

**Employee wellness so
good, *they'll put their
phones down.***

START PLANNING

Employee wellness doesn't have to be boring.

For your onsite employees.

Forget tables of people handing out pens. This is employee wellness like you've never imagined. 5-sensory immersive experiences 3D-body scans, tea tastings and more. And the best part? We'll plan it all for you. All you have to do is attend, and enjoy.

For your remote employees.

Your burned out employees don't want to attend an hour-long powerpoint on burnout. Our virtual content is designed for engagement. Wellness workshops, seminars, fitness & cooking classes. All based in science, but delivered through story. Oh, and booking takes less than 90 seconds.

For something personal.

Wellness boxes, private 1:1 sessions and nearly any customization you can think of.

For you.

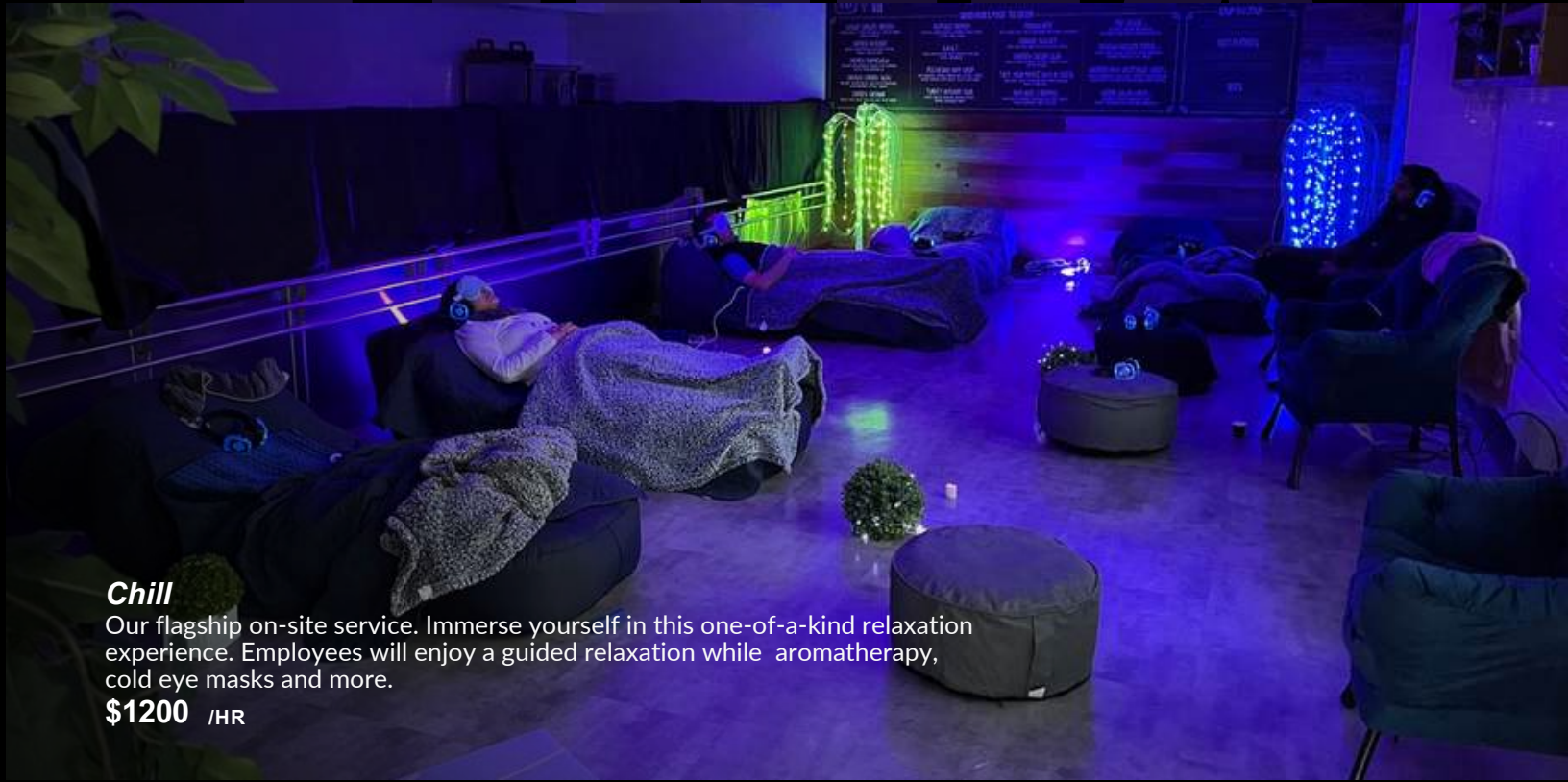
Don't know where to start? We've got you. We'll perform a scientific needs assessment and create a coup-to-nuts program for you based on your needs. We'll even brand it for you. Then, if you'd like, we'll run it. And it will be cool.



