

Your employees' wellbeing matters

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ABOUT US

We are a Purpose-Led Community Interest Company (CIC)



At Abuelita's, we bridge the gap between corporate wellbeing and social impact. As a not-for-profit, we deliver holistic health services that enhance employee performance, reduce absenteeism, and boost retention—directly benefiting your bottom line.

By investing in your team's physical and mental wellbeing, you're not only fostering a healthier, **more engaged workforce but also strengthening your company's ESG efforts.**

Every session booked with us helps fund essential wellbeing services for disadvantaged communities, meaning your commitment to employee care extends far beyond your office.

Prioritize your people. Maximize your impact. Let's build a thriving workplace—together.

Simona Ilincariu

Holistic Health for Every Journey

Our Mission

To provide accessible, high-quality wellbeing services that promote physical, mental, and emotional health. We aim to create a fairer society by ensuring these services reach everyone, especially those in need.

Our Vision

To be a leading force in improving employee wellbeing and community health, fostering a more inclusive, balanced, and healthier future for all. By aligning with your ESG initiatives, we can collectively create a ripple effect that benefits not only your employees but also vulnerable communities, driving positive change at every level.



EMPLOYEE WELLBEING ⟷ **YOUR COMPANY'S ESG** ⟷ **CONTRIBUTING to the community**

SOLUTIONS TO HELP MAINTAIN EMPLOYEES' WELLBEING

The Problem: Employee Wellbeing Challenges

In the UK alone, employee health is a growing concern, impacting productivity and wellbeing:

- **Stress & Mental Health**: Over 875,000 workers reported stress, anxiety, or depression in 2022/23.
- **Absenteeism**: 1 in 5 employees take time off due to stress-related issues.
- **Physical Discomfort**: 11% of UK workers report daily stress, with many facing physical discomfort from long hours at a desk.



The Impact: Poor mental health costs UK businesses £42-45 billion annually in lost productivity and absenteeism.

The Solution: Promote Health & Productivity with Tailored Holistic Wellbeing Services

Long hours at a desk, short breaks usually filled with personal admin tasks, lead to stress, aches, and pains, affecting both employee wellbeing and productivity. This can cause reduced focus, higher absenteeism, and impact your bottom line.

Our services—DSE Assessments, Chair Massage - Wellbeing days at work, Nutritional Therapy Workshops, and group classes & workshops — directly address these issues. Studies show that prioritising **employee satisfaction and wellbeing can boost productivity by 25%** (Harvard Business Review, 2022) **and reduce absenteeism by 28%** (Journal of Occupational Health Psychology).



By supporting your employees' health, you foster better focus, engagement, and retention, creating a more positive and productive workplace.

OUR SERVICES



Chair Massage-Office Visits: One-Off, Monthly, Bi-Monthly, Weekly

Our experienced therapist will come fully equipped, needing only a quiet corner or private room where employees can relax and rejuvenate. This specially designed chair massage targets the back, arms, neck, and head, helping to relieve stress and boost energy levels.

Benefits of improving posture at work

- **Increased energy levels**
- **Increase wellness and feelings of happiness**
- **Relax shoulder and back tension from sitting at a desk**
- **A great incentive for your employees**

We enhance the experience with a calming atmosphere, incorporating gentle music and aromatherapy to maximize relaxation and stress relief.

Book a one-time paid trial to see how our wellbeing services fit your team before commiting.

Why Chair Massage?

Implementing a chair massage day demonstrates your company's commitment to employee wellbeing, resulting in a more relaxed and productive workforce. Research shows workplace massage therapy reduces stress and improves job satisfaction.

A study by Day et al. (2009) found that employees receiving weekly 20-minute massages experienced reduced strain and lower blood pressure. (MetaTouch).

Offering these sessions helps create a positive company culture, reduce absenteeism, and increase productivity.

Chair Massage - Office Visits | One-off | Residencies

Our corporate on-site massage therapists offer competitive pricing and charge simply by the hour, making us one of the most affordable options in London.

