



# Massage Therapy

**Length:** Adhoc. Book 1hr Pop-ins, Full Day Sessions & Regular Monthly Perks

**Delivery modes:** Onsite Sessions; Team Offsites; Wellness Perks.

**Details:** Massage therapy is a well-received wellness perk with multiple benefits including stress relief, emotional balance, and a boost for musculoskeletal health.

This wellness session is a great addition to wellbeing packages.

- It promotes healthy muscles
- It helps to reduce stress and anxiety
- It relieves tension headaches
- It promotes better sleep and so much more.

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*