

Corporate Massage

*Because stress free employees
are productive employees...*

Definition
_____ skin & laser clinic

“It may seem odd at first, but the idea of corporate massage in the UK is catching on all over, and for good reason.”



Corporate Massage:

An Innovative Workplace Benefit

On-site massage can be used in the office as part of a stress management programme and is recommended weekly or bi-weekly. It can also be used to boost staff morale during times of extra work or as a reward for meeting difficult deadlines.

A typical office massage lasts only 10 to 15 minutes and is delivered by an experienced massage therapist who has been specially selected for their outgoing and positive approach, quality massage skills and commitment to delivering excellent customer service.

Employees do not have to undress. Corporate seated massage occurs in a public space and can be done at the employees desk, rather than the traditional massage table.

BENEFITS TO THE INDIVIDUAL

- Massage at work helps improve concentration levels by relieving fatigue and boosting energy levels.
- Relieves muscle aches, pains and tension.
- Alleviates symptoms of stress such as headaches, eyestrain and insomnia.
- Promotes overall health and well-being having a balancing effect on the body.

BENEFITS TO THE ORGANISATION

By providing health benefits to your employees, you are in turn specifically benefiting your organisation by:

- Reducing likelihood of absence from work due to stress-related conditions.
- Demonstrating a progressive approach to the wellbeing of employees and showing staff you care.
- Increasing staff morale and motivation, helping to improve productivity.
- Can help towards achieving and maintaining the Healthy Working Lives Award.

Whether employee-paid or company-paid, massage has tangible benefits for both the employee and the company

[See overleaf to find out more about pricing and how to contact us.](#)

Corporate Massage

“Massage at work is a low-cost way for employers to provide a unique service with proven benefits.”

WHAT ABOUT THE COST OF WORKPLACE MASSAGE?

There are several options below, making corporate massage more affordable for everyone.

- The company can pay the full cost.
- The company can subsidise the cost.
- The employees can pay on their own.

CORPORATE MASSAGE PRICES

DURATION	NO OF MESSAGES	THE COST
1 Hour	2-6 People	£60
2 Hours	4-12 People	£120
3 Hours	6-17 People	£170
4 Hours	8-22 People	£230
All Day (10am - 5.00pm)	10-30 People	£400



All our prices include travel expenses within a 10 mile radius. Travel costs to further afield destinations are charged additionally, please contact us for further information.

Definition
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Tel: 01224 433111
1 Rubislaw Place, Aberdeen,
Aberdeen City, AB10 1XN

www.definitionclinic.co.uk/corporate-massage
Facebook: www.facebook.com/DefinitionClinic
Twitter: @DefinitionSkin