START PLANNING

PRICES ARE GOOD FOR SERVICES BOOKED BY 1/1/25. WE GO ANYWHERE IN THE U.S., TRAVEL COSTS MAY APPLY OUTSIDE THE BALTIMORE AREA.

RELAX



Chill

Our flagship on-site service. Immerse yourself in this one-of-a-kind relaxation experience. Employees will enjoy a guided relaxation while aromatherapy, cold eye masks and more.

\$1200 /HR

Make it even more engaging with these optional enhancements



Massage Beds

We'll place high-quality massage mats on the beds during the Chill experience.

\$300



Cold Eye Masks

Employees keep their eye masks rather than returning after their session.

\$7/MASK



Cryotherapy & Breathwork

Employees learn a powerful stress reduction technique, while their hands are submerged in ice.

\$200/HR WITH CHILL

\$300/HR STANDALONE EXPERIENCE



Sound Bowl Therapy

Employees will awaken senses they didn't know they had in this incredible vibration experience.

\$200/HR WITH CHILL

\$300/HR STANDALONE EXPERIENCE



Tea Garden

Open up your senses with a guided tea tasting. Sip on perfectly brewed selection of unique and flavorful loose leaf tea blends while exploring their health benefits.

\$275/HR + \$3PP (STANDARD TEAS) OR \$4 PP (PREMIUM TEAS)

Not Your Grandma's Cookies (\$3pp)

Tea lattes/espressos (\$5pp)

Create your own tea blend (\$3pp)



Aromatherapy

Employees learn about powerful aromas and create their own aromatherapy to relax and rejuvenate the mind, body and soul.

\$275/HR +

Satchels

Great for your desk, car, shower or under your pillow.

\$3pp

Sugar-Salt Scrubs

Exfoliate and cleanse your skin with this luxurious body scrub.

\$6pp

Stress Dough

Messy to make, fun to squeeze.

\$3pp

Candles

Use for yourself or make as a gift.

\$11pp



Assisted Stretching

Improve flexibility and increase your range of motion with this super stretch and myofascial release class.

\$300/HR



Chair Massage

Traditional, classic.

\$95/HR



Wunsupona Thyme

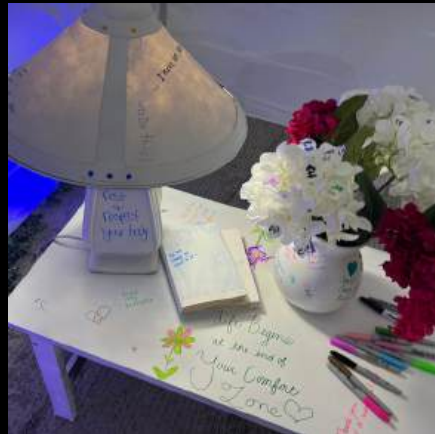
Our mocktail speakeasy. We serve up innovative and artisanal, alcohol-free drinks. Enjoy a menu of 3 recipes, hand-crafted to perfection.
\$275/HR + \$9PP

CURRENT MENU
GINGER REFRESHER
 GINGER BEER, HOMEMADE THYME SYRUP + BLUEBERRY + HIBISCUS. GARNISHED WITH LIME.
MIDNIGHT MAGIC
 GREEN JASMINE TEA, HONEY SYRUP, PEACH + A SPLASH OF PINEAPPLE JUICE. GARNISHED WITH BUTTERFLY PEA POWDER + EDIBLE GLITTER.
SPICE IT UP
 BEET + TART CHERRY INFUSED WITH SMOKED PAPRIKA, BASIL AND LIME. SPICED WITH HABANERO SYRUP + GARNISHED WITH CUCUMBER + PEPPER.



The Burnout Cure

Learn tricks to avoid burnout and manage your stress in the moment. We'll include your choice of resistance bands, bubble makers or stress dough to aide the activity.
\$275/HR + \$3PP



Limitless: Creative Spaces

Employees can draw or paint on anything while they learn to use creativity as an outlet. And your company keeps a piece of their communal artwork.
\$1750 UP TO 4 HOURS



Salads in a Jar

Create your own salad-on-the-go using our fun meal prep technique. We offer a variety of flavorful recipes that we'll discuss with you prior to the event so you can choose.
\$275/HR + \$11PP

START PLANNING

RAV



Movement Lab

Add a little vibrancy to your event. We use BlazePods, axe throwing, inflatables and good old fashioned competition to get your employees movin'.

