

Wellness at Work

with

NATURAL.



Hi I'm Ashleigh owner of NATURA.

NATURA. is a Natural Holistic Therapy company using elements of beauty to help to regulate the nervous system through regular therapy treatments. I help those who suffer with high stress levels, anxiety, depression, sleep deprivation & over active minds. Offering MIND, BODY & SOUL experiences through multi sensory therapies taking each individual on their own unique journey. I believe, it is unlike any other experience you've had before.

My experiences have been carefully designed using deep relaxation techniques partnered with different therapies such as heat therapy, sound therapy, touch therapy. Using the senses to open up/calm down different areas of the mind. The experiences have helped those who really struggle to 'switch off', have an over active mind, those who struggle to get to sleep or have quality sleep and those who don't find a value in self-care.



‘I haven’t slept in 6 months, yet I was asleep in 20 minutes...HOW?!’

NATURA. has been designed with a Nature element, as Nature is one of the most comforting and best ways for people to ground themselves, heal, calm the mind and find an escape. It has been proven that when you are exposed to Nature it helps to heal emotional pain & that nature helps to activate all five senses.

With this in mind I have created a safe, nature inspired, inviting, cosy space for my clients to embark on their healing journey. When entering the NATURA. environment you will find it is a dark, cosy, warm environment providing an instant relaxed feeling to clients.

NATURA. is:

- NATURAL
- ECO-FRIENDLY
- ANIMAL CRUELTY FREE
- VEGAN
- CARBON FOOTPRINT AWARE
- REFILLING PRODUCTS
- RECYCLING EVERYTHING WHERE POSSIBLE
- & I ONLY USE SUPPLIERS WHO FOLLOW THE SAME VALUES

I am very proud to say we use natural products in most of our experiences and therefore, as we take from Nature to put into Holistic Beauty I like to give back to nature through supporting World Earth days



GIVE BACK TO NATURE



In 2024 NATURA. helped to plant over 30 new trees, my aim is to eventually have planted the equivalent of a NATURA. Forest.



All clients in May received a pack of Wild Flower seeds in support of World Bee Week. We have raised funds for HAPPA & helped with raising goods for Dog Christmas boxes in previous years too





Wellness at Work

Are your employees
nervous systems
regulated? **Here is why you should care...**

The Science (in a simple term)

What is actually happening when we have a dysregulated nervous system

Without getting complicated...

We have two sides to our Nervous system

Sympathetic Nervous System – Fight or Flight

Parasympathetic Nervous System – Rest & Digest – The calm controller of our system, such as breathing, heart rate etc.

Dysregulation occurs when these two systems don't work together

When our body's nervous system is not regulated, simple day to day things will kick our Fight or Flight mode into action AKA 'pushing someone over the edge'.

Some situations may arise and our bodies signal this as 'unsafe' therefore, our calm system closes down and says 'you don't need me' (which is why when people have panic attacks their breathing is irregular) and the Fight or Flight is triggered to enable us to run away from danger or fight the danger ahead pumping us full of Adrenalin.

When we are stressed, our body prevents our 'cosy content hormone' (Serotonin) from being made therefore, we are left feeling 'frazzled'

If you or your staff are using phrases such as;

‘I can’t switch off’

‘I am so stressed’

& validating it with reasons such as:

‘It’s just who I am’

‘I have a busy life though and work is stressful’

Then it is highly likely you or your staff are living in

‘fight or flight’ = your nervous system is dysregulated.



Our nervous system was not made
for the 'Modern Day life'

What happens to us and our behaviour when our nervous system is dysregulated....



Any of this look
familiar?

Here is what it can look like for your business:

- **unhappy staff**
- **high sickness leave for staff**
- **fatigued staff**
- **poor peer relationships**
- **overwhelmed staff**
- **lack of ideas in teams**
- **poor collaborations**
- **workloads not being completed within time frames**
- **staff unable to commit to decisions**
- **staff taking work home to catch up**
- **inconsistency of work quality**
- **poor attitude of staff**
- **lack of empathy**
- **higher turnover of staff losing valuable experience**



How we can feel when our nervous system IS regulated.....

