

Benefits of massage in the work place

A 15 or 20 minute massage for the back, neck, shoulders and arms delivered by a PremaTOUCH trained practitioner. Relax in our hi-tech chair and soak up the benefits !



Massage in the work place can help substantially with :

- Enhancing mental focus, resulting in enhanced work quality and output
- Relieving day to day, and even long standing aches and pains
- Reducing sick days
- Increasing staff morale
- Enhancing customer/client service
- Helping manage emotional, physical and skeletal stresses which often arise through modern lifestyles

Delivery

A massage scheduled in 15 or 20 minute time slot to allow for :

- An understanding of the needs of each client
- A massage to be delivered based on that understanding
- If appropriate, a discussion about helpful things the client could do between massages to reduce factors that could possibly be contributing to any aches or pains they may have
- Change over between clients

Pricing

- ~~\$140~~ **now \$120** + GST per 2 hour booking for between 4 and 8 People

PremaTOUCH

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