Team-focused pricing

£110 per hour for 20 or 30-minute sessions per employee. | **inc. VAT £132**

Employee-focused pricing

£35 per 20-minute or £55 per 30-minute per employee* | inc. VAT £42 | £66
*price gets cheaper depending on frequency - one-off, monthly, bi-monthly, weekly sessions

The prices cover one therapist per hour | Minimum 3 hours per booking.
Available morning, lunch, or afternoon slots. London-based locations only.
72 hours cancellation policy



Stretch Therapy-Office Visits:

Long hours of sitting create tension in the back, neck, hips, and shoulders — the areas most responsible for fatigue, reduced focus, and stress.
In a fully supported session, the body is gently guided through slow, fascia-informed stretches that release deep-held tension in ways self-stretching rarely reaches. This method resets the nervous system, improves mobility, and restores energy levels.

Why it's ideal for employees

- Relieves stiffness from prolonged sitting
- Reduces stress and supports nervous system regulation
- Improves posture, breathing, and overall mobility
- Boosts focus, clarity, and sustained productivity

Just one session leaves staff feeling lighter, clearer, and more energised — helping them return to work with greater comfort, resilience, and ease.

Book a one-time paid trial to see how our wellbeing services fit your team before commiting.

Stretch Therapy

Stretch Therapy
One of the most effective tools for desk-based teams. Stretch Therapy releases deep tension caused by long hours of sitting, easing the back, neck, hips, and shoulders. Through gentle, supported stretches, it resets the nervous system, improves mobility, and restores clarity and energy.

Benefits for employees: reduced stiffness, better posture, calmer nervous system, sharper focus.

A powerful reset that helps staff feel lighter, clearer, and ready to work with ease.

Offering these sessions helps create a positive company culture, reduce absenteeism, and increase productivity.

Stretch Therapy - One-Off, Monthly, Bi-Monthly, Weekly

Our Corporate Stretch therapists offer competitive pricing and charge simply by the hour, making us one of the most affordable options in London.

Team-focused pricing

£110 per hour * | inc. VAT £144
for 30 or 60 minutes -minute sessions per employee.

Employee-focused pricing

£55 per 30-minute session* | inc. VAT £66

*price gets cheaper depending on frequency - one-off, monthly, bi-monthly, weekly sessions

Minimum 6 employees per visit, or a Minimum of 3 hours per booking.
The prices cover one therapist per hour
Available morning, lunch, or afternoon slots. London-based locations only.
72 hours cancellation policy

DSE Assessments & Wellbeing: The Impact

A UK study found that a four-day workweek led to 65% fewer sick days and 70% less burnout, proving that wellbeing initiatives boost productivity and workplace morale. **Companies that invest in employee wellbeing create a more focused, relaxed, and engaged team.**



DSE assessments help reduce stress, absenteeism, and physical discomfort caused by poor posture or repetitive strain. In the UK, musculoskeletal disorders account for 32% of work-related health issues (source: ergonix.co.uk) and stress contributes to 46% of work-related conditions (source: hse.gov.uk).

DSE ASSESSMENT



By assessing workstation setups, posture, and daily habits, you can prevent injuries, improve comfort, and boost productivity, creating a healthier, more engaged workforce.

What is Assessed in a DSE Assessment?

- The process is an **individual in-depth assessment**
- **Workstation Setup** – Ensuring desks, chairs, and equipment meet DSE regulations.
- **Posture** – Analyzing sitting and standing habits to prevent strain.
- **Environmental Factors** – Evaluating lighting, noise, and workspace conditions.
- **Work Habits** – Identifying risks in daily routines to improve efficiency.

DSE Assessment Prices

Including: Personalised reports | Equipment demonstration & setup.
Arrange a date that works for your workplace. | Carried out in person by our experienced assessors. | Independent product recommendations.

Individual Focused

Virtual 1-2-1 meeting - **30 minutes/per employee - £90 | inc. VAT £108**
Home/Office Visit - **30 minutes / London only - £120 | inc. VAT £144**

Team focused assessment

Office Visits - **Half day - up to 10 employees - £600 | inc. £720**
Office Visits - **Full Day - up to 15 employees - £800 | inc. VAT £960**

Get in touch for a custom quote tailored to your company's wellbeing goals.
We support both office and hybrid setups (working from home and the office).
Ongoing support with virtual assessment or in person on request.
72 hours cancellation policy

Healthy Nutrition Program in the Workplace

Poor nutrition directly impacts performance—employees with unhealthy diets are 66% more likely to lose productivity, while those who eat well are 25% more effective (Brigham Young University).