Quick recovery from stressful situations

More energy

Focused

Calm

Proactive about making plans

Happy

Able to control our emotions

Good quality of sleep

Able to relax easily

Able to sleep

Rarely ill

Mindful of others

Good digestion

Resilient to change

Healthy Blood Pressure

Good Posture

Good social connections

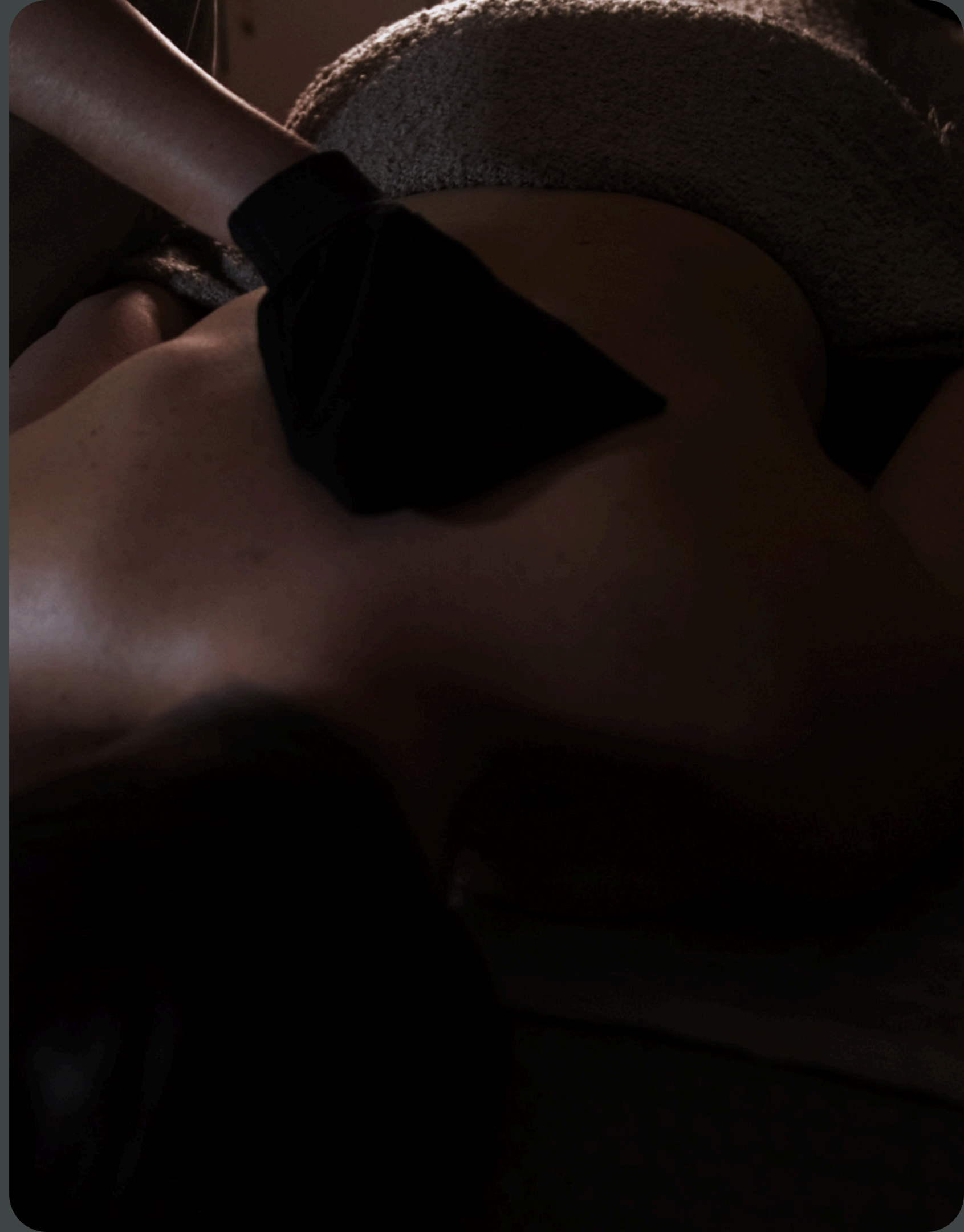
Positive attitude

Did you know...

