



Corporate Massage

The benefits of massage are well documented and the convenience of massage in the workplace provides your people with the ease and accessibility to this service.

Some of the benefits of corporate massage for your people include:-

- Reduced stress
- Decreases in anxiety & depression
- Relief from muscle tension & pain
- Improved sleep
- Relief from headaches
- Reduced blood pressure
- Increased immune function
- Increased focus, energy & mental clarity

There are flow on benefits from an organizational perspective including:-

- Contributing to a positive working culture
- Creating a culture of care
- Employer of choice
- Employee retention
- Contributing to your workplace wellness strategy

Our corporate massage service can be provided in the following formats:-

- Roving
- Seated
- Table

No oils or removal of clothing required.

Massage duration per person is customised to meet your needs, budget & working environment.