

COMPANY WELLNESS



Solutions

Making Your Workplace Better

Discover our new experiences
for your next... *wellness week*

Table of *contents*

03 **Take Notice** of Your Health

02 **Connect** with Yourself and Others

03 **Play** with Purpose

04 **Be Active**

05 **Keep Learning** New Skills

06 **Give** Yourself Attention



TAKE NOTICE

O F Y O U R H E A L T H



Biometric Testing



This year's biometric station is all about taking notice—of your body, your health, and your future! Employees will enjoy a full health screening experience, including glucose, cholesterol, blood pressure, BMI, and our new addition: waist circumference testing, aligned with our focus on longevity. Each participant also receives an educational consultation, wellness brochures to take home, and access to their personalised digital health history—because knowledge is power, and your wellbeing matters.

Price

(Each station will be managed by a qualified Registered Nurse who will administer the required vital checks).

R2850 per nurse per day - one nurse can accommodate 30 employees per day

R225 per biometric test set, includes consumables

R75 per HIV test





Abby Health Scan

At the Abby Health Station, we're taking wellness to the next level with our cutting-edge longevity scan. In addition to your regular health assessments, this smart technology will evaluate key indicators associated with long-term health and vitality.

The scan for life typically measures factors such as metabolic age, visceral fat, muscle quality, hydration levels, and overall body composition, giving you a snapshot of how well your body is aging. It's a quick, non-invasive way to take notice of where you stand and how small changes today can add up to a longer, healthier tomorrow.

Price

An Abby-trained technical expert will manage each station.

R18,900 per machine per day

(Includes experts, transportation, setup, and breakdown of the machine.)



Discover Your Wellness Age

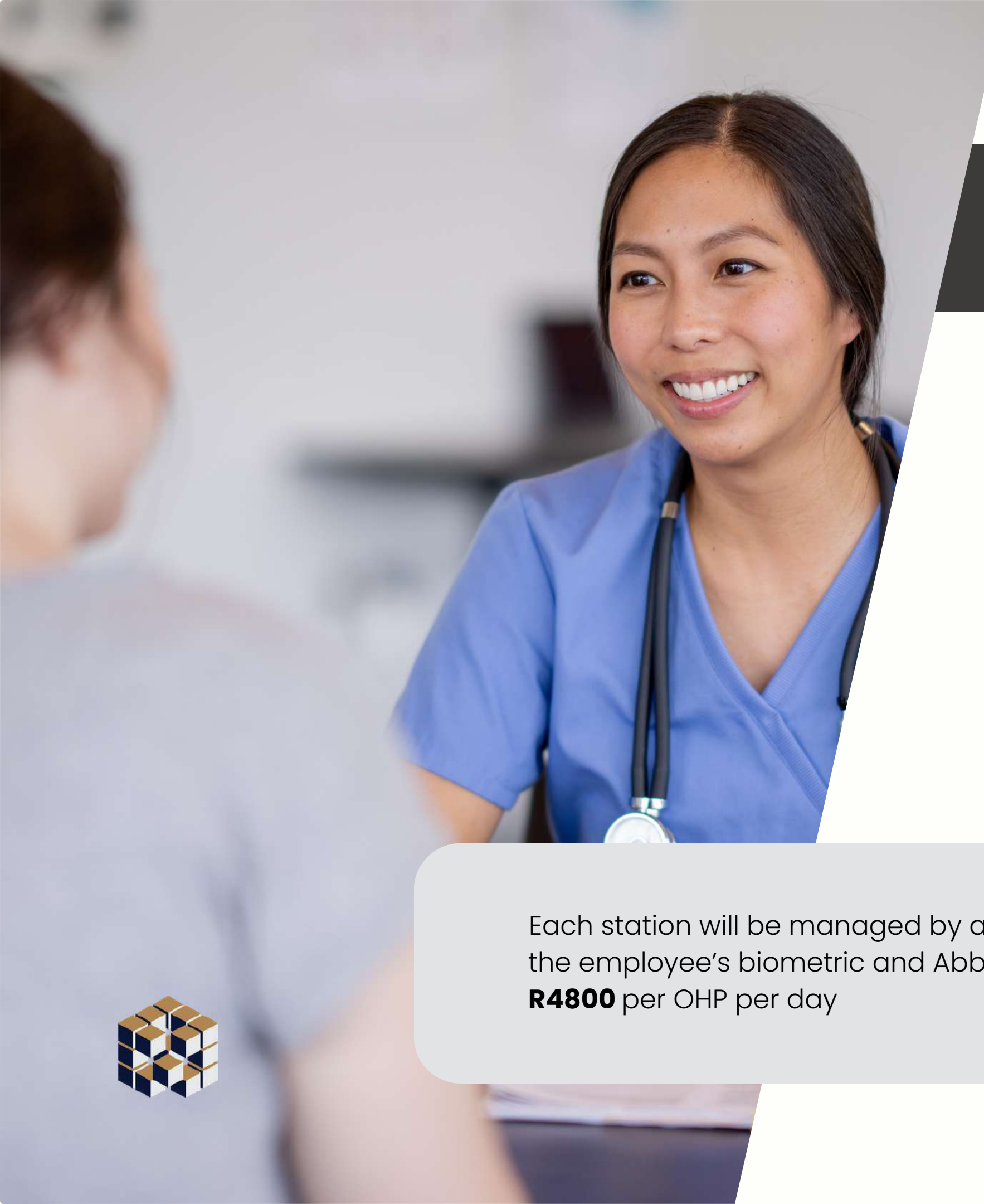
Take a deep dive into your overall health and fitness with the Technogym Checkup. This AI-powered, holistic assessment calculates your Wellness Age across key areas like mobility, strength, cardio, posture, cognitive function, and body composition. In just 30 minutes, you'll receive real-time insights that go far beyond weight or BMI, helping you understand how your body is truly performing compared to your actual age. It's a powerful, personalised snapshot of your longevity potential—designed to motivate, guide, and inspire action.

Price

A Techno-trained technical expert will manage each station.

R29,500 per machine per day
*(Includes experts, transportation, setup,
and breakdown of the machine.)*





Health Decoding

Our Health Decoding Stall, led by qualified Occupational Health Practitioners, is your go-to spot for making sense of your biometric results. This year, we're zeroing in on how to improve your longevity, giving you practical tips and personalised insights that help you live better, longer. Whether it's understanding your risk factors or getting pointed in the right direction for further support, this station connects the dots between your results and real, actionable steps through the EAP.

Price

Each station will be managed by a qualified OHP who will guide and unpack the employee's biometric and Abby screening results

R4800 per OHP per day



Eye Screening

Don't overlook your eye health—our expert team will be on hand to offer professional eye screenings that are quick, easy, and essential. Whether you wear glasses or not, this proactive check-up helps detect potential issues early and ensures your vision is supporting your overall wellbeing. Pop in for a screening and walk away with peace of mind and a clearer outlook on your health.

Price

This service is complimentary.



The Longevity Lab

Step into the Longevity Lab for quick and easy finger-prick tests that check your Vitamin B12 and D levels—two powerful nutrients that play a big role in how you feel today and how you age tomorrow.

Vitamin B12 supports your energy, brain function, and nervous system health, while Vitamin D boosts immunity, strengthens bones, and helps regulate mood. Knowing your levels is the first step to staying sharp, strong, and thriving for the long run.

