



"Health is a state of complete physical, mental and social well-being  
and not merely the absence of disease or infirmity"

(World Health Organisation, 1958)



The BodyWorkshop is a friendly health and well-being company  
offering stress management solutions for both the home and workplace.



## **The BodyWorkshop at your event**

By choosing The BodyWorkshop's event package of Indian Head or Chair Massage for your next event you can offer an exciting and unique experience to your clients or staff. Choose the length of massage session to compliment your event: from the 10 minute 'express' massage to the 30 minute 'ultimate relaxer' massage.

We can work with you to design a program that will be perfect for your particular event.

### **Massage at conferences / seminars**

- o Creates a more relaxed environment for your conference
- o Can be built into a 'healthy break option' where delegates are offered fresh fruit, juices and an energizing chair massage
- o Provides relief from tired & aching muscles when attendees have been seated for prolonged periods of time
- o Refreshes the mind – increasing alertness and concentration

### **Massage at exhibitions / trade shows / PR events**

- o Generates interest and pulls in the crowds
- o Offers a unique treat that sets you apart from your competitors
- o Clients will associate your business with the great feeling they get from the massage
- o Increases the quality of your interaction with prospective clients
- o Increases time spent at your stand therefore increasing opportunity for sales
- o Shows clients that you care about their health and well-being

### **What other type of events can you cover?**

Due to their versatility Indian Head and Chair Massage can offer relaxation and a unique treat at:

- o corporate hospitality / private functions
- o company health & well-being days / team building events
- o Christmas / Summer parties
- o conventions / conferences / trade shows / exhibitions
- o charity & fund-raising events
- o product launches / brand promotions & other PR events
- o entertainment industry e.g. dancers, singers, actors & musicians
- o film sets / photo shoots /fashion shows
- o private parties or pamper sessions



## Treatments

Unlike traditional massage the client remains fully clothed and no oils are used, making these versatile forms of bodywork ideally suited for the stressed-out corporate employee, weary conference delegate or those on the go who need a quick pick-me-up!

### Chair Massage

Chair massage is an energising form of bodywork that is performed in an ergonomically designed and easily portable massage chair, which supports the client's body in total comfort. The classic sequence lasts for 20 minutes and can be modified to 10, 15 and 30 minutes in length to suit your requirements.



This energy boosting massage is based on traditional Japanese acupressure and focuses on the areas of greatest tension within the body; namely the neck, back, shoulders, arms, hands and scalp.

By concentrating on over 100 specific stress relief points, chair massage is highly effective at producing therapeutic results in a brief period of time and will leave you feeling relaxed, refreshed and alert.

### Indian Head Massage

Indian Head Massage is an ancient art based on a traditional system of medicine known as Ayurveda, which has been practiced in India for over three thousand years and is becoming increasingly popular in the West. Many people have `the weight of the world on their shoulders` and unsurprisingly this is where our stress, frustration and anger accumulate. This may in turn manifest as headaches, neck & shoulder pain, fatigue and insomnia.



Indian Head Massage works in a firm, gentle rhythm to bring calm and relaxation to the client. The treatment concentrates on areas where tension tends to accumulate including the upper back, neck and shoulders, arms and hands, head, face and ears.

This relaxing and stress reducing treatment helps to re-balance the body's energy by releasing any areas of negativity and stress. Your muscles will feel looser and your mind calmer - a great stress reliever!



### **How does it work?**

All that is required from you is a quiet room with enough space (approximately 10 x 10') for the practitioner to set up the portable massage chair. The practitioner will provide soothing music to create a relaxing environment (optional) and all the necessary accessories to make the day run smoothly.

We carry out a brief health screen with each client prior to treatment. This allows the practitioner to check for any medical conditions that might be affected by massage and to tailor the treatment to the specific needs of the client. This ensures that the massage you receive is both safe and effective.

### **Cost**

The price of The BodyWorkshop chair massage is based on a sliding scale, therefore the more hours you purchase the cheaper it becomes. Please see our price list for full details.

### **Additional information**

- ❖ A short break for your practitioner (20 - 30 minutes) will be factored into the schedule every 2 hours. You will not be charged for this.
- ❖ Please allow at least 48 hours notice for cancellations or 50% of the session fee will be charged.
- ❖ There is a 20% surcharge for evenings after 6pm and weekends.



## Chair Massage FAQ's

### How long is each massage?

The duration & style of chair massage makes it ideal for events or within the workplace. The classic massage sequence lasts for 20 minutes - this involves a 15 minute massage plus a little bit of time at the beginning and end for health screening and any questions. The sequence can be modified to 10, 15 & 30 minutes in length – whatever works best for you.

### How will I feel after the massage?

You will feel energised...your muscles will feel looser and your mind will be relaxed, yet alert and focused.



### Can anyone have a chair massage?

Chair massage can be enjoyed by almost anyone – anywhere! It is especially useful for people who cannot afford the time for a full body massage and who need the convenience of a massage brought to them.

We do a quick health screen prior to the massage to check you are 'okay' to have a massage. Unfortunately this massage is not suitable for women who are pregnant, anyone who has had recent surgery or anyone is suffering from a flu/fever type illness.

### Do I have to remove my clothes?

Not at all. During a chair massage, you remain fully clothed. At most, you may be asked to remove your jacket or chunky jewellery during the massage. The style of massage works best when done over clothing so vest tops are best avoided.

### Are oils used?

Unlike traditional massage, no oils are used in chair massage so no need to worry about getting oil on your clothes!

### How about cleanliness?

Your practitioner will disinfect the massage chair and their hands between each massage. Each client also receives a fresh face-rest cover to ensure cleanliness.



### **Is chair massage painful?**

Not at all – the pressure should be comfortable at all times. Your practitioner will ask for feedback on pressure during the massage, so please let them know if you would like them to increase or decrease the pressure.

### **What do we need to provide?**

Nothing! We will arrive with everything, including our specially-designed ergonomic chair which can be set up in seconds. You may like to provide a quiet 'chill-out' zone for the massage, or alternatively if booking for an event or party, you may want to make the massage chair the centre of attention to create real buzz!

### **How much space is required?**

Space requirements are minimal - only a small 10 x 10' area is needed for the practitioner to set up their massage chair and have enough room to move around comfortably.

### **Are your practitioners insured?**

Yes. All practitioners are TouchPro certified and have full public liability insurance. We are happy to provide details if required.

### **What do the practitioners wear?**

Usually a black t-shirt, smart black trousers and trainers. Alternatively, we could wear your company t-shirt at grand openings or PR events so people associate your product with the great feeling they get from the massage.



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