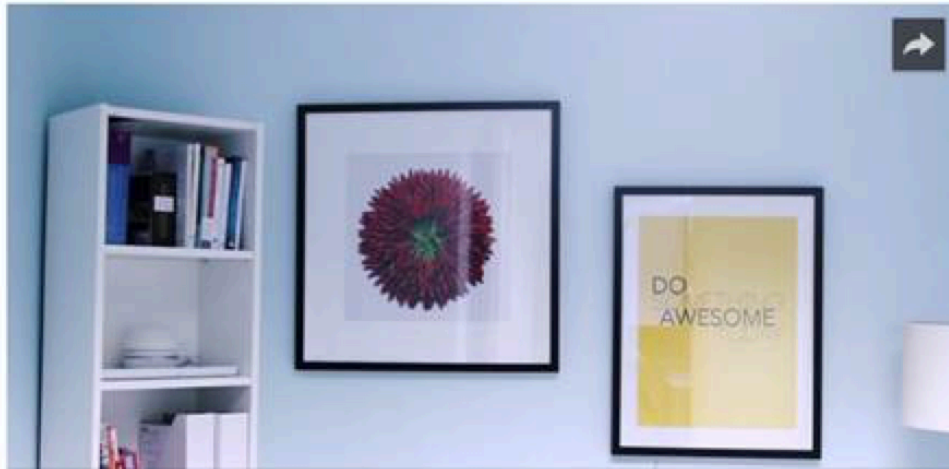


WORKING MOTHER

How to Create an Office Wellness Room Your Colleagues Will Love

Part lactation lounge, part relaxation room.



In the middle of a busy workday, a wellness room can serve as an area for employees to escape, relax and recharge before returning to their tasks. Although not all companies have them, we think taking the time to provide them—and set them up the right way—is so worth it.

In the video above, we turned a regular office at Working Mother into a wellness room that doubles as a lactation lounge—because no new mom at work wants to pump while sitting inside a tiny bathroom stall! We hope this video inspires you to create a wellness room your co-workers will love!

Decor

Relaxing sounds, soft lighting, inspirational wall decor and uplifting scents make a wellness room feel like home instead of the office.

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