Price

Each lab will be managed by a qualified Registered Nurse who will administer the required rapid tests. The nurse will decode results and provide recommendations.

R2850 per nurse per day - one nurse per 30 employees per day

R285 per Vitamin D test, includes consumables

R265 per Vitamin B-12 test, includes consumables



The Longevity Shot

Just completed your Vitamin B12 and D finger-prick test? Keep the momentum going with The Longevity Shot—a delicious mini drink packed with the very nutrients you’ve just checked. Formulated to support energy, immunity, and bone health, this quick sip is the perfect follow-up to your test, giving your body an instant boost while you plan your next wellness move.

Price

Station will be managed by the nurse.
There will be 4 variations on offer.

R45 per longevity shot

R3800 stall set up cost per day.





Vital IV Lounge

Take your post-test care to the next level with a visit to our Vital IV Lounge. If your finger-prick results show you could use a boost, our wellness IV drips are here to deliver targeted hydration and essential nutrients—like Vitamin B12, D, and more—directly into your system for maximum absorption. Whether you're low on energy, immunity, or just looking to feel your best, this aftercare experience helps you bounce back faster and stronger.

Price

Station will be managed by Registered Nurses.
There will be 4 variations on offer.

R1800 per drip.

R6500 stall set up cost per day.

R2850 per nurse per day.





The Body Blueprint

Discover how your body holds itself together — literally! At The Body Blueprint (Body Graph), our team will guide you through a simple, practical posture and alignment check to help you identify any imbalances, tension points, or habits that may be affecting your movement, comfort, or long-term health. It's a powerful way to tune into your body and take the first steps toward standing taller, moving better, and feeling stronger for the long run.

Price

Micro sessions will be held by 3 physiotherapists or biokeneticists.
R21 500 per stall per day.



The Resilience Rhythm

Discover what your heartbeat says about your stress, recovery, and overall wellbeing at The Resilience Rhythm station. Using a quick, non-invasive finger pulse test, we measure Heart Rate Variability (HRV)—the small variations between each heartbeat that reveal how well your nervous system is managing stress and bouncing back.

A higher HRV often indicates better resilience, emotional balance, and long-term vitality. It's a simple but powerful way to take notice of your body's inner rhythm and learn how to support it through rest, movement, and mindfulness.

Price

Station will be managed by Biokeneticists.
R21 500 per stall per day.



The Digestive Decode

Your gut health holds valuable clues about your overall well-being, and at The Digestive Decode (gut health screen), we're helping you uncover them. Through a quick, guided screening using a symptom-based questionnaire and tongue analysis, you'll gain insights into your digestive balance, nutrient absorption, and possible inflammation markers. Our wellness team will help interpret your results and share practical tips to support gut health through diet, hydration, and lifestyle tweaks. It's a simple yet powerful way to take notice of what's happening within—and boost your path to longevity from the inside out.

Price

Station will be managed by Nutritionists or Dietitians.
R12 800 per expert per day.





Inflammation Insight Station

Low-grade inflammation is often invisible, but it can silently affect your energy, mood, immunity, and long-term health. At the Inflammation Insight Station, we'll guide you through a quick screening using a symptom-based questionnaire to help assess your risk for chronic inflammation (inflammation risk score).

This tool considers factors such as sleep quality, stress, gut health, physical activity, and dietary habits. You'll receive your inflammation risk score along with practical, anti-inflammatory lifestyle tips to help you take charge of your health and longevity—one smart choice at a time.

Price

Station will be managed by OHNPs.

R4800 per expert per day.

R220 per person for the screening.





Brain Age Lab

How old is your brain, really? At the Brain Age Lab, you'll complete a short, interactive screening designed to assess cognitive performance in areas like memory, focus, reaction time, and mental stamina. Your results will reveal your Brain Age—a reflection of how well your brain is functioning compared to your actual age.

This fun yet insightful test helps you take notice of your cognitive health and offers practical tips to boost mental sharpness, reduce decline, and support longevity from the inside out.

Price

Station will be managed by a trained brain screening expert.
R1800 per screening.



The Grounded Strength Station

Your feet are your foundation—strong toes, ankles, and arches play a vital role in balance, posture, and injury prevention. At The Grounded Strength Station, you'll take a quick toe strength test to assess the stability and power of your lower limbs.

From there, explore simple but effective foot, ankle, and toe strengthening exercises designed to improve mobility, alignment, and long-term joint health. It's a small step that makes a big difference in your physical resilience and overall longevity.

Price

Station will be managed by qualified Reflexologists.
Strength training micro sessions and one on one consultations.
R28 000 per stall per day for 2 experts





Red Light Recharge

Step into The Light Lounge and experience the restorative power of Red Light Therapy—a non-invasive treatment that uses low-wavelength red light to support cell regeneration, reduce inflammation, and promote healing from the inside out.

Whether you're dealing with fatigue, muscle tension, skin concerns, or just want to support your longevity goals, this quick session helps energize your cells and improve circulation. It's a relaxing way to take notice of your body's need to recharge—and give it the light boost it deserves.

Price

Station will be managed by qualified Aestheticians.
15-minute micro sessions per person.
R26 500 per stall per day for 2 experts.

