

How will providing corporate massage in the workplace benefit my business?

Corporate massage benefits your business by increasing the health and wellbeing of your workforce. Many employers have experienced increasing levels of absenteeism as a result of stress and sick leave. Don't let this impact your business!

Studies have shown that after receiving a massage people are more relaxed, more alert, are able to think more clearly, faster and more accurately, and experience reduced anxiety and depression. After receiving regular massages, your employees will benefit from reduced tension, fewer headaches, and increased health and wellbeing. This allows your employees to focus on their work rather than the pain and discomfort they may otherwise experience. You will see the immediate benefits through increased productivity and staff morale.

Why are employers choosing a corporate massage?

As a nation, we are spending more and more time in the office, working longer hours, are under more pressure, which inevitably leads to higher stress levels and poorer health. There is limited work-life balance in many professions, so we have less time to enjoy our hobbies and sporting activities outside of the workplace, and have less time to unwind and relax.

Forward thinking businesses are now providing their employees with an opportunity to take timeout unwind and recharge during the busy work day, reducing the physical effects of our modern working environment. Having professional therapists come to your workplace may just be the answer you are looking for.

In as little as five minutes your employees will feel the benefits of a massage. Enough time to switch off, relax and rejuvenate the mind. A **corporate massage** can take your employees from feeling frustrated, lethargic, anxious and stressed, to feeling calm and relaxed, and be able to deal with stressful situations, think clearly and make better decisions.

What happens during a corporate massage?

Our specially trained therapists will use special massage techniques aimed to release tension in key areas in the upper body. Massages can range between 10 to 30 minutes. Depending on the length of time for each massage, a combination of the following areas can be treated:

- neck
- back
- shoulders
- arms
- hands
- head

Massages can take place at either an employee's workstation or in meeting rooms. Oils and creams are not used on the body during treatments so it is not necessary for employees to remove any items of clothing. We do however burn aromatherapy oils and play relaxing background music.

How do I organise a corporate massage for my office?

Contact us today to book your next **corporate massage** session for your employees.

There is a minimum booking of two hours for every session.

No office is too big or too small.

Payment options for corporate massages

Corporate massage sessions can be paid in a number of ways:

- company pays all
- company and employees share the cost (eg 50/50)
- employee pays all.

Remember, cost to the company is tax deductible.