

# **WELLNESS** **SOLUTIONS**

[wellnessolutions.com.au](http://wellnessolutions.com.au)

# Contents

The image shows a modern wellness studio. On the left, a large wall mural depicts a person in a yoga pose against a sunset beach background. In the center, a large screen displays a yoga instructor in a meditative pose. The room features wooden flooring, blue armchairs, and a purple LED light strip along the base of the wall. The ceiling has recessed lighting.

About

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# Why Wellness Solutions?

We use Tech Enhanced Solutions to make Wellness relevant to everyone, achievable by all and able to be delivered in any space.



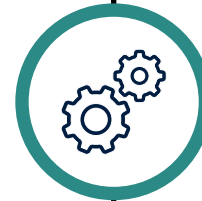
High quality, affordable and innovative products, services & packages.



Wellness ecosystem that meets growing expectations of 24/7 wellness support: at home, at work, on the move.



Custom and bespoke solutions to meet the requirements of any sector.



Integrated wellness options that enable you to offer a wellness solution in any size space.



Global distribution channels.

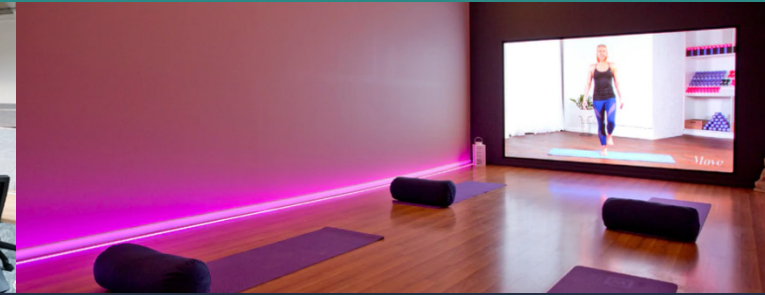
# Who we work with



**Hotels & Hospitality**



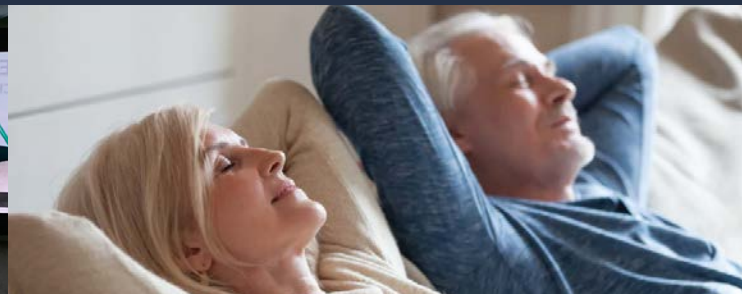
**Corporate & Workplaces**



**Residential Complexes**



**Health Clubs & Fitness Facilities**



**Retirement Homes & Aged Care Facilities**



**Shopping Centres & Retail Space**

# We specialise in:



## Wellness Pods

Versatile, user friendly and cost effective

Reduce stress, improve sleep and enhance performance