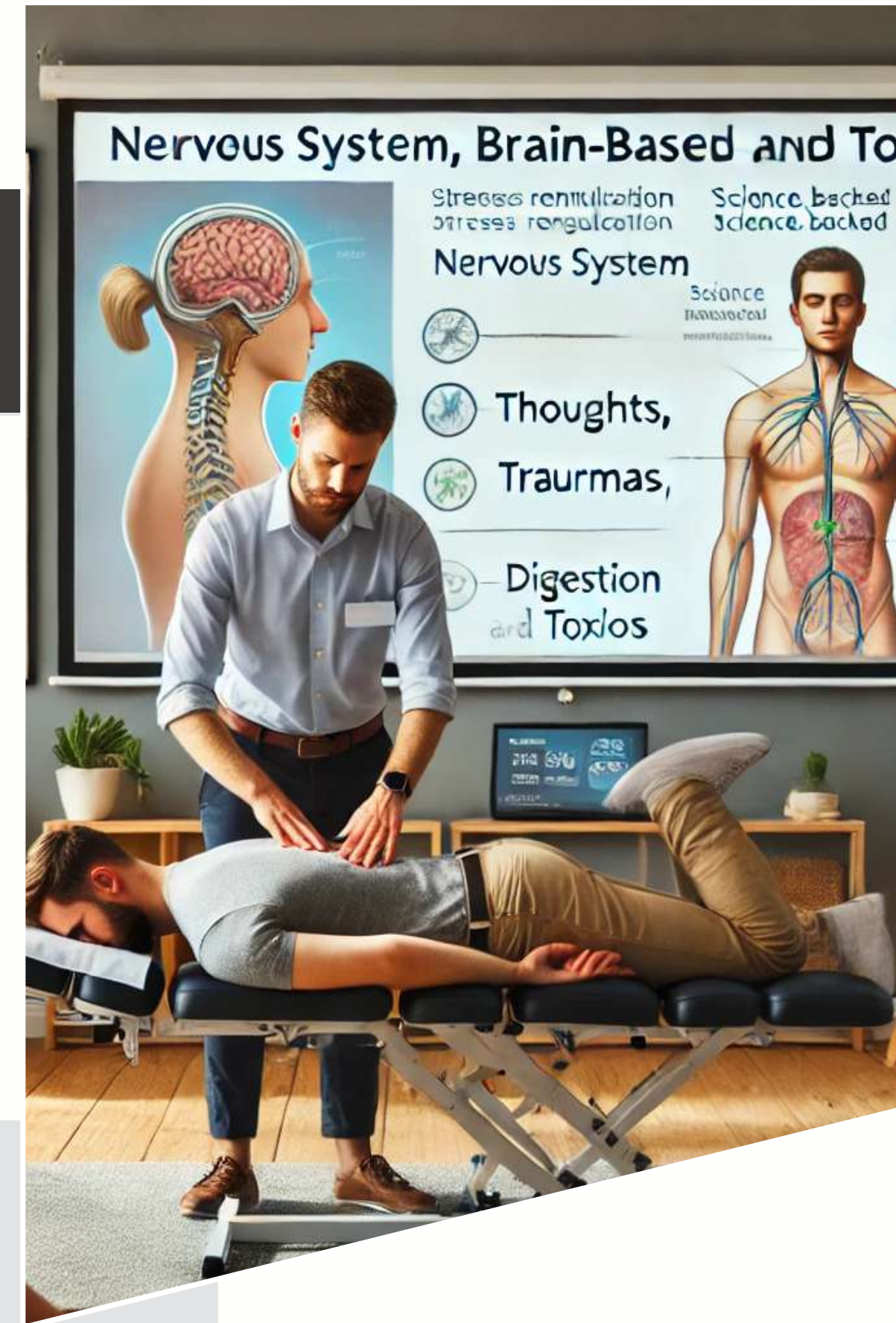


Brain-Based Chiropractic Talk & Demo

This powerful session explores a brain-based approach to chiropractic care that goes beyond pain relief to support the nervous system—the body’s master control centre. Learn how everyday stressors—Thoughts, Traumas, and Toxins—interfere with brain-body communication, and discover how gentle, specific techniques can help regulate stress, improve sleep, digestion, focus, and emotional resilience. The session includes a live demo and introduces the science-backed “Happy for No Reason” framework—a practical, uplifting approach to building lasting inner joy and stability.

Price

Station will be managed by qualified Chiropractor.
Micro sessions and one on one consultations.
R35 000 per stall per day for 2 experts.





CONNECT

WITH YOURSELF & OTHERS



Flowers for Life Wall

This interactive installation is inspired by the symbolism of flowers and life itself. Employees are invited to choose a flower that represents something they want to nourish—like calm, connection, or courage—and pin it to the wall along with a note of intention or gratitude. Each bloom becomes part of a living mosaic of collective wellness, reminding us how small personal intentions can grow into shared beauty and resilience.

Price

R10500 2m x 2m giant wall cut out and shape
R125 per flower set per employee
R3800 stall set up cost per day





The Connection Corner

Join us at The Connection Corner for a meaningful moment of pause and presence. This guided Connection Card Game, facilitated by a professional counsellor, invites employees to explore thoughtful prompts that spark conversation, reflection, and shared humanity. The counsellor will gently guide the experience—whether you participate with a colleague or solo—creating a safe, supportive space to take notice of how you're feeling, what matters to you, and how we connect with others and ourselves. It's simple, powerful, and deeply grounding.

Price

Station will be managed by Registered Counsellors

R550 per deck of cards

R4200 per expert per day

The MindBox

Discover MindBox—a compact, interactive toolkit designed to support your mental wellbeing in moments of stress, overwhelm, or low mood. Guided by a trained mental health facilitator, you'll explore calming sensory items, grounding tools, and emotional support strategies to help you reset and regulate. It's a gentle, proactive way to take notice of your mental state and walk away with personalised resources that you can use anytime, anywhere.

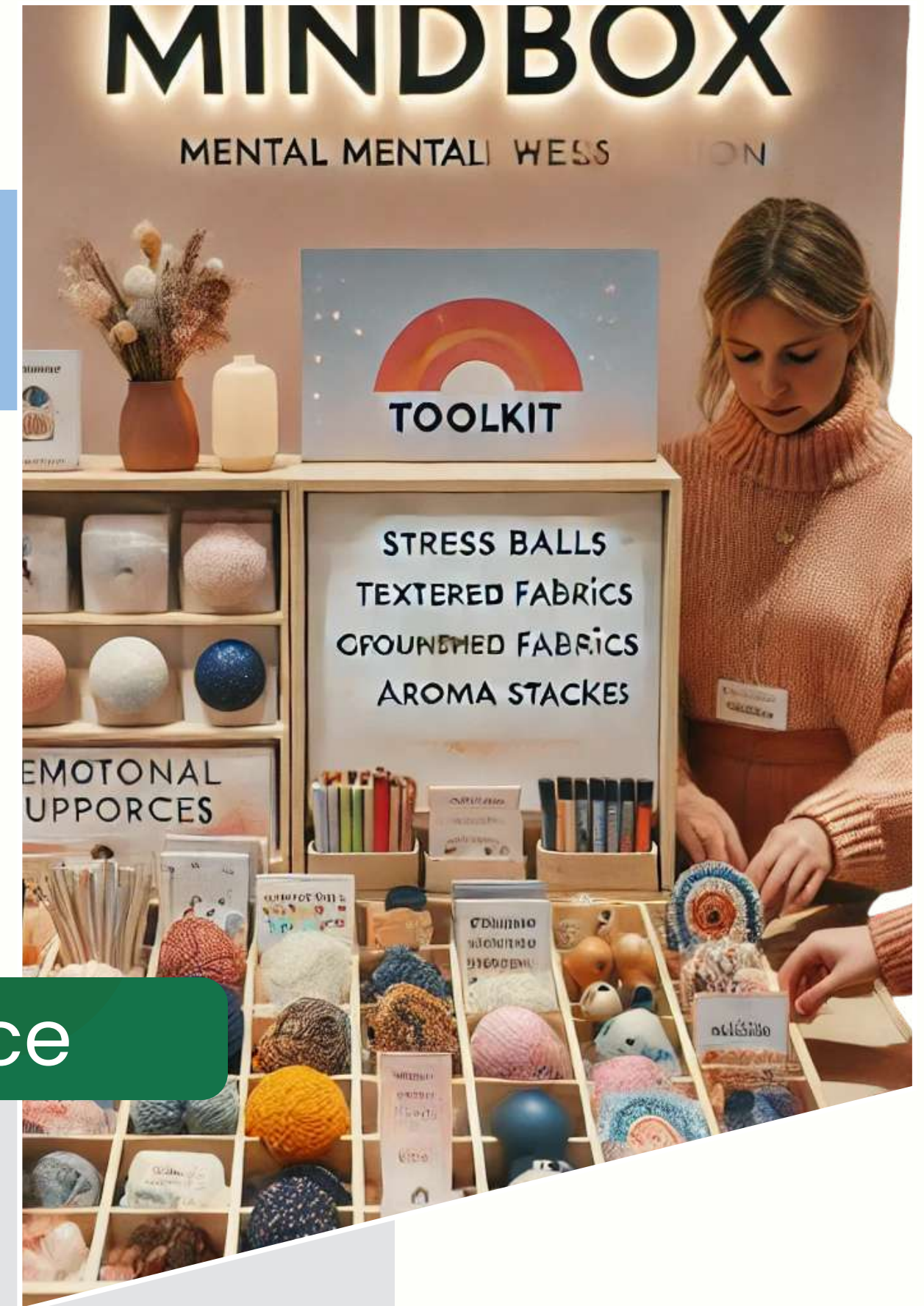
Price

Station will be managed by Registered Counsellors.

