

The Busy Lawyer

Overworked? Be pampered at your desk

As time becomes more precious for the busy lawyer, the little things can get overlooked.

Lawyers Weekly's new section, The Busy Lawyer, is now here to offer a helping hand.

This week, **Kate Gibbs** discovers how to run your life from your desk.

You're stuck at your desk from eight in the morning until eight at night and you didn't even have time for breakfast. Your back aches, you're tired and stressed, and it looks like it's going to have to be another toasted cheese sandwich from the café downstairs for lunch, eaten at your desk of course. It is your wife's birthday tomorrow and you haven't even thought about what to get her. The dust is settling on the suit you're wearing and there is no way you can get away without a dry clean before that partner meeting tomorrow. All you want to do is go home, with a nice cold beer and a Thai takeaway, and watch a DVD.

Though you may not yet know it, help is at hand. Purely in the interest of your well being, I spent the afternoon checking out just what Sydney companies have on offer to help the stressed-out lawyer. There are people out there, you will be pleased to know, ready to service the desk-tied professional.

Dry Cleaning

If you have worn the same suit for a month, have ironed that same dirty shirt as many times as you can before you start getting looks in the lift, or just really hate washing and ironing, you can go straight online and arrange to have your dirty articles picked up from your desk. 2yourdoor.com.au offers same day pickup anywhere in a 10km radius of Sydney's CBD and North Sydney. They can do all your dry cleaning, shirt laundering and alterations. Clothes are collected between 6.30am – 9.30am and will be returned to you no later than 7pm that day. Four shirts or more cost \$3.30 per shirt.

Shopping

The problem is, so much time can be wasted wandering from store to store, trying things on, weighing up whether you really need this or that. Shopping, though it's great fun, is a terrible time waster. All this time that you have been trying on pinstriped skirts, should you have been looking for a pair of beige tailored trousers? Cut out all the question marks with help from Melanie Moss corporate styling. Melanie, or one of her stylists, will meet you in the city and tell it like it is. They will keep you focused on what you really need and offer style tips to even the best dressers. Melanie gets discounts from between 5 and 30 per cent on most labels. As well, for both men and women the stylists can provide a wardrobe makeover to teach you how to pull it all together without having to buy more and more clothing. Personal corporate stylist lunch time shop is \$100 per hour. Wardrobe Makeover is \$150 per hour. See www.melaniemoss.com.au or call (02) 9361 5091.

Bespoke shirts

When you're talking clothes, nothing ranks higher in the luxury and status stakes than having your own personal tailor at your beck and call, ready to cater to your every clothing whim. That's where Danielle Marmot, founder, creative director and design director of Bespoke by Ganton, comes into play. Marmot, by her own admission, has shirts in her blood. Ganton, her father's business, is one of the oldest shirtmakers in Australia. Marmot will come to your office, boardroom or home and measure and fit you for the perfect shirt. The consultation stage tends to take around 20-30 minutes, depending on your demands, and your personally tailored shirt will then be cut and delivered in around 15 working days. Sounds

simple, and it is. Visit: www.bespokeshirts.com.au, email info@bespokeshirts.com.au or call (02) 9360 0300 to make an appointment.

Massage

If you find yourself wriggling in your chair just unable to get in a comfortable position, and your hands are spending more time massaging your shoulders than taking notes on the latest legislative developments, it may be time to take a moment away from the desk. Just book out a private room where you will not be interrupted – a qualified masseur can come to your office.

Three Minute Angels' five-minute Halo massages are a perfect way to say thank you to your employees for their hard work and dedication. One Angel Hour, or 10 massages, costs \$75. To book five-minute massages for your team, call (02) 9564 5800 or email sales@3minuteangels.com

Jobonga can come to your office and set up an "island of peace" right in your board room. On-site full body remedial massage or shiatsu treatment is perfect for the corporate warrior. Prices start at \$78 per hour, minimum three hours booking. Call Jobonga on (02) 9221 0030

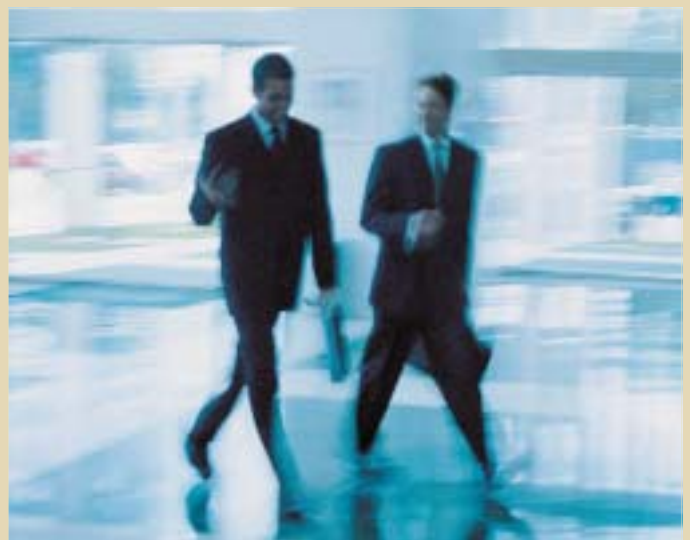
Blue Lizard corporate massage will come to your workplace for individual massages. Replace pain and stress with a professional table massage. Casual rates from \$99 per hour. Call Janet France on 0403 868592 or (02) 9403 5071.

