

# MASSAGE THERAPY

## INTRODUCTION:

Massage therapy has been shown to provide numerous benefits for both physical and mental health, including reducing stress and anxiety, improving sleep, and relieving muscle tension.

## Service Provision:

- Onsite massage therapy is a convenient and cost-effective way to bring the benefits of massage to your employees.
- Our team of licensed massage therapists will come to your workplace to provide 20-minute chair massages to your employees.
- The chair massage is a quick and easy way to get a massage without having to remove any clothing.
- We can accommodate groups of any size, from small offices to large corporations.

## Benefits for Employees:

- Convenient and easily accessible: no need to travel to a spa or clinic for a massage.
- Improves productivity: massage has been shown to increase focus and concentration, leading to increased productivity.
- Reduces stress and anxiety: massage can help to reduce stress and anxiety levels, improving overall mental health.
- Relieves muscle tension: massage can help to alleviate muscle tension and improve flexibility, reducing the risk of injury.

*If you are interested in bringing onsite massage therapy to your workplace, please contact us to schedule a consultation and discuss your specific needs.*

*We look forward to working with you to improve the health and well-being of your employees.*

**Length:** Half Day (4hrs), Full Day (8hrs); Monthly; Weekly; Ad-hoc

**Delivery Option:** Onsite