R450 per box per employee

R4200 per expert per day

R2800 per stall set up per day





Connected Pieces

At Connected Pieces (you connect me giant puzzle), each participant decorates a puzzle piece with a word, image, or expression that reflects their unique story, emotion, or value. Guided by a registered counsellor, this interactive wall becomes a collective symbol of unity as the individual pieces come together to reveal a powerful quote or image about connection and belonging. It's a creative, hands-on way to take notice of our shared humanity—and the truth that every piece matters.



Price

Station will be managed by Registered Counsellors.

R22 500 2m x 1.6m giant puzzle custom design

R4200 per expert per day

R65 for consumables per employee

R2800 per stall set up per day



Pause & Reflect

Step into Pause & Reflect, a quiet space guided by a trained practitioner where you can slow down and reconnect with yourself through gentle meditation. These short, guided sessions combine mindful breathing and present-moment awareness to help calm the mind, ease emotional tension, and restore focus. Whether you're new to meditation or simply need a mental reset, this is your moment to take notice, reflect inward, and emerge with renewed clarity.

Station will be managed by Registered Counsellors.

R4200 per expert per day

R2800 per stall set up per day

Price



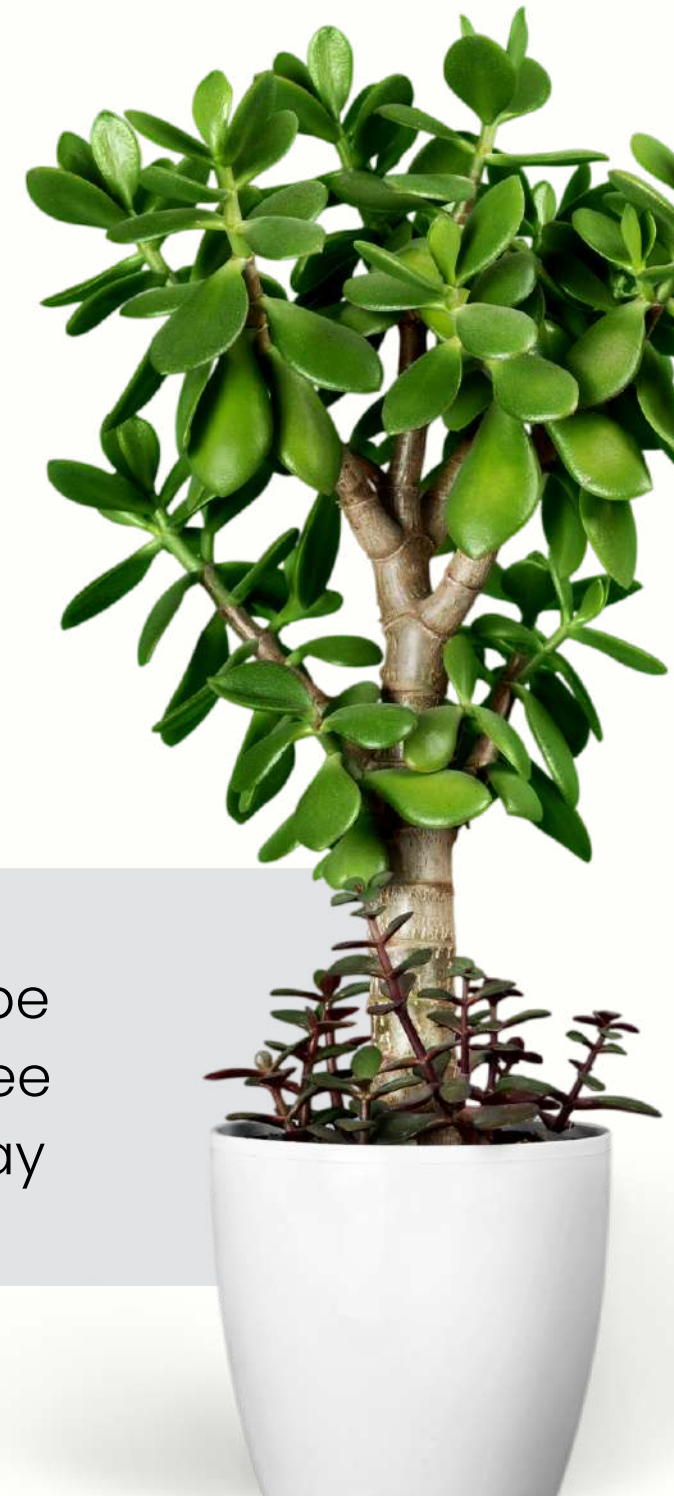


Not Today, Burnout!

At Not Today, Burnout, you're invited to talk back to stress—literally. Use interactive prompts like “If stress were a person, what would you say?”, “Draw your burnout monster”, or “Give burnout a new job” to express what burnout feels like for you. Then post your doodles, stick notes, or drawings on the shared wall for a collective release. It’s playful, expressive, and surprisingly therapeutic—a chance to laugh, let go, and take your power back.

Price

R10500 2m x 2m giant wall cut out and shape
R65 for consumables per employee
R2800 stall set up cost per day



Grounded in the Moment

Discover calm through touch at Stone Play, a sensory-rich experience set in an elevated sandpit filled with smooth stones, textured rocks, and natural elements. Designed for standing or seated participation, this activity invites you to sort, stack, arrange, or simply run your hands through the materials—engaging your senses while calming your mind. With no right or wrong way to play, it's a moment to pause, explore, and reconnect with the present through mindful, tactile interaction. Grounding, meditative, and surprisingly soothing.

Price

Station will be managed by creative expert.

R2800 per facilitator per day

R18 800 stall set up cost per day





A Life-Size Nature Experience

Step into The Grounding Garden—a fully immersive indoor sensory escape where nature meets nervous system regulation. With real grass underfoot, soft sand to sink your toes into, and fresh greenery surrounding you, this life-sized garden room invites you to breathe deeply, slow down, and reconnect. Designed to engage all the senses, it offers a calming space to feel the earth, hear natural sounds, and simply be. Whether you're walking barefoot, meditating, or just pausing for a moment of stillness, this is nature therapy brought indoors— pure regulation, restoration, and feel-good energy.

Price

Station will be managed by creative experts

R2800 per facilitator per day

R22 500 8m x 5m stall set up cost per day





Tap Into Calm

Experience the power of emotional release through Tapping — a simple yet effective technique also known as Emotional Freedom Technique (EFT). Guided by a trained facilitator, you'll gently tap on specific acupressure points while focusing on a thought, emotion, or stressor. This mindful process helps calm the nervous system, reduce anxiety, and bring clarity to overwhelming feelings. Whether you're new to tapping or just need a moment to reset, this is your space to take notice, release, and realign.

Price

Station will be managed by tapping experts.
R25 900 stall set up cost per day, *includes 2 experts*





Puppy Pause

Sometimes the best therapy has four legs and a wagging tail. At The Puppy Pause, take a moment to slow down, reset, and connect with pure joy through gentle petting sessions with trained, friendly pups. Whether you're feeling stressed, overstimulated, or just in need of a cuddle, spending time with these furry companions is proven to lower cortisol, ease anxiety, and boost mood. No words needed—just presence, paws, and peace.

