



WORKPLACE MASSAGE

See package details and prices on next page



Reduce stress, and increase the health and wellness of your colleagues with either a desk-based massage or a table based massage package.



Workplace PACKAGE

The benefits of desk-based or table-based massage go much deeper than the muscles.

Some of the benefits of sports massage include:

- Improved circulation
- Improved relaxation
- Eased muscle tension
- Assistance in the removal of metabolic waste
- Increased range of movement
- Lower blood pressure

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Option 1

DESK OR SEATED MASSAGE



The desk or seated massage option can be done on a regular chair, or we can bring a seated massage chair.

This massage is done over any clothes, and without oil. Typically massaging the back, neck and shoulders.

With no oil, and being over clothes this option is less disruptive and can be done anywhere, even at the workers' desk.

Option 2

TABLE MASSAGE

The table massage offers a greater experience, where oils are used, and often in a more relaxed space.

In this massage, we can offer a back and neck and shoulder massage while lying down.

The table massage will need a private room with enough space to move around a table that is approximately 2m long and one wide.



PRICES | QUOTATIONS

Prices vary, please contact me for a quote, however, a rough guide is below:

Per hour - £65 **Half-day** (09:30 -13:00) - £227.50 |
Full day (09:30 - 17:00) - £487.50

Terms and conditions apply, breaks for cleaning and change over needed per massage