Our nutrition workshops and pre-recorded sessions help reduce absenteeism, improve focus, and boost overall efficiency. **As an employer, you gain full ownership of the recorded sessions, allowing unlimited use for long-term impact. A one-time investment that drives sustained productivity and business growth.**



Our team members are featured in:

SHEERLUXE

BBC

LUXlife Health, Beauty & Wellness Awards 2024 Food Power Nutrition Best Nutrition Clinic 2024 - London winner

Sainsbury's magazine

STYLIST

COUNTRY & TOWN HOUSE

Women'sHealth

The Telegraph

yahoo!life

Companies we works with:











Healthy Nutrition Program in the Workplace

Series of 5 live webinars - £2500 | inc. VAT £3000

30 minutes + Q&A Zoom presentation on healthy eating. Slides and pdf resources will be provided in advance to be shared with attendees. Can be a one-off event or part of a series (example of 5 webinar programs: **Healthy Nutrition - Fundamentals & Myths | Top 5 tips and foods to thrive | The gut-brain axis: how food impacts our mental health | Are superfoods really super? | Customized webinar.**

In-Person workshop - 45 minutes - £650 | inc. VAT 780

In-person events to engage the workforce providing live presentations or/individual mini-sessions to discuss healthy nutrition and easy changes to implement. Possibility to do regular "check-ins" as part of a program.

3 Pre-recorded sessions - £1500* | £1800

Courses: 3 Pre-recorded sessions on healthy nutrition, ideal to be included in a welcome package, maternity leave package or as part of a bespoke wellbeing program.
***Ownership of the recorded material which can be utilised and shared as many times as needed.**

Yoga, Pilates, sound healing or breathwork?



Right in your office

Support your team's wellbeing with simple, effective movement. Which one would you choose for your team?

- **Reduce stress**

Yoga, breathwork, and sound healing all help calm the nervous system and ease anxiety.

- **Ease aches & improve posture**

Yoga & Pilates for desk-based teams — both practices strengthen, stretch, and realign the body.

- **Boost focus & energy**

All of them can reset the mind, reduce fatigue, and increase productivity.

- **Encourage connection**

Shared movement builds morale and a stronger sense of team.

- **Show your team you care**

A small gesture that makes a big impact on wellbeing and workplace culture.

Investing in wellbeing creates a more engaged, innovative, and productive workforce.

Yoga | Pilates | Breathwork | Soundbath Prices

Each session or package is designed for up to 16 employees.
If you have fewer than 8 or more than 16 team members, please get in touch for a personalised quote.

One-off sessions

1 h session: £400 per session **| inc. VAT £480**
45 minutes: £350 per session **| inc. VAT £350**

Bi-monthly Ysessions

1 h session: £350 per session **| inc. VAT £420**
45 minutes: £300 per session **| inc. VAT £360**

Monthly sessions*

1 h session: £380 per session **| inc. VAT £456**
45 minutes: £330 per session **| inc. VAT £390**

Weekly sessions

1 h session: £300 per session **| inc. VAT £360**
45 minutes: £250 per session **| inc. VAT £300**

One-off event

Any combination of two practices - 90 minutes sessions
(for example 45 minutes Yoga and 45 minutes Soundbath) **- £650 | inc. VAT £780**

Minimum 72 hours' notice required for any cancellation to qualify as free.
Free cancellation allowance over any 6-month period:
Weekly contracts: up to 3 free cancellations | ***Bi-monthly contracts***: up to 1 free cancellation | ***Monthly contracts:*** up to 1 free cancellation
Any cancellation under 72 hours' notice, or beyond the free allowance, is charged at the full session rate.
Pause option: we understand teams quieten in August and over Christmas. Contracts can be paused for up to 4 weeks per year by mutual agreement, with no cancellation charge.
Our side of the deal: if Abuelita's needs to cancel (practitioner illness or emergency), we will arrange a substitute practitioner of equivalent qualification where possible, or reschedule the session — no charge to the client in either case.
Unused sessions do not roll over beyond the contract term.