Price

Station will be managed by puppy caregiver
R6500 stall set up cost per day



The Mood Meter

At the welcome table, each employee will receive a wearable Mood Pin—a playful brooch with a rotating arrow dial that lets you show how you're feeling in the moment. From “Thriving” to “Over It”, it’s a light, visible way to check in with yourself each day and invite connection or support from others. Wear it throughout Wellness Week as a daily reminder to take notice of your emotions—and know that however you're feeling, it’s okay to show up as you are.

Price

Welcome table will be managed by facilitators
Employees will be assisted with selecting a mood pin

R150 per mood pin per employee

R2800 per facilitator per day

R2800 stall set up cost per day





Snap and Smile Booth

Capture the moment at the Snap & Smile Booth, where you and your colleagues can strike a pose, get silly, or snap a feel-good memory from Wellness Week. This instant photobooth prints out a mini keepsake on the spot—perfect for pinning to your desk, sharing on socials, or simply holding onto as a reminder of joy. Props, frames, and good vibes provided—just bring your smile!

Price

Station will be managed by creative experts

R12 800 stall set up cost per day

(4 hours per day, unlimited print strips, theme-related props included)





PLAY

WITH PURPOSE



The Swing Zone

Step into The Swing Zone and put your skills to the test with our interactive Golf Simulator, now featuring all-new challenges! Whether you're a pro or just playing for fun, try your hand at precision shots, distance goals, and mini skill-based competitions. It's a great way to decompress, connect with colleagues, and enjoy some friendly competition. Bonus: there's an optional prize for top scorers — because a little motivation never hurts your swing.

Price

Station will be managed by engagement expert
R52 000 stall set up cost per day includes 10m x 10m fake turf, projector screens,
(VR challenges and experiences, golf sticks & unlimited balls)

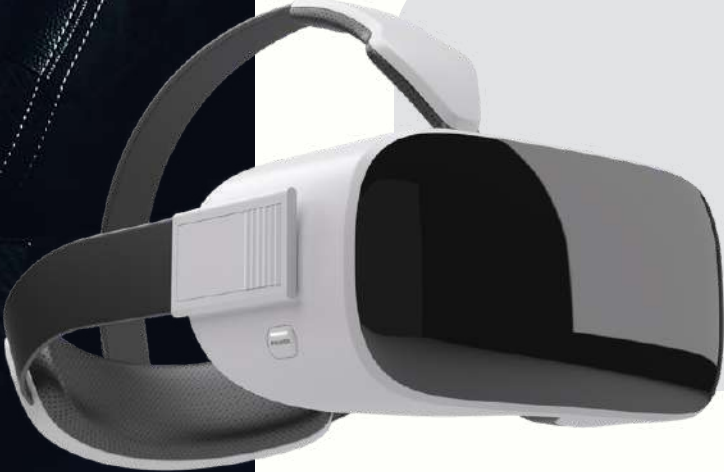




Fast Lane VR – Racing Rig

Buckle up and take the driver's seat in Fast Lane VR, our premium racing simulator that puts you right in the middle of the action. With ultra-realistic visuals, surround sound, and full-motion rig technology, you'll feel every turn, drift, and acceleration as you race to the finish line. Whether you're chasing your personal best or competing against colleagues for bragging rights, this immersive experience is all about fun, focus, and letting off steam—at full speed.

Price



Station will be managed by engagement experts
R32 000 stall set up cost per day, includes 2 experts
(*Premium Racing (F1 or GT) Rig*)



VR Escape and Explore

Take a break from the everyday and immerse yourself in a world of calm, wonder, or adventure with Escape & Explore, our selection of short VR experiences. Choose from serene beach sunsets, peaceful forest walks, safari bush scenes, and more—each designed to help you unwind, reset, or simply enjoy a mindful moment in a different world. It's the perfect mini mental getaway, right in the middle of your workday.

Price

Station will be managed by engagement experts

R9500 stall set up cost per day, *(includes 1 VR goggle set)*
(Costs based on existing experiences)

R4500 once-off to create a custom experience





The Burnout Bullseye

Aim for what's draining you at The Burnout Bullseye! This interactive game invites you to throw a dart (or Velcro ball) at a target labeled with common burnout triggers—like “Too Many Meetings”, “People Pleasing”, or “Unrealistic Deadlines”. Once you hit your mark, you’ll get a quick debrief and a coping card with a practical strategy to manage that specific stressor. It’s a light-hearted way to vent—but with real tools to help you bounce back stronger.

Station will be managed by engagement experts
R18 800 giant burnout bullseye magnetic dart board
R7900 stall set up cost per day
(Includes coping cards and 2 experts per day)

Price



— BE ACTIVE —

B R E A K A " S W E A T "



Cozy Cardio Corner

Move your body—without leaving your comfort zone—at the Cozy Cardio Corner. This gentle, low-impact session combines light movement with a calming atmosphere: think soft lighting, warm socks, mellow playlists, and feel-good vibes. It's all about getting your heart rate up without the pressure of intense workouts. Whether you're swaying, stepping, or stretching, this is movement that meets you where you are—perfect for recharging your energy and supporting mental wellness, one cozy step at a time.

Price

Station will be managed by breathwork practitioners

R14 700 stall set up cost per day

(Includes 2 experts per day, micro sessions)





Burnout Busters

Laugh, move, and let go at the Burnout Busters Obstacle Course—a light-hearted, low-impact experience designed to help you shake off stress (literally). Step over “drama cables”, crawl under “overwhelm”, and balance your way through “too many tabs open” on your way to the final stop: the Reclaim Your Calm zone, complete with soothing music and a calming tea station. Go barefoot or try it with an eye mask for a sensory twist. It’s playful, a little silly—and exactly what burnout doesn’t expect.

Price

Station will be managed by engagement experts

R9 700 stall set up cost per day

(Includes 2 experts per day, micro challenges)

Feel to heal – Somatic Movement

Slow down and tune in at Feel to Heal, a guided somatic movement experience designed to reconnect you with your body's natural wisdom. Through gentle, mindful movements and breathwork, you'll release stored tension, increase body awareness, and support emotional regulation. This practice isn't about performance—it's about presence. Ideal for stress recovery, trauma release, or simply rebalancing your nervous system, somatic movement invites you to take notice of what your body is holding—and gently let it go.

Station will be managed by breathwork practitioners
R14 700 stall set up cost per day
(Includes 2 experts per day, micro sessions)

Price





Slow Flow Dance

Move with intention, ease, and expression at Slow Flow Dance — a gentle, music-led movement session that blends elements of dance, mindfulness, and somatic flow. There are no steps to follow—just your body, the rhythm, and the freedom to move however feels right. It's a chance to shake off stress, reconnect with joy, and explore emotional release through fluid, intuitive movement. Whether you sway, stretch, or simply breathe to the beat, this is about feeling good, not looking perfect.

Station will be managed by breathwork practitioners

R14 700 stall set up cost per day

(Includes 2 experts per day, micro sessions)

Price



Barre Stretch

Gentle, graceful, and grounding—Barre Stretch offers a low-impact, flexibility-focused class that's perfect for all fitness levels. Using a ballet barre (or chair for support), this session blends slow, controlled movements and deep stretches to release tension, improve posture, and support joint mobility.

