

HOW CAN REGULAR ON-SITE MASSAGE BENEFIT YOUR COMPANY?

The CBI's Annual Report on Absenteeism 2000 indicates that the annual cost to industry of absenteeism is £11 billion, stress and recurring illness being a common cause of absence. If you are not already offering on-site massage to your employees then consider the benefits below;

- Research by the University of Miami indicates that following on-site massage, stress levels are reduced, productivity is increased, and blood pressure is decreased. (www.miami.edu/touch-research)
- Offering regular massage to your staff demonstrates that you have a high regard for their welfare and are taking positive steps to ensure their good health.
- In conjunction with regular breaks and good posture can be a preventative measure for Repetitive Strain Injury.
- Reduces the likelihood of absenteeism.

TREATMENT

On-site massage is a 20 minute acupressure treatment based on the principles of Anma, a traditional Japanese massage, similar to shiatsu.

The treatment is administered through the clothing and without the use of oils.

The massage takes place in a chair designed to provide the best position for treatment to the upper body, while retaining optimum comfort for the client.

The sequence has been developed specifically for employees in high pressure jobs and those who spend considerable amounts of time working with computers or sitting for long periods of time.

The treatment is particularly effective for those who hold tension in their shoulders, neck, lower back or wrists and hands. The massage is both relaxing and energizing and recipients who are feeling generally run down should feel revitalized after the treatment.

HOW WILL EMPLOYEES BENEFIT FROM ON-SITE MASSAGE?

- Immediate release of tension from upper body
- Encourages relaxation by lowering pulse count.
- Leaves client energized by stimulating the flow of blood and energy to the body.
- Relieves minor aches and pains.
- Regular treatment can form part of a health maintenance programme by increasing awareness of areas of tension in the body which the client can develop strategies to resolve.

WHY CHOOSE ON-SITE MASSAGE OVER OTHER FORMS OF STRESS MANAGEMENT

INTERESTED?

- Results are immediate and cumulative when received on a regular basis.
- Requires no capital investment to initiate or maintain.
- Demands no effort by the employee – nothing to learn or practice.
- On-site massage is very popular resulting in a high participation rate.
- Demonstrates in a very visual way the employers active commitment to the well-being of it's employees.

Why not call us and arrange for a free, no obligation tester day.

If you decide to introduce On-Site Massage in your company payment can be arranged in 3 ways;

- Offered as a free perk to employees
- Treatment is subsidized by you
- You provide the facility and the time for treatment and individual employees meet the cost.

Leading companies already offering on-site massage include Procter & Gamble, Ted Baker American Airlines, and Glaxo Wellcome

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on-site massage company



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