

HIDDEN  OASIS

# Corporate Wellness Reset Program

Private Garden Experience for High-Performing Teams

At Hidden Oasis, our signature spa treatments remain at the heart of everything we do, offering a deeply restorative experience in a private tropical setting. For corporate clients, we offer flexible wellness options designed to support employee wellbeing and recovery. Companies can choose from curated garden yoga sessions in our tranquil outdoor space, or provide their team with access to our signature spa treatments through a flexible employee spa pass.



# Workplace Stress & Tension

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Modern office life can leave employees mentally fatigued and physically tense.

- Neck, shoulder, and eye strain from constant focus
- Long hours with minimal movement
- Limited time for effective wellbeing programs
- Burnout reduces productivity, increases sick leave, and impacts team morale.





# A Structured Reset for Modern Teams

A short, effective program to  
restore mental clarity and  
relieve physical tension

## Outcomes for Your Organisation

- Reduced stress-related fatigue
- Improved concentration and decision-making
- Increased staff engagement & retention



# Why Hidden Oasis

One Place. One Flow. Deeper Impact.

At Hidden Oasis, yoga and wellness treatments flow seamlessly without changing locations.

Targeted spa treatments take place in private indoor rooms, with yoga, botanic foot bath and tea are enjoyed outdoors in a serene tropical garden.

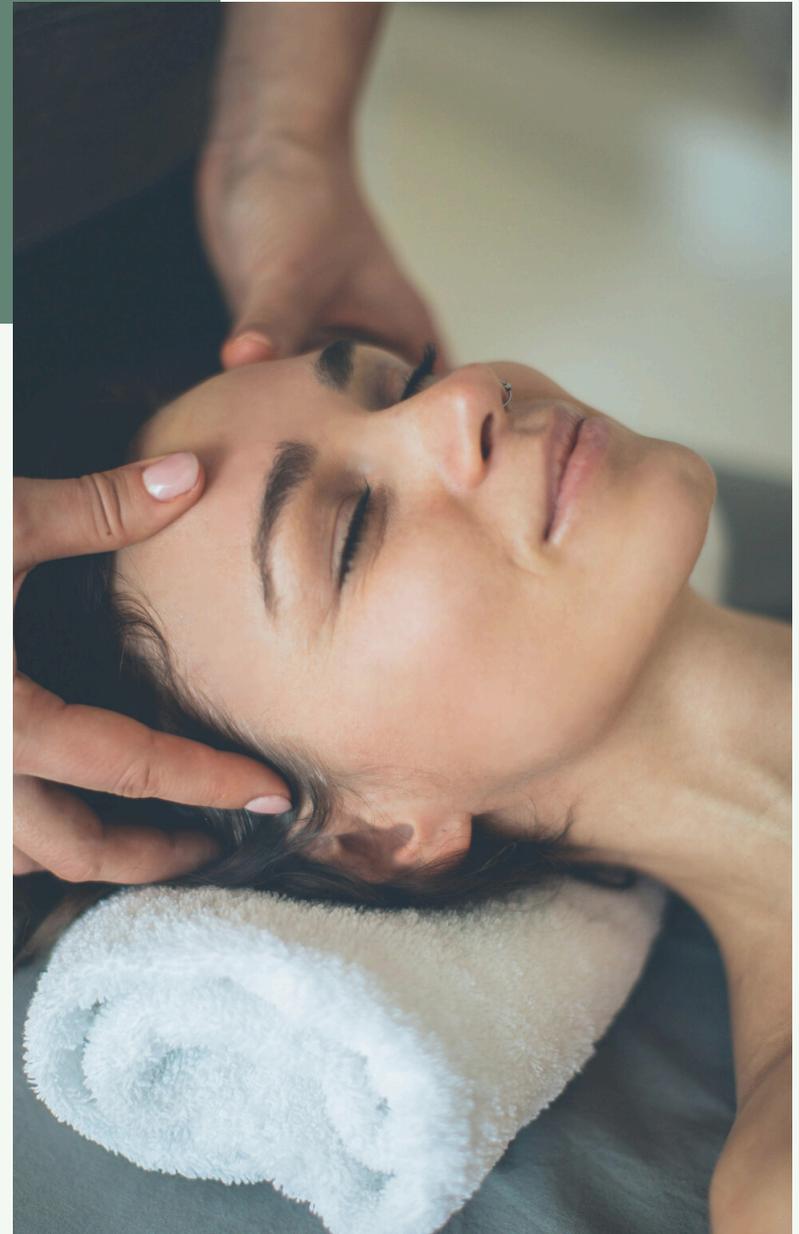
This hidden suburban oasis offers natural light, fresh air, and calming nature sounds, providing a rejuvenating experience that restores focus, energy, and balance.

Owner-hosted and intentionally limited to one corporate group per session.  
A fully private, distraction-free environment designed for deeper reset and meaningful team connection.

# SPA

## A complete reset for body and mind

Professional treatments that release physical tension and calm the nervous system — helping employees return refreshed, focused, and mentally clear. Supporting nervous system regulation and recovery from chronic stress.



# Yoga & Breathwork



## Restorative Movement for Focus and Regulation

Each session is thoughtfully tailored to address the specific tension patterns and stress challenges of the group.

Gentle, grounding movement and guided breathwork calm the nervous system, release accumulated strain, and restore mental clarity.

A structured reset that supports focus, emotional balance, and sustained performance.

# Mindful Tea Time

## Pause & Reconnect

Gently nourishing tea and light refreshments are enjoyed in the garden as part of a rotating schedule alongside spa treatments.

This quiet pause encourages relaxation, informal connection, and integration of the experience.



Refreshments may vary depending on the day.

Private garden experience for small teams

# Corporate Wellness Reset Program

- **Duration: 2.5 hours** (efficient, restorative experience)
- **Group size: max 6 people per session**
- **Schedule : Sunday 9am - 11:30am**
- **Location: Hidden Oasis, Arundel, Gold Coast** (private tropical garden setting)

## includes:

- 60min Yoga & breath work (gentle, outdoor)
- 15min - Botanical foot bath
- 30min - Spa treatments (choice of mini facial OR body massage)
- Approximately 45min - Tea & Relaxation Time (healthy, rejuvenating)



# Flexible Engagement Options

Option	Investment
1 session	\$ 980
4 sessions	\$3,600 (annual package)
6 sessions	\$5,200 (annual package)
Equivalent to approximately \$163 p.p. (based on 6 participants).	

## 2.5-hour private Yoga & Spa experience

- Includes gently nourishing tea & treats.
- Up to 6 staff per session. (fixed price)
- Fully hosted in a serene, private tropical garden.
- Sunday Morning Session.
- Limited to one corporate group per session.

# Flexible Spa Pass Options



## **The Experience**

- 70 minute spa treatment
- Body massage or Facial
- Calm, private retreat environment

## **Corporate Spa Pass**

- 10x 70 minute treatments
- Corporate rate: \$1,250
- Valid for 12 months
- Bookable by employees using company code

## **Benefits**

- Reduces stress and fatigue
- Supports employee wellbeing
- Improves focus and
- Ideal for employee rewards and appreciation.

Contact us to discuss corporate wellness partnerships.

# HIDDEN OASIS



[www.hiddenoasis.com.au](http://www.hiddenoasis.com.au)

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