Setting up a Wellbeing Area
- ZEN Room in your Office -

If your office has an underutilized room with space for a portable massage table, we can transform it into a Zen space for your team, full-time or part-time. Our on-site therapist provides personalized wellbeing services (full body massage, back, neck, shoulders, pregnancy massage, and stretch therapy, etc.) designed to reduce stress and boost focus, helping your team feel their best at work."

This concept, already embraced by forward-thinking companies, has proven to be a highly effective way to prioritize employee health and productivity. It's a simple yet impactful way to enhance workplace culture and support your team's overall wellbeing.

Our team is already supporting a major tech headquarters, and the feedback from employees has been overwhelmingly positive.



Photo of our Hackney Studio

Review: "Simona is incredible. The care I received at Apple HQ is trancending"

LET’S PARTNER

Still Unsure What to Book?
Why Not Try Them All? Your office or Ours
- Team building - The Most Holistic Way



If you have dedicated wellbeing days or want a team-building experience with a deeper impact, let us curate the perfect mix for your team. We can bring everything to you - up to 30 employees. Or up to 10 employees can visit our fully equipped studio.

Choose from Chair Massage, Nutritional Workshops, Yoga, Pilates, even Sound Baths, or any combination that suits your team best. We'll help break through accumulated stress and restore balance.

Plus, we'll provide incredible food from the best in town—because true wellbeing is holistic.

Let's take the next step together towards a thriving, engaged team for your company!

Do Not Forget
Your ESG Alignment | Your Impact

By partnering with Abuelita's Wellbeing CIC, a not-for-profit with a strong social mission, you're doing more than investing in your employees' health. You're helping create a positive workplace culture while contributing to your organisation's ESG goals.

Your commitment to employee wellbeing extends beyond the workplace, creating a ripple effect throughout the wider community. Through our social impact programme, we provide free and subsidised therapy sessions to people experiencing chronic illness, PTSD, burnout and chronic stress, helping make holistic healthcare more accessible to those who need it most.

10% of the profit from your partnership goes back into the community, supporting these initiatives and ensuring that your investment in workplace wellbeing creates a wider social benefit. Together, we can build healthier teams, more compassionate workplaces and stronger communities.

Our Motto: Integrative Care for Every Journey
Empowering Change. Transforming Lives.



Working Together

We'd love to discuss how our wellbeing services can benefit your team

***Schedule a meeting with our founder, or email us** to explore potential partnership opportunities and discover how we can tailor a program specifically for your needs.*

***To get started, we can arrange a one-off office visit, including a chair massage day, allowing your team to experience our services firsthand.** After that, we can discuss a long-term partnership to support your workplace wellbeing*

***For Charities, CIC's or other forms of not-for profit organisation** we are happy to discuss different deals and work around your budgets.*

Let's take the next step together towards a thriving, engaged team for your company!

Go the Extra Mile for Your Team



As part of the Tileyard community, *we want you all to feel part of the community. And as a good neighbour, we want to help you out in making your employees valued. More than that, how cool it will be to know that their employer cares for them and gives them that extra nudge to take care of them.*

We're here to make supporting your team easy, impactful, and genuinely enjoyable. Let's build a healthier workplace together. 😊

Check the options we put in place for the Tileyard residents only, and if you have another idea in mind, let us know. We love bespoke packages too.

Go the Extra Mile for Your Team

Part-Funded 1-to-1 Sessions

Chip in for your team's therapy or massage sessions — half, a portion, or even more. A small contribution from you makes a big difference for them.

Achievement Rewards

Celebrate wins with wellbeing vouchers. A thoughtful, feel-good way to say "well done."

The 10% + 10% Boost

If you cover 10% of an employee's session, we'll add another 10% on our side. That means your staff only pays 80% of the full treatment — a community-powered wellbeing win.

Membership Support

Help your team access our classes regularly. Whether it's 1 session a month or 3, you choose what fits your wellbeing budget and we'll tailor the best structure for you.



CONTACT US

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Thank you for your time!