering a positive work culture and potentially reducing healthcare costs by addressing musculoskeletal issues early. This collaboration not only supports employees' physical health but also benefits the company through improved morale, retention, and overall business performance.



Other Services

We can provide tailored workshops that focus on health topics, including stress management and nutrition. These workshops are designed to educate and empower your team, giving them the tools they need to lead healthier lives both inside and outside the workplace.

Additionally, our bi-monthly or quarterly on site health checks offer proactive, comprehensive assessments of your employees' physical health. These check-ins are designed to identify potential health issues early, helping to reduce absenteeism and promote a healthier workforce.

To keep your team energized and motivated, we also offer exercise classes that cater to all fitness levels. From low intensity exercise to high-energy group workouts, our classes provide an engaging way for employees to stay active, relieve stress, and improve overall wellness. This can be done onsite or offsite. We can provide a personal trainer if your staff are interested in starting 1:1 exercise.

We also offer gift vouchers that can be utilized for employee appreciation or as part of your incentive programs. Additionally, we can discuss employee discounts on our other services including aesthetic services.

The services outlined above are just a small sample of what we can provide. This is not an exhaustive list, and we are more than happy to collaborate with you to develop customized solutions that align with your specific needs and ideas.



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