

Workplace wellness

With electromagnetic field mitigation devices, earthing mats for laptops and anti-fatigue mats — this is not your typical office space

Jade Jurewicz



Flexibility, mental health days, self-development and hybrid offices.

The concept of work in 2022 has come a long way from traditional nine-to-five office-bound ways, however Perth's latest co-working space has managed to take wellness in the workplace to a whole new level.

Earthed, operating inside plant-based restaurant Mother in Fremantle, is described as a health-optimised space that is designed to create the healthiest zone possible for work.

Technologies that encourage this state of flow include electromagnetic field mitigation devices designed to block man-made fields from devices such as cell phones or TV transmitters, earthing mats for laptops, blue light blocking glasses, standing desks and anti-fatigue mats.

Other initiatives include alpha wave soundtracks created for brain enhancement, filtered water on tap, barista made organic coffee and elixirs and most importantly for workers — high-speed wi-fi.

After seeing a significant drop in diners at Mother as soon as mandates began in January, Heath and Emma Daly, the husband and wife team behind the restaurant and plastic and waste-free retail space Zero Store, say their mantra of "pivot or perish" quickly came into play.

Combined with their passion for holistic health — Heath has worked as a naturopath and lecturer for 25 years — and desire to create something new that

would have a positive impact, reimagining their stylish warehouse space was a no-brainer.

"Traditionally, our work environment is out of our control," Heath says.

"But with the move to a lot more remote, work-from-home and hybrid arrangements now coming into play over the past two years, people have a lot more choice and freedom to consider and select the work environment they're spending their time in.

"So hence at Earthed, we've brought to the table all of the very best that we could find."

The Daly family have been using the health technologies on offer at home and say they've experienced benefits, particularly higher energy levels and improved sleep hygiene.

"When the idea for Earthed was born, we went out and searched the world for the very best solutions available for a large-scale venue; for example, we brought in not one but two world-leading EMF devices that are capable of covering such a large space and protecting your health while you work," he says.

As far as the Dalys know, their co-working space is not only the first of its kind in Perth, but the world.

"We have looked extensively and haven't found anything else like it in the world, that's taking a health-optimised approach to a co-working space, in the way of engineering the environment itself to support and protect your health," he says.

Memberships are tiered, from casual to full-time passes.

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Credits

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Kate Hulett and Gabrielle Scott
inside Earthed. Picture: Ian Munro

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Kate Hulett and Gabrielle Scott inside Earthed. Picture: Ian Munro

If you're considering a new office environment, here are more of the co-working offerings across Perth

VITALITY HOUSE

This architecturally designed space in West Leederville might just be the ultimate workplace for people struggling to strike the balance between work, life and their health. In addition to providing a comfortable working space with cafe, podcast studio and boardroom, the members-only co-working space has infrared saunas, ice baths, steam shower as well as access to a masseuse, skin professional and naturopath. Yoga, Pilates, movement and cardio fitness spaces are also included. Founded by Amy Coleman and Remmy Roberts, the space is enough to have you jumping out of bed to head to the "office" each day.



CLAISEBROOK DESIGN COMMUNITY

Whether you're after a permanent desk, office, space for a meeting or an event, this industrial style venue will fulfil your needs. Even better, Sayers Little Brother cafe is attached for additional liquid inspiration.



WEWORK

If you were fascinated by the documentary, or perhaps the series starring Jarred Leto and Anne Hathaway, then you may be curious to experience WeWork for yourself. Its CBD location has all of the perks of a stylish workplace — open kitchen, barista, lounge areas and different spaces — with the flexibility of coming and going as you please.



Workers have the option of a private office, dedicated desks or hot desks on a monthly membership.

CLEAVER STREET

With prices starting at \$29 per day, or \$15 on Thursdays, this lofty space in West Perth is one of the most affordable options for desk space.



A complimentary coffee from their coffee shop, high-speed wi-fi and communal kitchen round off the offering.

FSPACE

You won't be short of inspiration working alongside an eclectic bunch of designers, writers and creatives in the heart of Fremantle.

Close to plenty of cafes and bars, this cosy spot offers plenty of options for casual hot-desking or working alongside your whole team.