Wellness Pods & Mini Massagers to suit

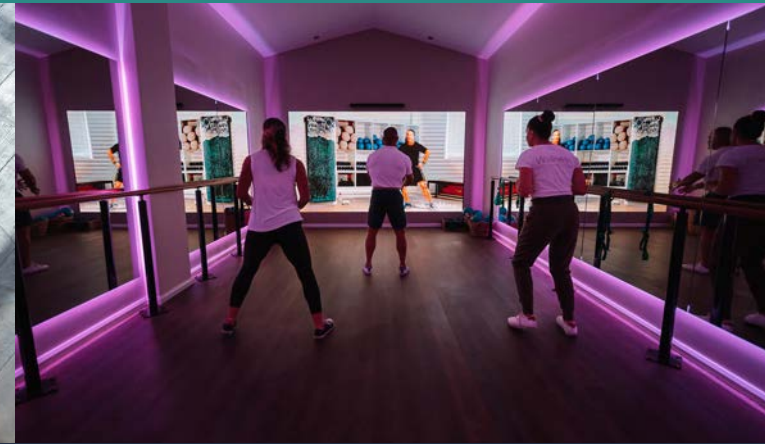


## Wellness Videos

Movement and exercise videos plus wellness education talks

Bite size durations from 3 to 30 minutes

Multiple streaming options available



## Wellness Spaces

Transform any area into a wellness space

View our 40sqm to 400sqm+ designs for inspiration

Custom options available for any size room

# Wellness Pods

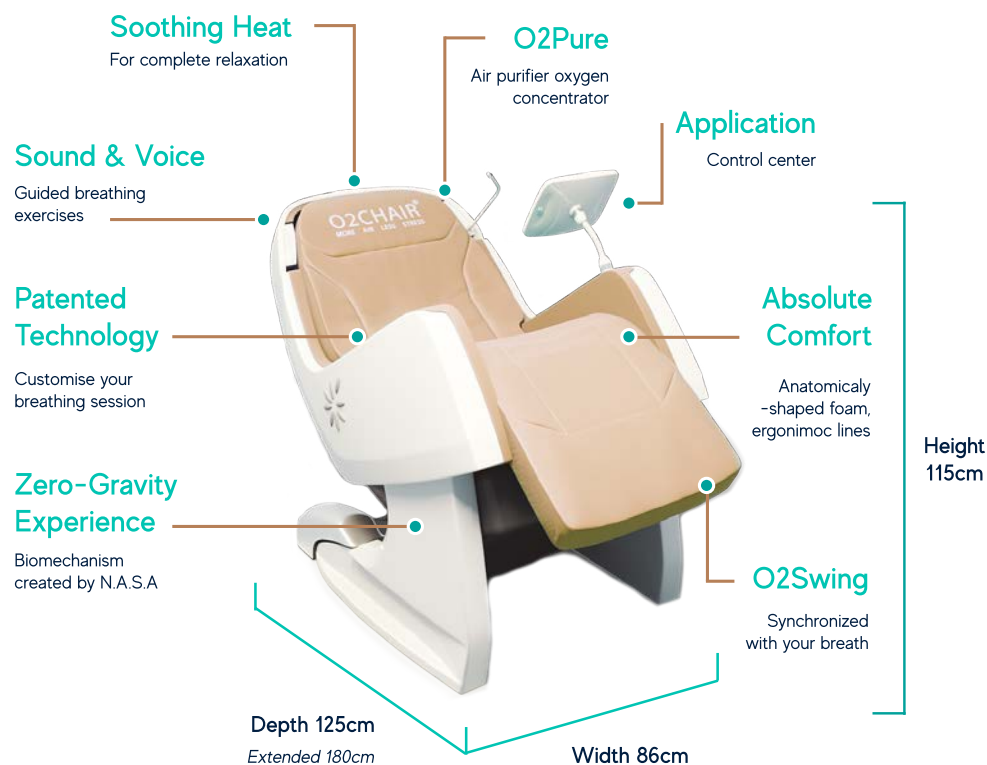
Our wellness pods are a versatile, user friendly and cost effective way to bring wellness into any space. Our pods include; the world's first breathing & meditation chair, the recovery massage chair and the infrared sauna with meditation.





# O2 Breathing & Meditation Chair

The O2 Chair guides users to breathe more consciously, slowly and deeply, enhancing physical and mental health. The chair gently warms and massages as it goes through guided breathing and meditation exercises leaving the user refreshed and rejuvenated.



## Benefits

Improve Performance | Stress Release | Increase Focus & Productivity | Reduce Blood Pressure | Improve Heart Function | Mental Recovery



# Recovery Massage Chair

The recovery chair is more than a traditional massage chair. With unique full body scanning technology it offers a personalised and total mind and body recovery experience. The recovery chair leaves the user feeling relaxed, recharged, and recovered.



## Benefits

Improve Circulation | Reduce Stress | Improve Posture & Flexibility | Muscle & Joint Recovery | Improve Heart Function | Mental Recovery



