



Workplace Wellbeing Solutions

Botanicals & their wonderful healing benefits

Within this box you will have some of these botanical healers listed below. They will be crafted into body care products such as oils, lotions, soaps, and more. Take the time to enjoy them.

Jasmine
Jasmine essential oil has been used for thousands of years, but also for the many benefits to Digestive Health - The antispasmodic relieves indigestion, stomach cramps.

Lavender
Lavender has been used as a remedy for fatigue, depression, and anxiety. It is also used in soaps and shampoos to the running water of your bath, dab a few drops.

ADAPTOGEN HERBS

- SCHIZANDERA
- HOLY BASK
- REISHI MUSHROOM
- MACA
- SHILITZAI
- ASHWAGANDHA
- GOTU KOLA
- LEONICE
- ASTRAGALUS
- ROSEMARY
- MILK THISTLE
- COENZYME Q10
- RHIZOMA
- ELDERBERRY
- ALOE VERA

The Limbic System

Hypothalamus: homeostasis
Thalamus: relays information
Amygdala: emotion
Hippocampus: memory conversion

1. Belly in
2. Exhale

Belly out



The New Workplace

As Employers

We now find ourselves as a nation of homeworkers, life has changed dramatically for so many.. One thing that has sadly changed is our ability to offer 'real-time' face to face connect with employees, Covid has effectively killed the traditional quick meeting, grabbing a coffee and the quick chat in the corridor.

Recognising signs of stress in the workplace has become much more difficult.

To do..
Connect employees to necessary resources, acknowledge their efforts, and thank them generously

As Employees..

It's easy to forget to take care of our stress levels and mental wellbeing in between back to back zoom calls, daily distractions and the ongoing act of trying to gain balance in our work and home life.

Must!!
Meditate for 10 mins

How the Botanical Home can help...

1

We offer Curated Wellness Boxes
Delivered to your door..

All vegan, natural and ethically sourced products. Our range of wellbeing boxes are designed to remind your employees to take time out to look after themselves and their mental wellbeing. They arrive with full detailed instructions and guides on suggestions of changes that can be made that lead to reducing stress and improved wellbeing.

2

Led by a practicing therapist, trained in reflexology, essence therapy and Reiki. with many years of experience, working with clients suffering from sleep disorders, stress, auto immune conditions, menopause, anxiety through to those now struggling with long covid, we offer more than a 'Pamper Box' We offer natural solutions to many troubling conditions

Boxes can also be created to your specific requirements



Sleep



Stress



Menopause



Mental Fatigue

 Current Wellbeing Boxes



Meditation



Anxiety



CALM



Bathing Rituals

Current Corporate Platforms



Heka is one of the largest corporate wellbeing providers, Heka offers a health benefits solution to hundreds of large businesses. We are a provider

We have been providing wellbeing boxes across many departments of the NHS

We have been providing boxes for families who have been providing long term foster care, sending them boxes to deal with the stress of children when they move out of home.

Going Forward

We would love to work with you to create solutions that fit with your requirements. If this is bespoke branding for you or creating preferred focuses, this is all possible. and we would love to discuss this further with you

Thank you

Kay

Owner, The Botanical Home



Sleep Therapy - Botanical Therapy Box - Sleep Gift - £36.50



"Absolutely fantastic! Arrived quickly; beautifully packaged. The contents are lovely, included is all the information needed to use and learn about each product. I bought it for my mum and she can't wait to start using it all."



Heart Support - Botanical Therapy Box, Wellbeing Box £21.90



"Cannot thank you enough for this, its absolutely beautiful and really appreciated in my time of need. Very helpful and caring when I made my order. Would highly recommend buying this and would definitely even buy again for myself and others who may need it :)"



"Fantastic gift idea - made with a great deal of care and attention. Recipients thought it was great"



Anxiety Calming Box - De-stress Box - Stress - £25.50



"This was a wonderful box to recieve, relaxing bath salts, the helpful anxiety book, as well as some small relaxation bits really make for a chill, mellow evening. My favourite is the lavender gel, it smells amazing and has a wonderful, cool consistancy."