Whether you're easing into movement for the first time in years or you're a regular gym-goer in need of recovery, this class meets you where you are—no dance experience required, just a willingness to breathe, stretch, and feel better.

Price

Station will be managed by breathwork practitioners

R14 700 stall set up cost per day

(Includes 2 experts per day, micro sessions)

Lo-Fi Yoga

Unwind, stretch, and vibe out at Lo-Fi Yoga—a chill, low-pressure flow set to calming lo-fi beats. This slow-paced class blends gentle stretches, grounding breathwork, and mindful movement to help you release tension and reconnect with your body. Perfect for beginners, the stressed out, or anyone just needing a moment of peace, this is yoga with zero intimidation and all the feel-good energy. Come as you are, move how you feel, and leave a little lighter.

Price

Station will be managed by shala practitioners
R16 700 stall set up cost per day
(Includes 1 expert per day, micro sessions)





Energy Medicine Movement

Awaken your body's natural energy systems with Energy Medicine Movement—a gentle, restorative session that combines movement, breath, tapping, and acupressure-based techniques to balance your energy and boost vitality. This practice is accessible to all fitness levels and focuses on clearing blocked energy, reducing stress, and improving mental clarity. Whether you're feeling low, scattered, or simply in need of a reset, this session will leave you feeling recharged, centred, and more in tune with your body's inner flow.



Price

Station will be managed by breathwork practitioners

R14 700 stall set up cost per day

(Includes 2 experts per day, micro sessions)

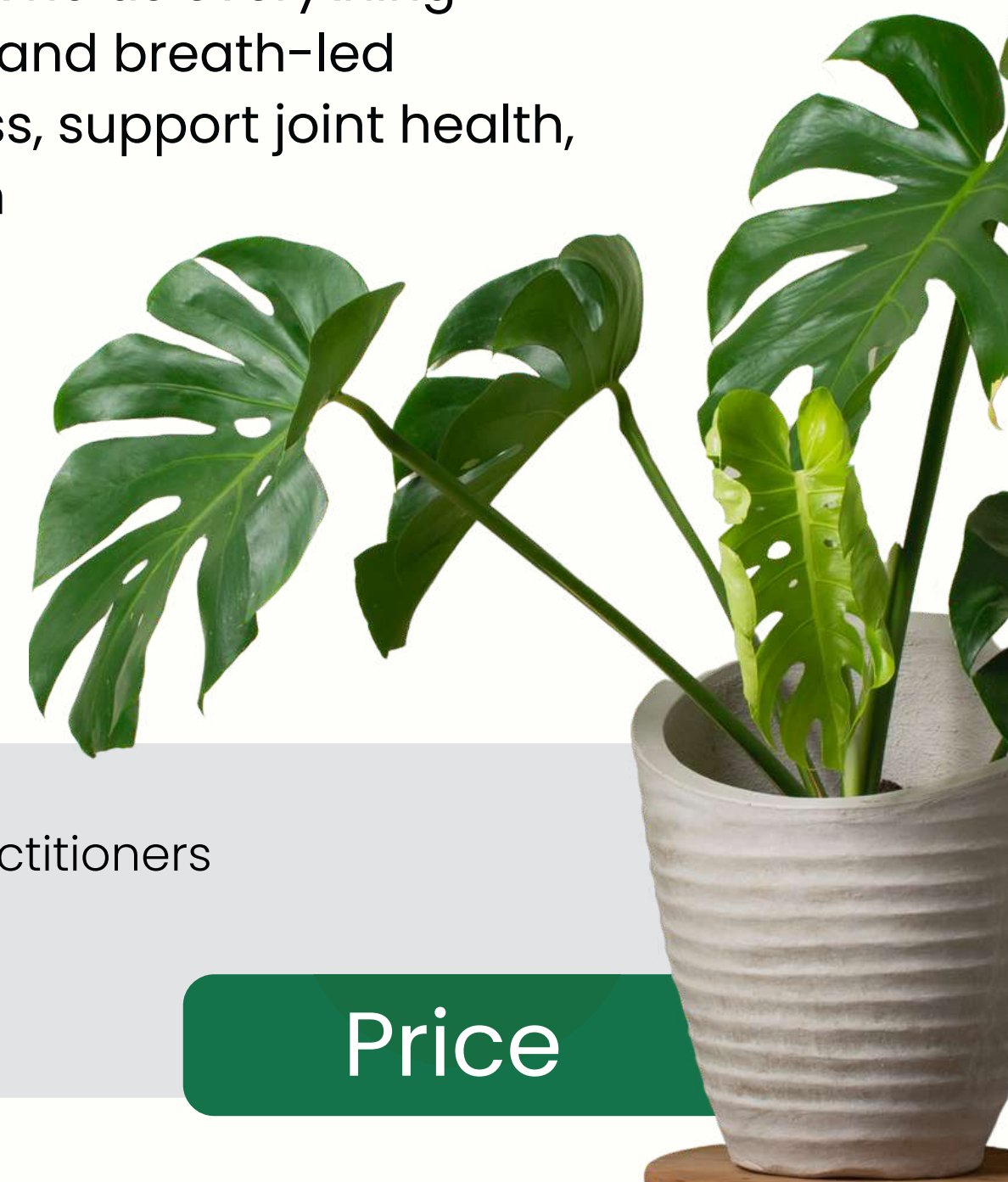
Flow and Release



Ease into movement with Flow & Release—a restorative session focused on improving mobility and releasing tension in the fascia, the connective tissue that holds everything together. Through slow, fluid stretches and breath-led transitions, you'll gently unwind stiffness, support joint health, and restore a sense of spaciousness in your body. Ideal for all bodies and fitness levels, this session is perfect for anyone looking to move more freely and feel more at ease from the inside out.

Station will be managed by breathwork practitioners
R14 700 stall set up cost per day
Includes 2 experts per day, micro sessions

Price





Silent Disco Stretch

Unplug and tune in at Silent Disco Stretch, where movement meets music most mindfully. Slip on a pair of wireless headphones and flow through a guided stretch session set to calming beats—curated just for you. Whether you're on your own mat or stretching with a group, the outside world fades away as you move in sync with your breath and the rhythm. It's a sensory-rich experience that brings calm, connection, and a little magic to your day—silently.

Price

Station will be managed by engagement experts

R25 000 stall set up cost per day

(Includes complete set up with headphones, system and space prep

Includes 2 experts per day, roll in and enjoy)



[illegible][illegible]



Design Your Own Welcome Bag

Start your Wellness Day with a splash of creativity at Tote-ally You, where each participant receives a canvas tote bag pre-printed with an inspiring word or phrase. Using fabric paint, markers, and stencils, you'll bring the words to life in your own style—adding colors, designs, and personal touches that reflect your mood and message. Once complete, your bag becomes your custom wellness companion, ready to carry all the goodies, tools, and memories you collect throughout the day. Functional, expressive, and totally you.

Price

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R125 per bag



Candle Craft: Decorate & Discover

Under the Keep Learning theme, Candle Craft offers a hands-on opportunity to explore creativity through the mindful decorating of ceramic candle holders. Using dot art techniques, patterns, and paints, participants can learn new skills while creating something meaningful. Each beautifully decorated holder will be paired with a pre-made, scented candle, making it both a calming keepsake and a symbol of how learning doesn't have to feel like work—it can be relaxing, expressive, and deeply rewarding.