A horizontal white brushstroke line, slightly irregular and textured, extending across the width of the image below the text.

79% of UK employees
frequently experience
work-related stress


Employees with access
to wellness initiatives
report 41% higher job
satisfaction



Eating well & being 'fit' is simply
not enough



HOW NATURA. CAN HELP YOU

Wow, what a gorgeous treatment. I'm so relaxed now. I can't get over how much my mind needed that  thank you

SHOW YOUR STAFF YOU CARE ABOUT THEIR MENTAL HEALTH AND WELLBEING

NATURA. offers in the workplace wellness and referrals, where the employer can show their employees that they care, appreciate and will support their mental health and wellbeing.

IN THE WORKPLACE WELLNESS INCENTIVE EXPERIENCES

HALF DAY SESSIONS £375

(up to 6 members of staff with 30-45mins each)

10AM – 1PM

FULL DAY SESSIONS £550

(up to 10 members of staff with 30-45 mins each)

10AM – 3.30PM

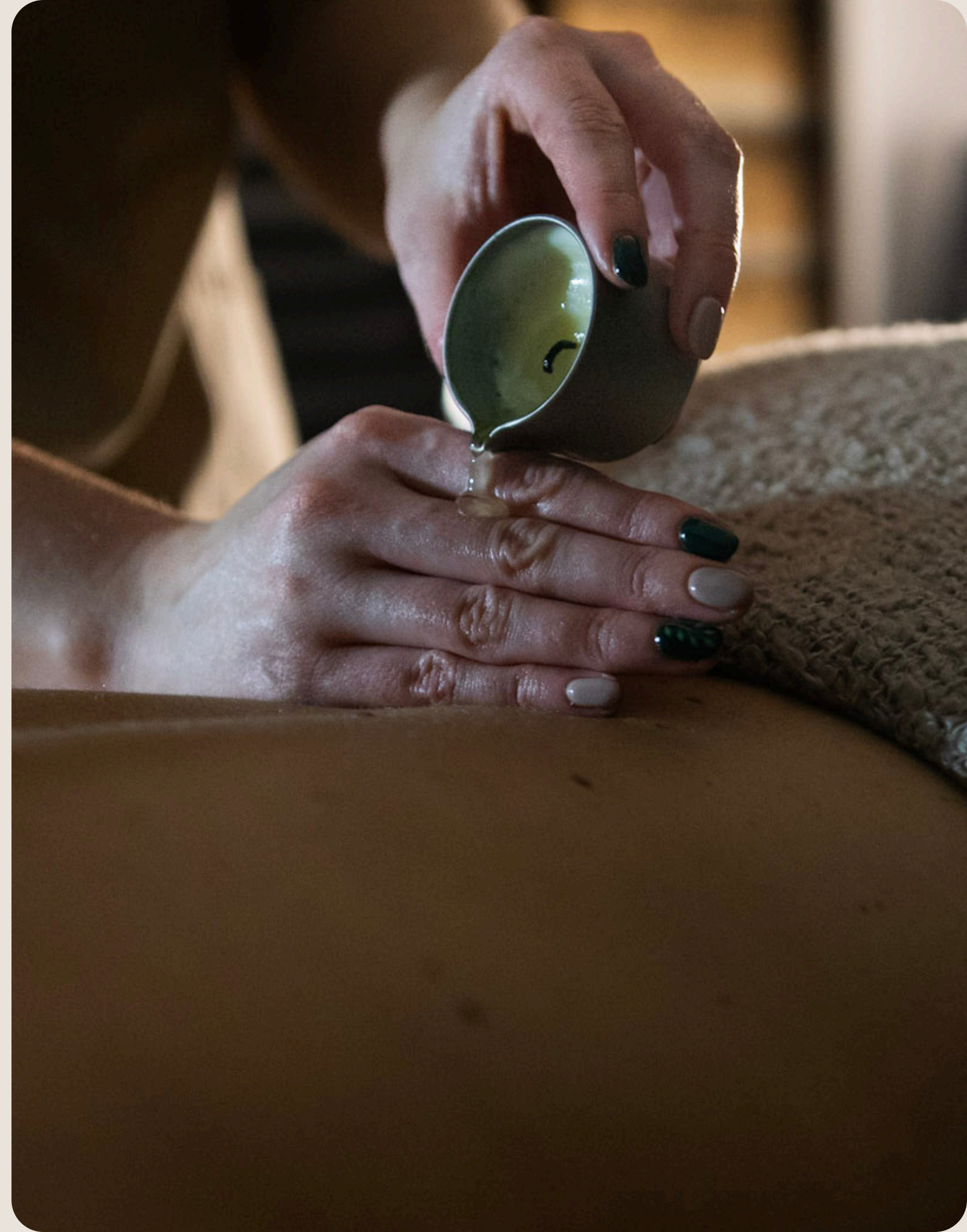
INCENTIVE TREATMENTS

Reward your staff with a full treatment at work.

They can choose from

- **Lava Shell Back, Neck & Shoulder Massage**
- **Holistic Facials**
- **Reiki Energy Healing**

Available for both Men & Women



IN THE WORKPLACE

WELLNESS TASTER SESSIONS

HALF DAY SESSIONS £350

(up to 9 members of staff with 20 mins each)

9.30AM – 12.30PM

FULL DAY SESSIONS £550

(up to 16 members of staff with 20 mins each)