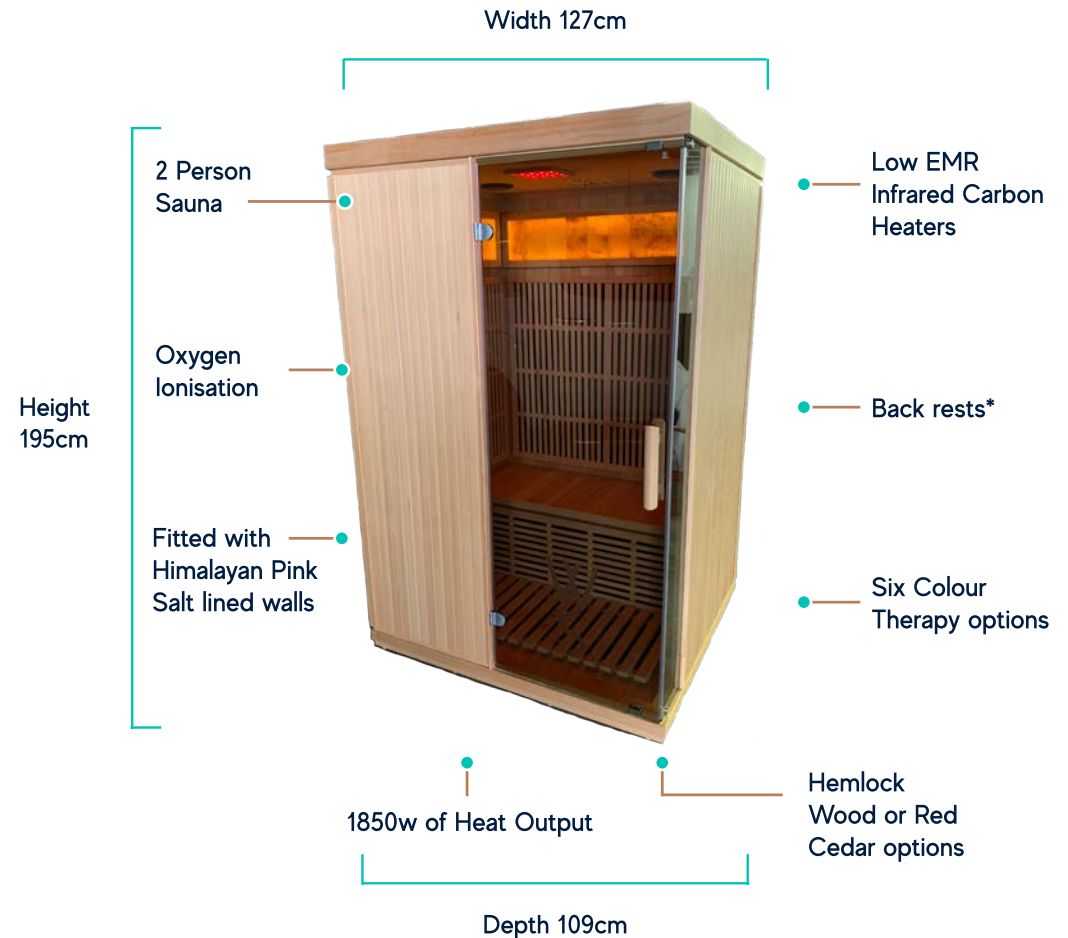


# Infrared Sauna with Meditation

The Infrared Sauna uses a unique combination of infrared heat technology and colour light therapy to restore physical and mental balance. Our saunas are space-efficient and allow users to remain fully clothed whilst still enjoying the full range of benefits. Enjoy total body and mind recovery therapy through infrared heat.

## Benefits

Increase Circulation | Stress Relief | Improve Sleep | Muscle & Joint Recovery | Supports Heart Health | Mental Recovery | Detoxification



# Wellness Videos

We are a full content provider with over 3,000 Move123 exercise & movement videos, over 500 Move123 Silver senior movement videos and over 1,000 Mind123 wellness education videos.



*Move*<sup>123</sup>

*Move*<sup>123</sup>

*Mind*<sup>123</sup>



# Move<sup>TM</sup> 123

## Our movement & exercise videos

Our Move123 video library offers 3,000+ innovative, motivating and high quality exercise and movement classes. These classes are delivered by the world's best instructors in inspiring and unique locations across 10 different collections. We specialise in bite size durations of 5, 10, 20 and 30 minutes to make moving more flexible and accessible. This video library can be accessed anywhere, at any time.

### Collections



### Durations

5 minutes | 10 minutes | 20 minutes | 30 minutes



# Move<sup>123</sup>

## Our senior movement videos

Our Move123 Silver senior movement video library offers 500+ classes, carefully designed by a team of experts focusing on movement and mobility to aid in ageing actively and with confidence. Our extensive library covers 9 collections and is suitable for everyone; from those new to movement, to life-time exercisers. Each class is mindfully catered for all levels and offers options for floor based, seated, chair assisted or free standing movements. We specialise in bite size durations of 5, 10 and 20 minutes, ensuring all age appropriate classes are delivered in a safe, supportive and fun manner. This video library can be accessed anywhere, at any time.

## Collections

**BREATHE**  
Move

**CARDIO**  
Move

**DANCE**  
Move

**STRENGTH**  
Move

**STRETCH**  
Move

**FIGHT**  
Move

**MEDITATION**  
Move

**PILATES**  
Move

**YOGA**  
Move

**CHI**  
Move

## Durations

5 minutes | 10 minutes | 20 minutes

## Movement Variations

Chair Based | Chair Assisted | Floor Work | Free Standing



# Mind<sup>123</sup><sup>TM</sup>

## Our wellness education videos

Our Mind123 wellness education library offers 1,000+ videos that are delivered by the world's best experts in their fields. Our extensive library covers a broad range of health, fitness and wellness topics aimed to educate, motivate, encourage, challenge and inspire those watching. Each session is delivered in bite size chunks of 3, 6, 9 and 12 minute sessions that help to break down complex topics in an easily digestible manner.