Price

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R165 per candle holder, (*includes white tea light*)





Boards & Brushstrokes

Get creative with Boards & Brushstrokes, where you'll paint your very own wooden cheeseboard from a selection of four stylish shapes—each engraved with the “W” logo. Guided by simple techniques and plenty of inspiration, this hands-on experience invites you to explore color, design, and personal flair while learning a relaxing new skill. Once painted, your custom board becomes both a beautiful keepsake and a functional piece to use and display at home.



Price

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R285 per cheese board, 4 shapes, a5 and a4, W engraved





Affirmation Mirror Craft

Take a mindful moment at Reflect & Create, where you'll decorate your own compact mirror—or mini canvas with a mirror sticker—using vinyl decals, paint pens, and glass markers. Whether you write an affirmation, draw something meaningful, or simply make it your own, this creative activity encourages you to look inward while expressing yourself outwardly. It's a gentle reminder that what's reflected on the outside often starts from within.

Price

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R165 per compact mirror, 4 options, a5 kits





Beaded Mosaic Art

Dive into color and creativity at Beaded Mosaic Art, a hands-on crafting experience where you'll glue vibrant beads onto stenciled canvases to create your own mini mosaic masterpiece. This trending activity is fun, relaxing, and completely customisable—perfect for all skill levels. As you place each bead, you'll not only build a beautiful piece of art but also experience the calming focus that comes with slow, intentional creation. It's creativity, sustainability, and mindful expression—all in one.

Price

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R165 per bead kit



Candle Making Station

Slow down and create something meaningful at Pour & Pause, where participants blend creativity, scent, and intention to craft their own wellness candle. Choose from calming fragrances, pour your wax, and set a personal intention as your candle sets. This sensory experience is more than just a craft—it's a moment of mindfulness and emotional grounding. Perfect for rebalancing during a busy day, and you'll leave with a beautifully handcrafted candle that holds both fragrance and feeling.

Price

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R208 per candle making kit





Paint & Bedazzle Your Desk Caddy

Add some personality to your workspace with Desk Goals, where you'll paint and bedazzle your very own wooden desk caddy. Each piece features a stylish cut-out "W" logo on one side and a motivational word or phrase on the other—ready for you to bring to life with paints, gems, and your unique flair. Whether you keep it sleek or go full sparkle, this is a chance to create something both beautiful and useful to take back to your desk—a daily reminder of creativity, pride, and a wellness day well spent.

Price

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R165 per desk caddy



Glitter Art/Expression Boards

Create something that sparkles with meaning at Shine & Say, where you'll decorate your own 20x20 pine pallet or canvas board using glitter, paint, glue, and pre-cut words or letters. With a guided A6 design, a base color, and 6 glitter pots to choose from, this DIY experience invites bold expression and mindful creativity. Once complete, tie on a ribbon or cotton rope and hang it up—a shimmering reminder of your voice, your vibe, and your wellness journey.

Price

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R165 per expression board



GIVE

YOURSELF ATTENTION





Sleep Like a Baby

Welcome to Sleep Like a Baby, a curated suite of sleep hygiene experiences designed to help you rest better, feel better, and function at your best. Start with a quick digital sleep assessment, then sit down with a sleep expert to decode your results and identify simple, effective changes you can make. Whether you struggle to fall asleep, stay asleep, or just want to wake up feeling more refreshed, this experience gives you practical tools and personalised insight—so better sleep becomes more than just a dream.

Price

Station will be managed by sleep hygienists

R25 700 stall set up cost per day

(Includes 2 experts per day, one on one consultations to decode results of digital sleep hygiene assessment)





Aromatherapy Blending Bar

Breathe your way to better rest at Scents of Relief, where you'll craft your own personalised sleep-support blend using calming essential oils like lavender, chamomile, cedarwood, and more. Whether you need help falling asleep, staying asleep, or simply unwinding after a long day, this station lets you design the perfect rollerball or mini blend to suit your sleep style. Guided by scent profiles and soothing prompts, it's a moment of mindful self-care that combines nature, relaxation, and a touch of science—all in one beautifully bottled bedtime ritual.

Price

Station will be managed by creative experts
R18 800 stall set up cost per day
(Includes 4 facilitators)
R85 per roller bottle blend





Aromatherapy Eye Bag

Soothe tired eyes and calm a busy mind at Rest & Restore, where you'll create your own aromatherapy-infused heat eye bag. Choose your fabric, fill it with a blend of flaxseed and calming herbs like lavender or chamomile, and customise it to suit your senses. Once warmed, it becomes the perfect tool for relaxation, tension relief, or winding down after a long day. Simple to make, comforting to use—this is self-care you can literally rest your eyes on.



Price

Station will be managed by creative experts
R18 800 stall set up cost per day
(Includes 4 facilitators)
R185 per eye bag kit





Dream on Interactive Sleep Station

Test your sleep smarts and have a little fun at Dream On—an interactive station featuring three quick-fire games all themed around sleep hygiene, myths, and habits. From memory challenges to myth-busting quizzes and bedtime routine races, each game is designed to be fast, educational, and just the right amount of silly. Plus, there are mini prizes up for grabs for participants who play their way to better rest. It's sleep education—gamified, energised, and unforgettable.

Station will be managed by engagement experts
R9 700 stall set up cost per day
(Includes 2 experts per day, micro challenges)

Price

Pause & Breathe Pod

Pause & Breathe is a calming walk-in booth designed to help you regulate, reflect, and reset. Guided by a registered counsellor, the space features gentle ambient sounds, dim lighting, lavender aromatherapy, and a weighted lap pad to support emotional grounding. A screen displays slow, visual breathwork prompts—like expanding circles and box breathing animations—guiding you back to calm, one breath at a time. Whether you need to decompress or simply slow down, this is your moment to take notice and reconnect with yourself.

Station will be managed by breathwork practitioners
R22 500 stall set up cost per day
(Includes 2 experts per day, micro sessions)

Price





Shake it OFF! DIY Calm Jars

Create your own pocket-sized peace with DIY Calm Jars—a hands-on activity where you'll layer glitter, water, food coloring, oil, and calming objects into a clear jar. Once sealed, give it a shake and watch your stress swirl, then gently settle—just like your nervous system. These beautiful jars double as regulation tools, offering a simple, visual way to reset during moments of overwhelm. It's creativity, mindfulness, and emotional support—all in one jar.

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R165 per expression board

Price



The Podcast Lounge

Take a break and tune in at The Podcast Lounge—a cozy, quiet space where you can plug into bite-sized episodes on wellness, mental health, sleep, stress, and more. Curated just for Wellness Week, these audio moments offer fresh perspectives, soothing voices, and practical takeaways—all while you recline in comfort. Whether you've got 5 minutes or 15, this is your go-to spot to unwind, reflect, and let new ideas take root—one episode at a time.

Price

Station will be managed by breathwork practitioners
R22 500 stall set up cost per day
(Includes 2 experts per day)



Smash Stress

Welcome to Smash Stress, Not Your Laptop—the one place where letting it out is the whole point. Whether you're tossing stress plushies at a target wall, wailing into a pillow, or whacking a dummy with a pool noodle, this station offers a safe, light-hearted outlet for big emotions. Guided by a counsellor, it's all about releasing tension in a healthy, physical way—so you don't carry it into the rest of your day (or your inbox). It's loud, it's real, and yes—it works.

