



[WELLNESSATMINES.COM.AU](https://www.wellnessatmines.com.au)

OPTIMIZE SAFETY AND  
PERFORMANCE

# Three Pillars Of Wellness



Physical



Mental



Emotional

# Services We Offer



MASSAGE



BREATH-WORK



MINDFULNESS



# How To Avail The Services



## DIGITAL

Discover our digital services tailored for small and large corporations.



## FACE TO FACE

Experience the power of in-person wellness sessions with our face-to-face offerings.



# MASSAGE

- Remedial Massage.
- Infrared laser cold laser
- Corporate chair massage (Dry)
- Thai Massage (Dry)

Experience targeted pain relief and enhanced well-being with 14+ modalities.

Our therapists are Australian qualified + up-skilled in our internal training standards with our team of Physiotherapists.





# BREATHWORK

- AM morning activation series
- NOON reset series
- PM sundowner relaxation series
- SAAD series

Breath-work sets the foundations for mindfulness and mental wellness.

Our breath-work standards adopted from Yoga and modern scientific methodologies offers you an unparalleled experience and easy to use patterns





# MINDFULNESS



Emotional Mindfulness



Food Mindfulness



Relationship Mindfulness

Mindfulness allows for a better EQ which allows for better social behaviour at work.

Our mindfulness standards adopted from Yoga and modern scientific methodologies offers you easy to use practices that offer you tools toward mental & emotional wellbeing



# Additional Services

Physiotherapy

in association with

West Coast Health  
AND HIGH PERFORMANCE

Corporate Digital

in association with

**LIFE BY**  
**JONTY**

# Get in Touch With Us



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**Thank You !**