



BALANCED HEALING SALT + SAUNA

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WELLNESS  
PROGRAM

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BRINGING WELL-BEING TO THE  
WORKPLACE



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## INTRODUCTION

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Workplace wellness is a growing trend in the business world, and one of the signs of a top-notch employer when recruiting + retaining talent.

In order for businesses to succeed, their employees need to be able to achieve their potential + operate within a healthy + stress-free environment.

When an employee is deficient in one or more of these areas, they can lack productivity, regularly miss work due to sick or mental-health days + jeopardize the morale of the team, costing your business more money in the long run.

The benefits of employee well-being programs may not be apparent at the beginning, however, consistent engagement can be highly advantageous to the company in the long run. Healthier employees bring in a wide array of benefits to the organizations they work for in many ways.

A WORKPLACE WELLNESS  
PROGRAM WILL ENRICH YOUR  
COMPANY CULTURE + IMPROVE  
OVERALL WELLNESS.



- 63% of employers offering wellness programs reported increased financial sustainability and growth (IFEBP, 2017)
- Companies with highly effective health and wellness plans are 40% more likely to report better financial performance than low-effectiveness companies (Sun Life, 2012)
- Sixty percent of respondents reported that workplace wellness programs reduced their organization's health care costs (US Chamber, 2016)
- For every dollar spent on wellness programs the company saves \$5.82 in lower employee absenteeism costs (ISDH)
- About 77% of employees think that workplace wellness programs positively impact the company culture (Forbes, 2013)
- Companies with an employee engagement program enjoy 233% higher customer loyalty (Aberdeen Group, 2015)

## EMPLOYER WELLNESS PROGRAM BENEFITS

## WORKPLACE WELLNESS PROGRAM BENEFITS

- 70% of employees enrolled in wellness programs have reported higher job satisfaction than those not enrolled in the companies' program (Aflac, 2019)
- Employees are more likely to recommend a company that supports well-being efforts as a good place to work (APA, 2016)
- Employee well-being is a vital part of business plans for 78% of employers (Virgin Pulse, 2017)
- 56% of employees had fewer sick days because of wellness programs (United Healthcare, 2018)
- Employee morale is cited as the most improved (54%) metric from implementing wellness plans (Hub International, 2017)
- 62% of participants in a wellness plan said that it helped them lower healthcare costs (PR Newswire, 2016)
- Wellness plans improve overall employee health behaviors (NCBI, 2012)

COMPANIES WHO SUPPORT STAFF WELL-BEING REAP  
THE BENEFITS THROUGH ENHANCED MORALE,  
LOYALTY, COMMITMENT, INNOVATION, PRODUCTIVITY  
+ PROFITABILITY.





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## ADDITIONAL BENEFITS

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### **Higher Employee Productivity**

Employees who eat healthily, exercise regularly, sleep well, + are stress-free are likely to be more productive at work than those who lead an unhealthy lifestyle. Many studies have proven the association of poor health behaviors with lost productivity + higher risks of chronic diseases.

Employee wellness programs with the right modules can help the workforce in adopting + following healthy lifestyle behaviors that reduce health risks + improve employee productivity.

### **Better Workforce Morale**

When employees are recognized + appreciated for their work, they tend to be more loyal + feel valued. Offering employee wellness programs is a good way of making the workforce feel valued, and employees feel that employers care for their well-being. Feeling valued boosts employee confidence + morale, making them enthusiastic at work, thus, improving productivity + workplace wellness.

### **Higher Retention Rates**

In addition to boosting workforce morale, offering the best employee well-being programs can keep the employees loyal to their workplace. Studies show that employees who are unhappy with their employers are more likely to leave them for a company that is pro-employee. So, companies that offer corporate wellness programs as a part of their employee benefits package can easily recruit skilled candidates to work, and retain them, thus reducing the costs due to frequent employee turnover + recruitment.





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## ADDITIONAL BENEFITS

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### **Reduced Healthcare Costs**

Studies show that employers can save up to \$730 billion due to changed lifestyle habits of the employees. Well-planned corporate wellness programs with the right wellness challenge ideas can help employees to adopt healthy habits like eating healthily, exercising adequately, and avoiding addictive habits like smoking and alcohol consumption. When healthy lifestyle behaviors are followed, it can reduce the risk of chronic health conditions and save their workplace of high healthcare costs.

### **Low Absenteeism Rates**

Absenteeism has been known to impact employee productivity and workplace growth in many ways. When employees are unhealthy or unhappy, they tend to lack focus at work, affecting workplace productivity. Also, falling ill can have them taken sick leaves, which impacts productivity. In short, higher absenteeism rates, higher will the troubles be for the company. Corporate wellness programs improve employee well-being, in turn, reducing their cause of falling sick, lowering their absenteeism rates.

### **Better Workplace Culture**

Comprehensive employee wellness programs include corporate wellness challenge ideas that allow employees to participate in activities that are not always related to work.

For example, the team wellness challenges activities improve communication between the co-workers, build stronger teams, and create a healthy camaraderie among the colleagues.



Meet the Owners!

Our dream started in April 2020 amidst the beginnings of the COVID pandemic.

We, (Tina + Cass) were each on our own spiritual path when we met. Upon finding that we each had unique wellness + health ideas, and entrepreneurial genetics, we put our heads together.

Short story even shorter, in just 4 months we opened the Balanced Healing Salt + Sauna studio in Casper, Wyoming + just a few months later, Cass had the opportunity to move to Sheridan, Wyoming + brought Balanced Healing with her to open a second location.

## ABOUT BALANCED HEALING SALT + SAUNA

## WHAT MODALITIES WE CAN PROVIDE TO YOU + YOUR EMPLOYEES + THEIR BENEFITS

### **Infrared Sauna Sessions**

- Detoxification
- Pain Relief/Inflammation
- Weight Loss
- Stress Reduction
- Heart Health
- Boosting Immunity

### **Dry Salt Therapy Sessions**

- Improved Breathing
- Alleviation of Allergies, Asthma + Other Respiratory Issues
- Stress Reduction
- Various Skin Benefits

### **Infrared PEMF Mat Session**

- Elevated Energy
- Muscle Recovery
- Improved Circulation
- Stress Reduction
- Restful Sleep

HEAL THE BODY + CALM THE MIND ON YOUR JOURNEY  
TOWARDS HEALTH THROUGH OUR HOLISTIC SALT  
THERAPY + INFRARED SAUNA MODALITIES TO BRING  
RELAXATION + BALANCE BACK INTO YOUR LIFE.

We want you + your employees to get the most out of our Workplace Wellness Program.

That is why we have created a few different options for you to choose from.

**Fixed Term Contract**

This 6-month contract would renew every month + provide your employees with a specific amount of sessions to use.

**Pay-Per-Use Contract**

This 6-month contract would track employee sessions + be billed to your business at the end of each month.

**HSA Match Contract**

This 6-month contract would allow for you to match employee's use of their HSA account.

## WELLNESS PROGRAM CONTRACT MENU

## WELLNESS PROGRAM PRICING MENU

**Salt + Sauna Session | \$80**

Personalized Salt + Sauna Experience  
Calming Music + Relaxation

**Salt + PEMF Mat Session | \$75**

Personalized Salt + PEMF Mat Experience  
Calming Music + Relaxation  
Great Alternative to Sauna

**Salt + Sauna + PEMF Mat Session | \$100**

Personalized Session Experience  
Full Package of Benefits

\*All sessions include towel service + are enjoyed from the comfort of your own private luxury suite.

## BALANCED HEALING SALT + SAUNA