Donuts

They may be awful for you, but I have learned donuts are a great way to lift the spirits. Krispy Kreme delivers to Sydney's CBD offices. If you want to splurge, you can get three dozen or more with no delivery charges. Donuts are brought to your desk between 8am and 11am on Monday to Friday after the day they are ordered. Original glazed dozen \$12.90 and assorted dozen \$14.90. Go to www.krispykreme.com.au

Fruit

Now that we have the donuts out of the way, we can look at trying to improve your health. While you may know that fatigue and stress are often made worse by diet, when you are stuck at your desk you will often go for the easy option – either a baked potato, chocolate or nothing. Half of Australia's population are eating less than the recommended two servings of fruit per day – don't be one of them. Crispdelivery will bring a box of about 50 pieces of fruit to your desk for you to share with your colleagues. Having fruit delivered is a great way to get your staff's sugar levels up, without the slump you get after eating cakes (and donuts). Some Sydney clients, the company says, order up to 55 boxes of fruit a week. A box of approximately 50 pieces costs \$50 (100 per cent money back guarantee). Order online at www.crispdelivery.com



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Dog walking

Don't forget your furry friends, they are part of the family too. To arrange dog walking and pet minding in Sydney, call Pals for Pets. Visit www.palsforpets.com.au or call Gareth Chandler on (02) 9715 1211 or 0403 505 490.

DVDs

You would just have time to fit a DVD in this evening, after you get home, make the family meal, and put the kids to bed. But by the time you actually get there, the video shop will be closed. Sydney city's Video Ezy, Pizza Hut in Martin Place and Cuisine Courier have teamed up to provide you with the convenience of having your movies delivered to your office. You don't have to order food to have your movies delivered. See www.videoezysydney.com.au

Organic food

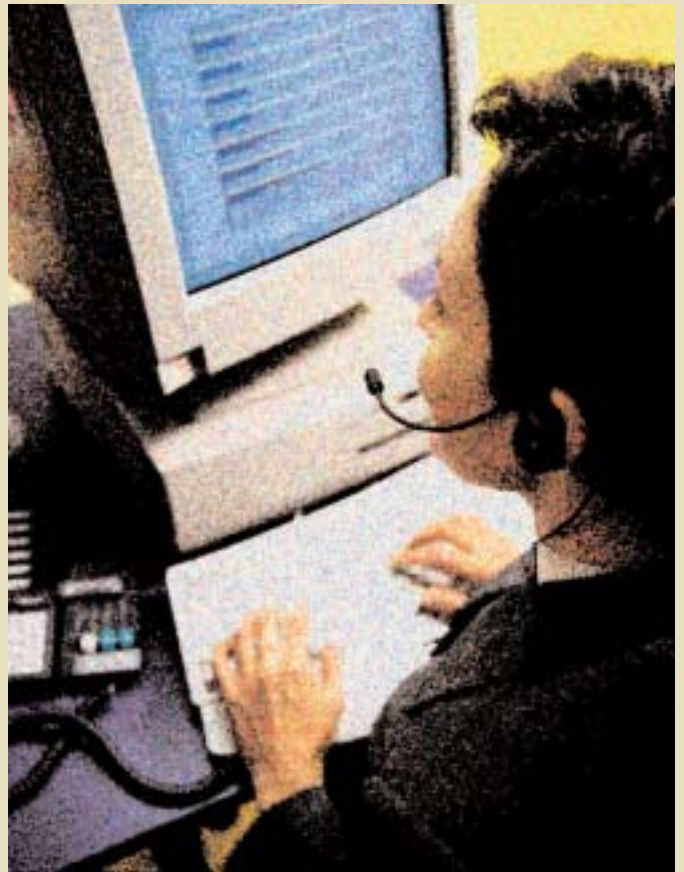
If you don't want to just throw any old thing into your mouth and believe the old saying that we are what we eat, perhaps organic is for you. Organicgrocer.com.au deliver all over Sydney's metropolitan area. The word 'organic' is generic and therefore products with this label are not subject to any regulations or rulings, but this company can provide 'certified organic', a guarantee that you are getting organic food. Minimum \$40 order without an extra charge.

Baby things

Buy Buy Baby is an online baby shop where you can buy your baby's first cot and everyday essentials such as nappies. Based in Sydney, the company offers a free home delivery service covering the Sydney metropolitan region. Delivery within three days. Order all products online at www.buybuybaby.com.au

Gifts and such

For those last minute presents you haven't had time to even think about, check out www.wishlist.com.au, which delivers nearly everything across Australia. Although it doesn't offer same day service, a day or so ahead it can deliver anything including clothes, flowers, chocolate, games and toys, perfume and electrical products to your office.



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