## Collections

**BEAUTY**  
Mind

**HEALTH**  
Mind

**NUTRITION**  
Mind

**SELF**  
Mind

**WEALTH**  
Mind

**RELATIONSHIPS**  
Mind

## Durations

3 minutes | 6 minutes | 9 minutes | 12 minutes

# Healthy Living Programs

We offer a range of Wellness Programs, designed to benefit you in all areas of life, including Sleep, Nutrition, Movement, Energy & Stress.

Our programs are designed to fit into your lifestyle and can be done in less than 10 minutes a day.

# Designed so you will receive daily guidance, tips & solutions that will help you form long lasting routines.



## Programs Available

- 7 Days to Better Sleep
- 7 Days to Healthy Habits
- 7 Days to a Healthy Mind

## What's included in each program

- 7 x Daily Move123 Exercise & Movement Videos
- 7 x Daily Mind123 Wellness Education Talks
- 7 x Daily Educational Articles
- 7 x Bonus Healthy Living Videos

## Distribution for Business

The Wellness Solutions Healthy Living Programs are a great way to support a healthy workplace environment. We have the options of Automated Program Delivery or DIY Program Delivery for Businesses.

# Wellness Spaces



Whether you're a hotel, retail space, health club, aged care facility or any sized business, Wellness Solutions are experts in creating Wellness Spaces to suit your needs. We have over 40 years of experience working with all business sizes and types to create or transform your space into a hub for connection and wellness.





## Zen Room

Designed so people can curate their own wellness experience by selecting the room scent, lighting and mindfulness content, including meditation, breathe, stretch, pilates, yoga or tai chi.



## Immersive Room

An Immersive studio is where you can take part in virtual classes presented by world class instructors, teaching from beautiful locations. Choose from scheduled or on demand.



## Wellness Lounge

Looking at creating a new wellness space or considering converting an existing room into a wellness lounge? We work with you to customise a wellness lounge to suit your needs, options include LED Screens streaming Exercise and Wellness Education Videos, Wellness Pods, Communal Lounge areas and more.



## Conference Room Conversions

No matter the size of your conference room, it can be converted into a space for movement and wellness. We work with you to create a package where you can stream movement and exercise videos from our library containing over 3,000+ classes.

# Zen Room

The Zen Room is a specially designed space where people can curate their own wellness experience. When they enter the room, they can select their scent, lighting and content.



## Scent

Choose from a range of essential oils that will enhance feelings of wellness & relaxation

## Content

Enjoy a quiet meditation, breathe, stretch, pilates, yoga or tai chi class from our Move123 series

## Lighting

Colour therapy uses the energy of colour to assist the body with its own natural ability to heal, energise & soothe.

## Wellness Pods

The Infrared Sauna, O2 Breathing & Meditation Chair and Recovery Massage Chair can be added into the room for additional relaxation options.

# Immersive Rooms

An Immersive studio is where you can take part in virtual classes presented by world class instructors, teaching from beautiful locations. Choose from scheduled or on demand. Following are three of our most popular immersive studios, however, these can be customised to your needs, such as a dance or stretch studio.



## Yin Room

The Yin Room is where you can take part in calm, gentle, inwardly focused activities such as Pilates, Yoga, Stretch, Meditation, Breathe & Chi.

## Yang Room

The Yang Room is where you can take part in higher intensity exercises that will increase your heart rate. These are outwardly focused activities such as Fight, Cardio, Dance, Strength & Barre.

## Recovery Room

The Recovery Room is designed for taking part in recovery based classes such as Stretch, Breathe and Meditation. With a library of classes that range from 5 minutes to 30 minutes, you can choose the class type and duration most suited to your needs.

# Wellness Spaces - Mini

Whether you're looking to create a new wellness space or considering converting an existing room into a wellness lounge, we have a range of options for you.



## Under 10sqm

Choose from a range of essential oils that will enhance feelings of wellness & relaxation



## 20sqm or less

Colour therapy uses the energy of colour to assist the body with its own natural ability to heal, energise & soothe.