Price

Station will be managed by engagement experts

R9 700 stall set up cost per day

(Includes 1 expert per day, micro challenges)



Stress Scribble & Paint

Let it out and layer it with calm at Stress Scribble & Paint. Start by scribbling your stress, frustration, or heavy emotions onto paper —no rules, no filter. Then, paint over it using colors that soothe, uplift, or simply feel good to you. No art skills needed—just emotion, movement, and reflection. With optional music, calming scents, and affirmations, this experience turns emotional release into a moment of transformation. Because sometimes, the best way to process stress is to paint over it with peace.

Price

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R165 per scribble



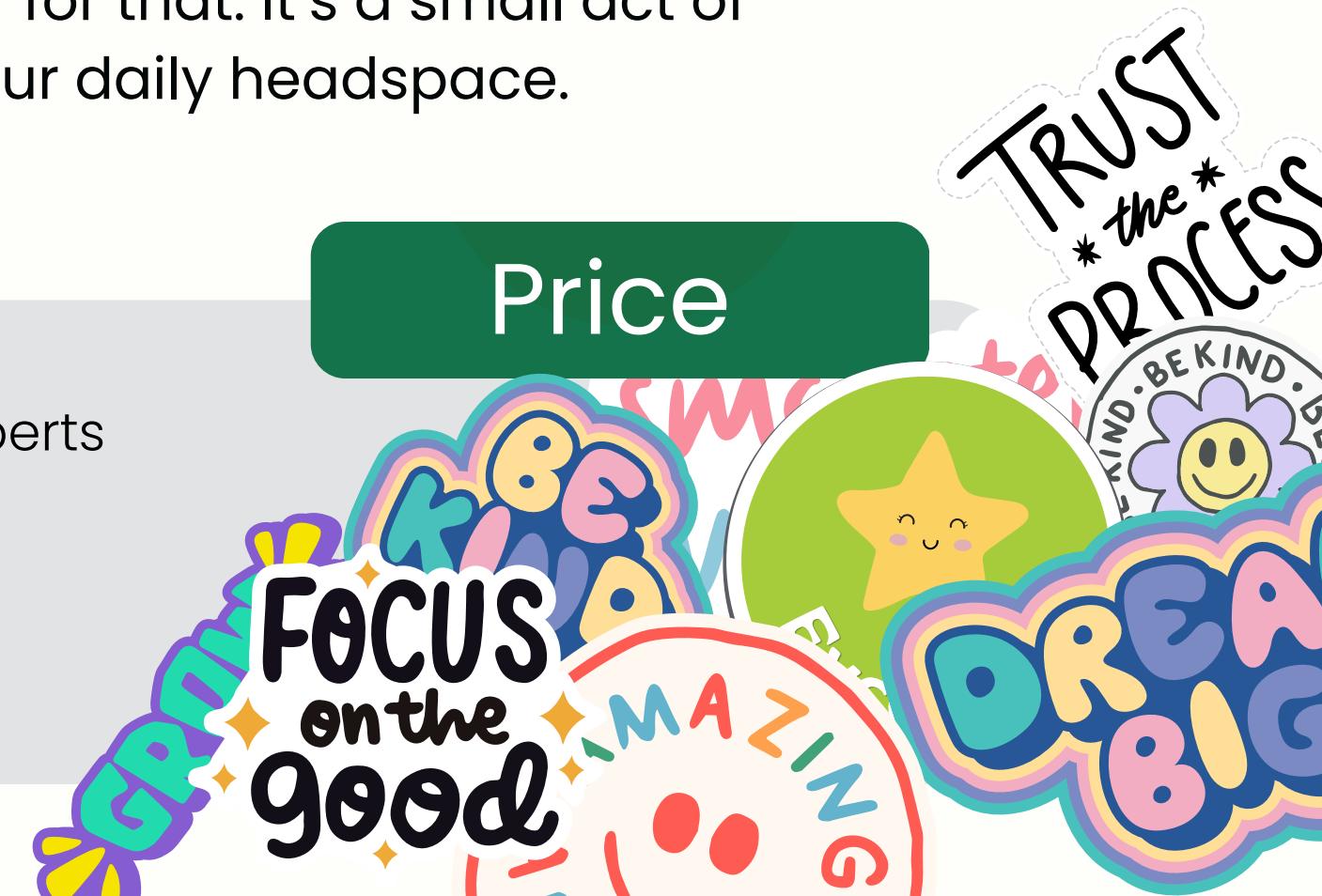


Sticker Up, Stress Down

Personalise your tech and boost your mindset at the Laptop Decals station. Choose from a range of vibrant, wellness-themed stickers with uplifting affirmations, cheeky anti-burnout slogans, and calming visuals designed to spark joy every time you open your device. Whether you need a reminder to breathe, set boundaries, or just laugh at the chaos, there's a sticker for that. It's a small act of self-expression with a big impact on your daily headspace.

Price

Station will be managed by creative experts
R2800 per facilitator per day
R8 800 stall set up cost per day
R85 per decal set of 3





Threaded Intentions

At Threaded Intentions, you'll create a personalised bracelet that weaves together meaning and mindfulness. Choose from a selection of beads, colors, and words that reflect a personal intention, a wellbeing focus, or a value you want to carry with you. Whether it's a quiet affirmation, a memory you cherish, or a trait you're strengthening, your bracelet becomes a symbolic thread—tying you back to purpose every time you wear it.

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R125 per bracelet making kit

Price





Energy Healing Therapy



Step into Calm & Clear for a gentle, guided energy healing session designed to help release emotional tension, restore calm, and rebalance your nervous system. This hands-off, fully clothed experience may involve breath guidance, light movement, or energy balancing techniques like Reiki. It's ideal for anyone feeling overwhelmed, emotionally drained, or simply in need of stillness. You'll leave feeling lighter, more grounded, and ready to take on the rest of your day with renewed clarity and calm.

Station will be managed by breathwork practitioners

R22 500 stall set up cost per day
(Includes 2 experts per day)

Price



Sole Balance Reflexology

Step into Sole Balance, where relaxation meets longevity through the healing art of foot reflexology. In this grounding experience, trained practitioners apply gentle pressure to specific reflex points on the feet to help release tension, improve circulation, and restore energy flow throughout the body. Whether you're seeking relief from everyday stress or simply a moment of deep calm, this is your chance to pause, reset, and support your body's natural balance—one step at a time.

Price

Station will be managed by qualified reflexologists
R18 800 stall set up cost per day
(Includes 2 experts per day)





Steeped in Wellness

Sip your way to better sleep and long-lasting wellness at the Tea Master Station, where our expert will guide you through custom tea blends crafted to support longevity, relaxation, and restful sleep. Choose from calming herbs like rooibos, chamomile, ashwagandha, and valerian, and learn about their benefits as you create your own soothing infusion. Whether you're winding down or looking to build a nightly ritual, this is a warm, flavourful journey into nature's most restorative remedies—one cup at a time.



Price

Station will be managed by creative experts

R2800 per facilitator per day

R8 800 stall set up cost per day

R165 per tea blending kit, 4 variations on offer

To book any of the activities featured in this presentation
or to bring your own wellness ideas to life.
reach out to us at **sales@companywellness.co.za**.

COMPANY WELLNESS



Solutions

Making Your Workplace Better

*Let's work together to make your
wellness week an unforgettable success!*