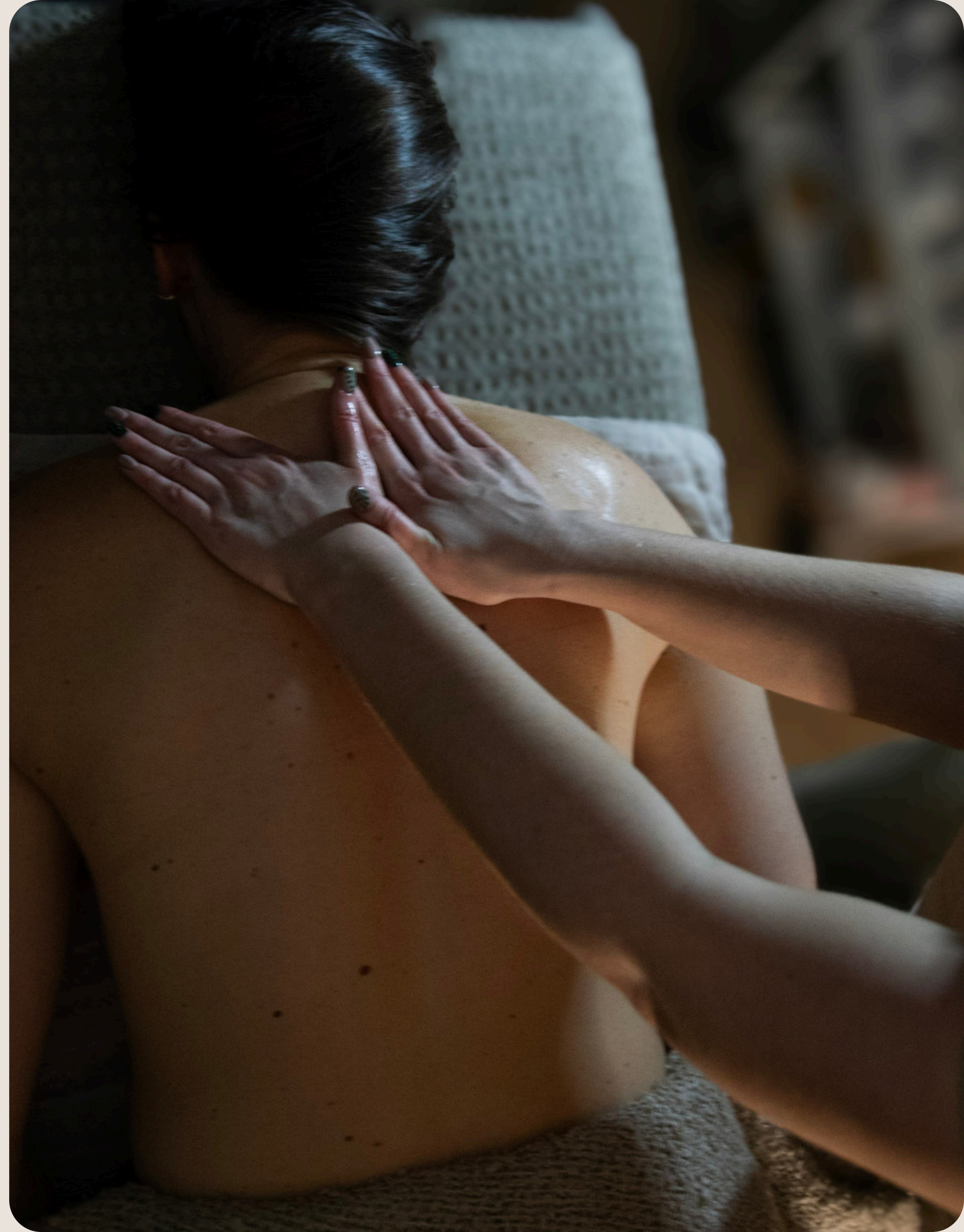
9.30AM – 3.30PM

TASTER SESSIONS

Show your staff you care with 20 minute breaks to wellness, choose from:

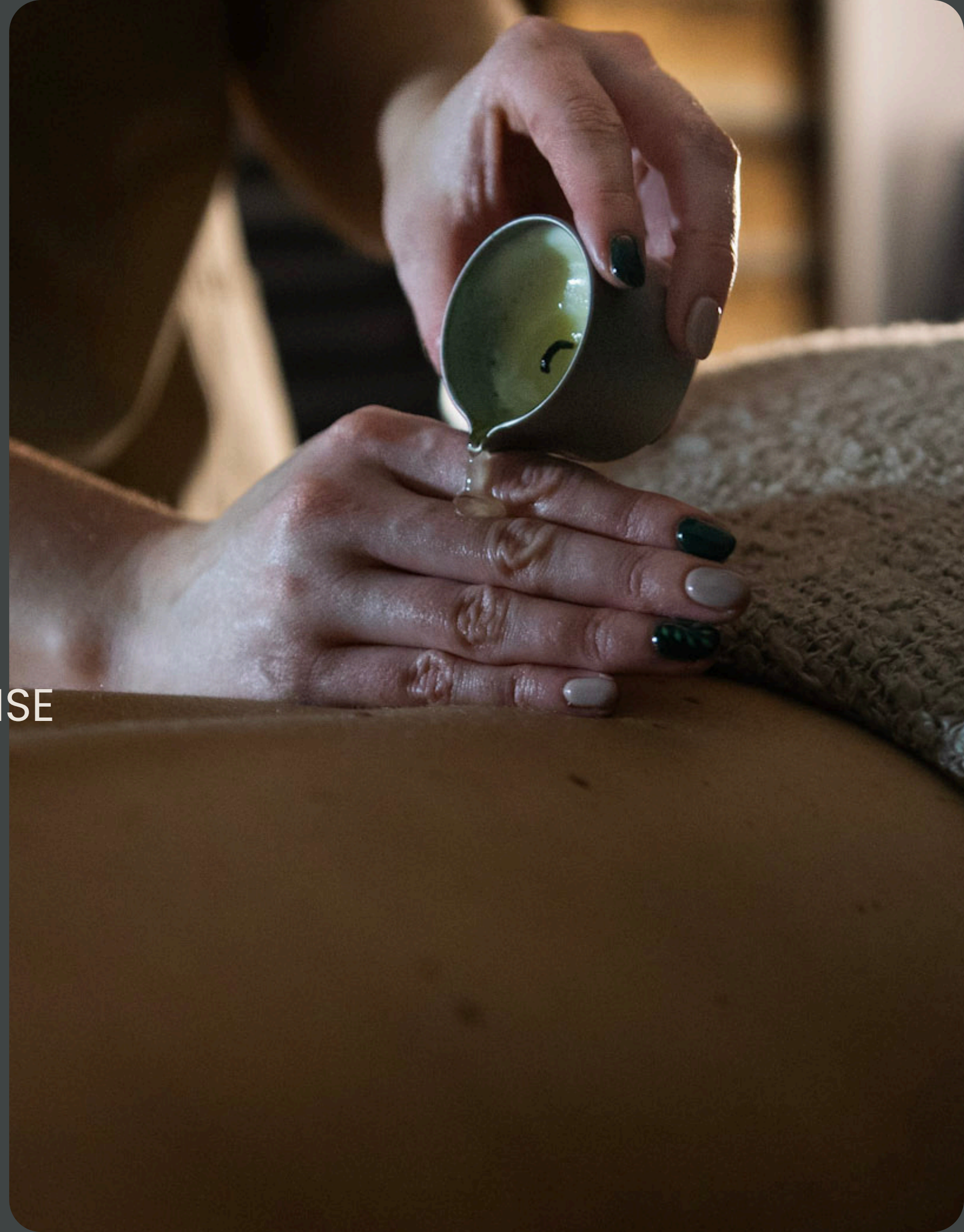
- **Hand and Arm massages**
- **Reiki healing**
- **Indian Head Massages**
- **Neck & Shoulder Tension Massage**