# Wellness Spaces - Small



**40sqm**

- 2 x Immersive Studios streaming Move123 or Move123 Silver classes



**40sqm**

- 2 x O2 Breathing & Meditation Chairs
- 1 x Recovery Massage Chair
- 1 x Infrared Sauna with Meditation
- 1 x Immersive Studio streaming Move123 or Move123 Silver classes

# Wellness Spaces - Medium



## 80sqm

- 2 x O2 Breathing & Meditation Chairs
- 1 x Recovery Massage Chair
- 1 x Infrared Sauna with Meditation
- 2 x Immersive Studios streaming Move123 or Move123 Silver classes
- 1 x Communal Lounge area



## 80sqm

- 1 x O2 Breathing & Meditation Chair
- 1 x Recovery Massage Chair
- 2 x Infrared Saunas with Meditation
- 1 x Immersive Studio streaming Move123 or Move123 Silver classes
- 1 x Communal Lounge area

# Wellness Spaces - Large



## 200sqm

- 3 x O2 Breathing & Meditation Chairs
- 5 x Recovery Massage Chairs
- 4 x Infrared Saunas with Meditation
- 1 x Immersive Studio streaming Move123 or Move123 Silver classes
- 1 x Communal Lounge area
- 1 x Wellness Cafe



## 200sqm

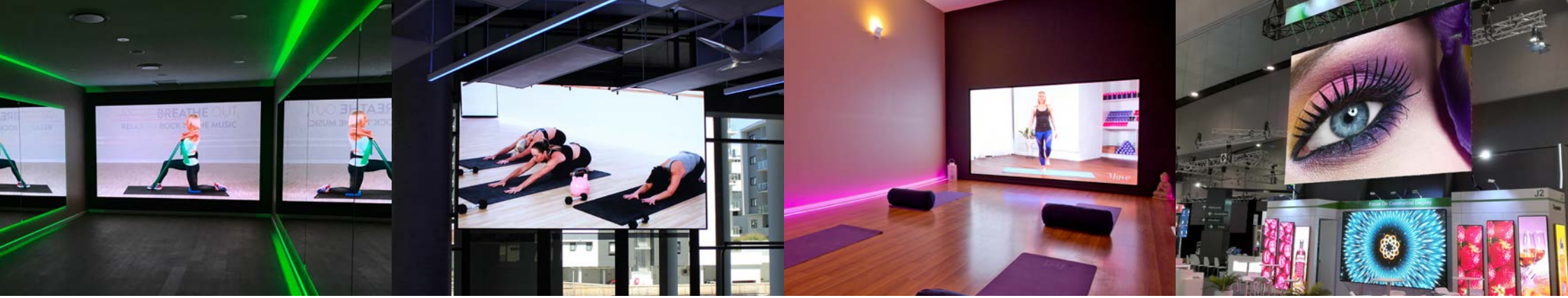
- 4 x O2 Breathing & Meditation Chairs
- 3 x Recovery Massage Chairs
- 4 x Infrared Saunas with Meditation
- 2 x Immersive Studio streaming Move123 or Move123 Silver classes
- 2 x Communal Lounge area
- 1 Active Education zone
- 1 x Digital Detox zone
- 1 x Wellness Cafe

# LED Display Screens

We specialise in LED Display Screens that are high quality, cost effective and can be used in a variety of applications. Applications include; Virtual Studios, Meeting/conference rooms, Advertising Display, Exhibitions, Shopping Centres, Retail Shopfront Displays & much more.







## LED Display Screen Features

**MULTI USE** -Can be used for virtual studios, advertising screens & more

**DURABLE** -Long lasting LED technology - 100,000 hours = 10 years (running 24/7) - great ROI

**HIGH QUALITY** -Modern design, extremely reliable and high quality images

**CUSTOM BUILT** -Modular design allows for variable sizes and custom options

**EASY INSTALL AND SERVICE** - LED magnetic module design allows for easy and quick install and convenient front and rear service options

**GLOBAL** - Warehouse and support teams

**FULL CONSULTATION AND FIT OUT** -Options available from a team with over 20 years operator experience

**GLOBAL BASES** -For local installations and after sales support

## Sizes Available

Medium 110" | Large 152" | X-Large 195" | Custom



## Add on Lighting

To complement your LED display screen we also offer high quality LED lighting strips. This lighting transforms any room and enhances the experience.

**HIGH QUALITY** - Modern design, durable and high quality

**COMPLETE PACKAGE** - LED strips, power supplies and wide range of controllers all included

**MULTI USE** - Can be used for virtual studios, instructor-led studios, conference rooms or display centres

**CUSTOM BUILT** -Designed and installed for your space



## Add on Flooring

Finish off your studio or conference room with our modern, durable and commercial grade flooring.

**MULTI USE** -Suitable for all types of fitness studios and high traffic areas. Commercial grade, highly durable

**HIGH QUALITY** - Modern design, durable and high quality

**CUSTOM BUILT** - Designed and installed for your space

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**WELLNESS  
SOLUTIONS**