

關顧健康 活出美麗人生

Caring for health to live a beautiful life

無添加化妝品有限公司一直宣揚健康生活的理念，不但向新入職員工介紹無煙生活的好處，亦定期舉辦煙害講座，同時積極鼓勵員工遠離煙害。公司自2008年設立員工關係經理職位，不但專責關注員工的身心健康，並為吸煙同事提供適切的戒煙支援及服務轉介。公司明白工作與生活平衡，有助締建無煙健康生活，故定期舉辦健康飲食講座及普拉提健體班，為員工紓緩工作壓力，亦派發宣傳品及張貼海報。此外，公司於2015年簽署承諾「支持無煙香港」，將無煙信息推廣至市民大眾。

Healthy lifestyle is one of the core concepts of Fantastic Natural Cosmetics Limited. Smoke-free messages were covered in orientation talks and health talks to remind staff on smoking hazards. The post of employee relationship manager was established in 2008 to take care of employees' mental and physical health. Customized support and referral to appropriate smoking cessation services were offered to smokers. Work-life balance is a key to smoke-free healthy lifestyle. Talks on healthy diet and Pilates classes were held regularly to help employees relieve stress while smoke-free promotion collaterals were displayed and distributed at offices. The company also pledged to support a smoke-free Hong Kong in 2015 and disseminate smoke-free messages to the general public.