Available for both Men & Women



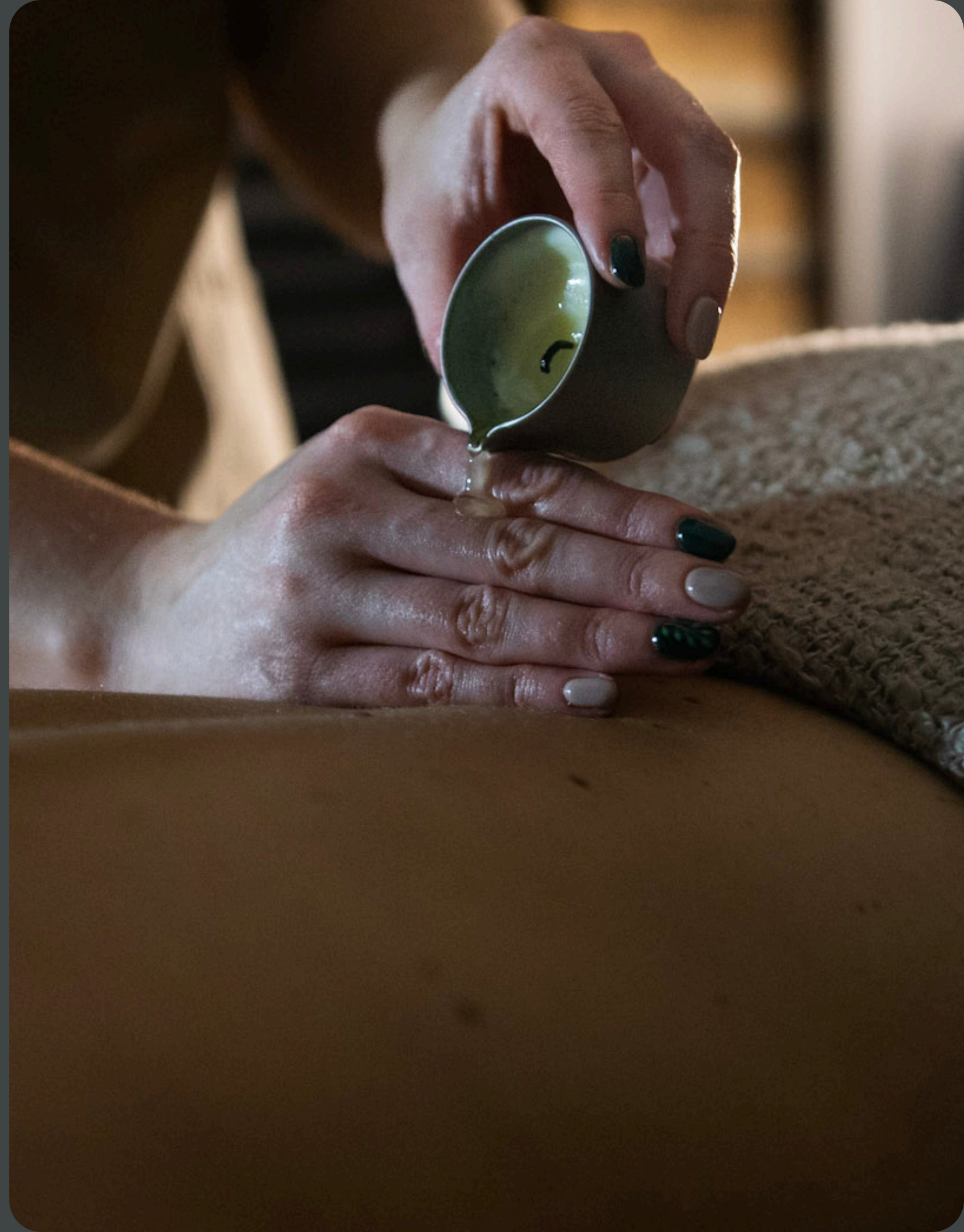
THE BENEFITS TO NATURA IN THE WORKPLACE

- ✓ Staff feel appreciated – appreciated staff have been reported to be 22% more productive in teams
- ✓ Offering this wellness support to staff supports the Working Minds Campaign that HSE advises workplaces to follow, ticking all five of the '5R's' framework
- ✓ Staff retention – staff have been reported to stay when they feel management is supportive, empathetic and a proactive in the wellbeing of staff



THE BENEFITS TO NATURA IN THE WORKPLACE

- ✓ Staff will appreciate the importance of self care and will have the experience to want to start a positive mental health journey
- ✓ Reduce absentees by up to 25%
Research shows For every £1 spent on wellness programs, companies can see a return of up to £4 in reduced absenteeism and healthcare costs
- ✓ Staff who feel they are looked after are more likely to promote the company and recommend to others





What do people say about NATURA.





When working with Burnley Football Club
I asked staff how they felt after returning to work
after their experience...here is what they said...

‘Calm and as though I had more headspace to focus’

‘relaxed, rejuvenated, restored’

‘Calmer, stress-free and relaxed’





How to arrange NATURA. in your workplace

What I would need from you

- **A small private room that can be used for the experiences where I can set up a small portable beauty bed or massage chair**
- **A small table available in the room**
- **Access to water (this doesn't need to be in the same room)**
- **Online medical forms to be filled out by the staff member prior to me arriving on the day**

To book....

Please email ashleighmua@hotmail.com with preferred dates and which package you are interested in for your employees and we can arrange a date and time.

If you have any questions...

Please do not hesitate to contact me to ask any questions, or if a package you would prefer hasn't been listed, we can tailor one to your workplace.

You can view the full
experience list by
clicking here

Links

Click the links below to go straight to the page

