

Indian Head Massage in your workplace

Are your employees:

- In need of a break from their computer screens?
- Feeling tired, stressed or rundown?
- Looking for relaxation?
- Working long days or late nights?
- Spending a lot of time on the move, or sitting at a desk?
- Deserving of a reward?

A 20 minute Indian Head Massage is ideal for anyone seeking relief of muscular tension, stress and fatigue during the working day. Despite its name, this treatment actually covers the upper back, upper arms, shoulders, neck, scalp and face. Clients are seated in a comfortable chair and remain fully-clothed.

Whilst the main aim of the treatment is to provide relaxation, a number of massage techniques are incorporated to ensure your team members return to their desks feeling refreshed and invigorated.

Benefits:

- Can help to increase productivity and decrease stress levels
- Effective in the treatment of conditions such as eye-strain caused by long-term computer use; migraines; sinusitis and insomnia
- Increases mobility in joints and muscles of the head, neck and shoulders

Package 1	Package 2	Package 3
<p>Treatment costs fully-funded by the employer (£15 per 20 mins)</p> <p><i>An excellent opportunity to strengthen the commitment to employee health and welfare</i></p>	<p>Treatment costs split 50:50 between employer and employees (£7.50 each per 20 mins)</p> <p><i>A cost-effective way of providing the benefits of workplace massage to employees</i></p>	<p>Treatment costs paid by individual employees (£15 per 20 mins)</p> <p><i>A time-efficient opportunity for employees to experience all the benefits of a massage treatment without spending time away from the workplace</i></p>

To discover how Indian Head Massage could help you to achieve a healthier and happier team, please contact Caroline Dapr  at Calma:

Tel: **07973 887520** e-mail: caroline@calma.biz website: www.calma.biz

Caroline is a qualified registered therapist (ITEC / Embody) with full professional liability insurance. Calma's Health, Safety & Environment Policy is available on request.

Please note:

A minimum booking of 5 employees is required.
All we need is a quiet private room – and we'll take care of everything else.
Longer treatment durations and loyalty discounts are also available – details on request.