HEALTH AWARENESS DATES 2027

HEALTH & BEAUTY EXPERTS SINCE 2006

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JANUARY — All month

The January Reset

Onsite massage, Breathwork & Stretch or a Sound Bath to lift the post-Christmas slump

FEBRUARY — Thu 4 Feb

Time to Talk Day

Life Coaching Workshop

MARCH — Fri 19 Mar

World Sleep Day

Sound Bath or Yoga Nidra

APRIL — All month

Stress Awareness Month

Yoga or Guided Meditation

MAY — 10–16 May

Mental Health Awareness Week

Walking Meditation or a Mindfulness Workshop

JUNE — Mon 21 Jun

International Day of Yoga

Yoga or Chair Yoga

JULY — 24 Jul · mark it Fri 23rd

Global Self-Care Day

Mini Manis, Mini Pedis or Express Facials

SEPTEMBER — Late Sept

World Reflexology Week

Reflexology

SEPTEMBER — Late Sept

Week of Happiness at Work

Laughter Yoga

OCTOBER — 4–10 Oct

Back Care Awareness Week

Onsite Chair Massage – a great second massage date

OCTOBER — Sun 10 Oct · mark it Fri 8th

World Mental Health Day

Tai Chi, Mindfulness or a Life Coaching Workshop

OCTOBER — Mon 18 Oct

World Menopause Day

Nutrition or Life Coaching Workshop

NOVEMBER — 1–5 Nov

International Stress Awareness Week

Yoga, a Sound Bath, or both together

DECEMBER — Festive season

Christmas Wind-Down

Hand & Arm Massage, Mini Manis or a festive pamper at the party

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Quarter One: January – March

The awareness dates to plan for this quarter, and the sessions we recommend to mark them.

JANUARY

All month

The January Reset

Post-Christmas, payday feels far away and the evenings are dark – it's the month teams need a lift the most.

WE RECOMMEND

Onsite Massage: eases desk-work tension

Breathwork & Stretch: boosts energy and focus

Sound Bath: reduces stress and restores calm

FEBRUARY

Thu 4 Feb

Time to Talk Day

A national day to get people talking openly about mental health and help break the stigma.

WE RECOMMEND

One hour Life Coaching Workshop with themes such as:

- The Power of a Real Conversation - how to check in and listen
- Speaking Up - confidence to ask for support
- Connected, Not Just Online - reaching out in hybrid teams out.

MARCH

Fri 19 Mar

World Sleep Day

A global day celebrating the importance of good-quality sleep for our health, mood and focus.

WE RECOMMEND

Sound Bath: deeply restful, calms the nervous system

Yoga Nidra: guided relaxation to switch off for better sleep

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Quarter Two: April – June

The awareness dates to plan for this quarter, and the sessions we recommend to mark them.

APRIL

Stress Awareness Month

All month

A month to raise awareness of the causes of stress and how we can all manage it better.

WE RECOMMEND

Yoga: eases tension and lowers stress

Guided Meditation: simple take home techniques to sharpen focus

Onsite Massage: eases desk-work tension

MAY

Mental Health Awareness Week

10–16 May

The UK's biggest week for mental health – a great moment to start conversations at work.

WE RECOMMEND

Walking Meditation: helps staff slow down and feel present

One hour Mindfulness Workshop, with themes such as: Stress & the Body, Emotional Wellbeing, Burnout & Resilience

JUNE

International Day of Yoga

Mon 21 Jun

A global celebration of yoga and its benefits for both body and mind.

WE RECOMMEND

Yoga: improves posture and flexibility

Chair Yoga: eases desk aches, suits all abilities, no mats needed

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Quarter Three: July – September

The awareness dates to plan for this quarter, and the sessions we recommend to mark them.

JULY

24 Jul · mark it Fri 23rd

Global Self-Care Day

A reminder that looking after ourselves is a priority, not a luxury.

WE RECOMMEND

Mini Manis & Pedis: a quick feel-good treat that boosts morale

Express Facials: a refreshing boost for skin and mood

SEPTEMBER

Late Sept

World Reflexology Week

A week shining a light on reflexology and its relaxing, restorative benefits.

WE RECOMMEND

Reflexology: gentle pressure on points of the feet to deeply relax, relieve stress and leave people recharged

SEPTEMBER

Late Sept

Week of Happiness at Work

Celebrating happier, more positive workplaces – and the difference they make to people.

WE RECOMMEND

Laughter Yoga: A fun, energising group session that lifts mood, eases stress and brings teams together.

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Quarter Four: October – December

The awareness dates to plan for this quarter, and the sessions we recommend to mark them.

OCTOBER — 4–10 Oct

Back Care Awareness Week

Highlighting back pain – one of the most common reasons people take time off work.

WE RECOMMEND

Onsite Massage: Eases back, neck and shoulder tension from long hours at a desk

OCTOBER — Sun 10 Oct · mark it Fri 8th

World Mental Health Day

A global day for mental health awareness, education and support, recognised around the world.

WE RECOMMEND

Tai Chi: gentle, calming movement

Mindfulness Workshop: tools to manage stress

Life Coaching Workshop: builds resilience

OCTOBER — Mon 18 Oct

World Menopause Day

Raising awareness of menopause and the support available to help people thrive at work.

WE RECOMMEND

Nutrition Workshop: managing symptoms and energy

Life Coaching Workshop: feeling supported at work

NOVEMBER — 1–5 Nov

International Stress Awareness Week

A week focused on tackling stress and building resilience in the workplace.

WE RECOMMEND

Yoga: eases tension and lowers stress

Sound Bath: deeply restful, calms the nervous system

DECEMBER — Festive season

Christmas Wind-Down

A chance to thank your team and help them unwind after a busy year.

WE RECOMMEND

Hand & Arm Massage: a relaxing thank you

Mini Manis: a festive treat

Hair & Make up : Before the big night out