\$300/HR



Cooking Demo/Food

Your employees will learn valuable meal prep skills as they cook along with us. We'll design the recipe based on your needs.

CUSTOM



Smoothie Bike n' Bar

Choose ingredients from our smoothie bar, then hop on and pedal to blend!

\$275/HR + \$9PP

NEW



Power of Play

This play date will lead to better communication, physical & mental health.

\$300/HR



Minute to Win It Team Building

Add this ultimate team builder competition to any event. A host will guide different teams through a series of challenges.

\$300/HR



Soarin'

Take relaxation to new heights with this unique 4D experience.

\$500/HR



3D Body Scan

Step onto our Styku 3D body scanner to get a full analysis of your health risks. Then we'll then provide some in-the-moment health coaching.

\$200/HR+ \$25 PP



Medical Mysteries Health Lab

Learn about heart health, cancer and diabetes in a way you never have before through visual demonstrations.

\$350/HR



Escape Room: Paging Doctor You

Can you make the diagnosis in time? Race against the clock to save your patient. And learn some practical health information along the way.

\$1200/HR



Lymphatic and Sinus Massage

Learn how to stimulate your body's natural detoxification processes and breathe easier with this calming experience that will improved sinus function.

\$300/HR

START PLANNING



The Myth of Multitasking



Why Zebras Don't Emotionally Eat



Get Fit While You Sit

"That was freaking amazing."
B:OMARIN

60 Minute Talks and Workshops \$400

Engaging and interactive, many come with wellness boxes (+ \$27 pp)

30 Minute Wellness, Fitness and Cooking Classes \$225 AND UP

Based in science, delivered through stories.

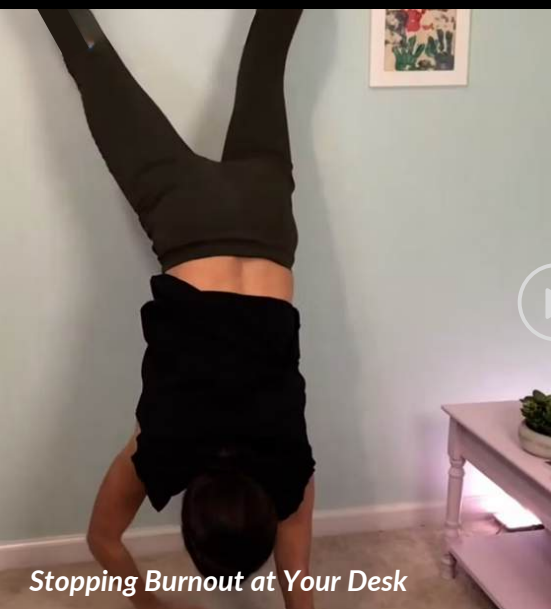
15 Minute Wellness Nuggets \$750 FOR FOUR SESSIONS

We'll create a series of 4 short talks and deliver them when you'd like.
(Enhance with a wellness box. One tool per session.)

All bookings include the live session, video recording and marketing material

CURRENT CATALOG

START PLANNING
ASK ABOUT OUR SPECIALS



Stopping Burnout at Your Desk



Kitchen Hacks to Change Your Life

SPECIAL



Private Coaching

At our heart, we're a health coaching company. Get world-class 1:1 virtual health, fitness, financial, cooking and stress coaching that employees can book on their own. We'll even invoice after so you only pay for sessions booked.

\$1000 FOR 10 SESSIONS

\$500 FOR 3 60-MINUTE OPEN "OFFICE HOURS"



Looking for something custom?

Just ask! Many companies have specific, individualized needs. We do everything from custom virtual seminars to comprehensive annual programs.

CUSTOM

Employee Wellness Boxes

Tired of paying \$50 for a chocolate bar and candle? We hand craft our own boxes. Choose from our pre-designed boxes or we'll help you build your own!

Each box is also designed to be part of one of our enhanced virtual talks, so employees get a gift and a few "ah ha!" moments.

Tea Box

Teas, steeper, honey, warming cookie.

Stress Box

Cold eye mask, sugar salt scrub, loop band and more.

Creativity Box

Supplies for 4-5 artistic projects

\$28/BOX (INCLUDES S+H)



START PLANNING

HELLO@WUNSUPONA.COM

programs

World-class wellness in minutes.

Don't know where to start? Just had wellness added to your long list of other jobs? Want something different and engaging?

You're in the right place.

Allow us to design for you a perfect, comprehensive, next-gen program that fits your needs.

We'll make sure it...

**Stays within your budget,
whatever the size.**

Offers something different.

Takes the load off of you.

START PLANNING



WUNSUPONA

FALL 2024 - SPRING 2025

TRUSTED BY 100'S OF CORPORATE TEAMS



CAVA



The Washington Post

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