

Seated Corporate Massage

It seems common sense to implement a means of stress relief in the workplace. Having professional therapists come to your workplace may just be the answer you are looking for.

A seated massage can take your colleagues from feeling frustrated, lethargic, anxious and stressed, to feeling calm and relaxed. It enhances the productivity of the whole team, which enhances the bottom line!"

Healthy, focused and dynamic personnel perform better, are more efficient and productive, and absent less often. Corporate Massage is preventative medicine, creating and maintaining happy, healthy and loyal employees. Employees will experience less stress, pain and stiffness whilst office morale improves, absenteeism and work cover claims lessen, and staff retention increases.

- A massage is given in the office with the client fully clothed and without messy oils or creams. All that is needed is a quiet corner of the office, unused boardroom or at your work area.
- Each session can range from 15 to 30 minutes per person.
- Depending on the client's needs, we can focus on the back and shoulders, but also on high stress areas including the arms, hands, neck and other areas.
- Corporate seated massage is a form of relaxation and stress management relief at your workplace, where the client's muscles are massaged, as well as using pressure points and energy pathways to heal and relax the body.
- Corporations and Government, large and small, engage workplace massage therapists regularly to keep staff performance at its best.

The importance of offering corporate massage is evident from the following perspectives:

- Improves staff relations and enhances work environment because everyone feels better
- Performed on a regular basis, corporate massage is preventative medicine, eliminating persistent pain and tension
- Stress levels decrease as the relaxation response is triggered, and energy levels and relaxed alertness improves.
- After a session, the increased blood circulation enhances the ability to think and concentrate which increases energy, creativity and mental clarity whilst overall awareness of

general health and wellbeing is enhanced .

Making corporate massage a part of YOUR WORKPLACE health and wellness program as many benefits for both employers and employees but ultimately the reward is an improved bottom line.

Rejuvenate and relax![]

Please email for pricing.