

ONSITE MASSAGE

On site massage is now an accepted part of daily office life. A combination of different massage styles can be carried out using specially formulated oils or creams. Alternatively, clients can be massaged fully clothed if preferred.

You can choose a massage that deeply relaxes your mind and body leaving you refreshed and energised for the rest of the day; or if you prefer:

You can choose a deep tissue massage that targets specific areas of tension and scar tissue, useful for sports injury prevention and treatment and to relieve aches, pains and muscle tension.

We can also offer advice on posture, injury prevention and rehabilitation techniques. In addition we offer Indian Head Massage and Hot Stone Therapy.

An on site massage will take approx. 20 – 25 minutes and can include neck, back, shoulders, arms, hands or legs.....the choice is yours!

The benefits of on site massage:

- ❖ Boost morale and motivation at work.
- ❖ Create a healthier working environment.
- ❖ Relieve back, neck and shoulder pain.
- ❖ Relieve stress and tension, RSI and fatigue

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Members of the Federation of Holistic Therapists