



"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)



Healthy and happy people make loyal and dynamic employees.

The BodyWorkshop is committed to working with your organisation to promote health and well-being in the workplace
and can offer your employees the opportunity to increase their energy, vitality and performance.



Stress management in the workplace

Research suggests that a moderate amount of pressure can be a positive thing. It makes us more alert, keeps us motivated and helps us to perform better. However, too much pressure, or prolonged pressure can lead to stress.

Massage is widely recognised for its effectiveness at breaking the cycle of stress and tension, which can cause illness including physical and emotional problems. We specialise in providing on-site massage which has proven highly effective in combating corporate stress.

As well as offering relaxation and making you feel great, regular on-site massage can reduce muscle tension, relieve headaches, boost your energy levels and increase concentration.

Many clients choose to incorporate massage into ongoing stress management programmes. Others choose to use it at special events such as trade shows to really draw in the crowds, at team building days to show appreciation of employees' hard work, during particularly busy periods of the year as a pick-me-up, or as a reward for a certain level of sales.

A unique treat 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.

What type of events can you cover?

Due to its versatility chair massage can be offered almost anywhere including:

- o corporate hospitality / private functions
- o company health and well-being days / team building events
- o Christmas / Summer parties
- o conventions / conferences / trade shows / exhibitions
- o charity and fund-raising events
- o product launches / brand promotions and other PR events



Effects of stress in the workplace

If large numbers of employees or key staff members are affected by stress in the workplace it can affect the performance of the whole organisation.

Facts:

- o Work-related stress is stress that is caused by, or is made worse by, work. It is not an illness, but it can lead to increased problems with ill health if it is prolonged or intense (NHS)
- o In the UK, as many as 1 in 5 people are suffering from high levels of work-related stress (HSE)
- o Work-related stress accounts for over a third of all new incidences of ill health (HSE)
- o In the UK it is estimated that work-related stress is responsible for six million days of sick leave a year, with stress being linked to many minor and major illnesses (BUPA)
- o Long term sickness, including stress, costs UK business over £3.8 billion a year (HSE)

A report by the World Health Organisation found that workplace stress can have a negative impact on both individuals and organisations:

Negative effects of stress on individuals:

- o Increased incidence of high blood pressure, tension headaches, back and neck pain, ulcers and heart disease
- o Decreased immunity to colds and flu
- o Reduced ability to concentrate and make decisions
- o Feeling irritable and short tempered
- o Unable to relax and unwind
- o Difficulty sleeping
- o Feeling tired and lethargic all the time

Negative effects of stress on organisations:

- o Increased absenteeism
- o Increased staff turnover
- o Increased health insurance and compensation claims
- o Decreased morale
- o Decreased performance and productivity



Benefits of massage in the workplace

Massage is a convenient, affordable and enjoyable solution to managing stress in the workplace. Experiencing relief from muscle tension and stress in the form of on-site massage can actually teach workers to deal with stress before it becomes a major health problem. The BodyWorkshop can supply highly skilled practitioners to your workplace to offer instant symptomatic relief from stress and stress related symptoms.

As well reducing the impact of stress, on-site massage has many additional benefits for both the individual and the organisation:

Benefits to the individual:

- o Promotes a sense of relaxation and makes you feel great!
- o Increases circulation and boosts energy levels
- o Increases alertness and improves concentration
- o Relieves muscle tension, headaches, eyestrain and RSI
- o Boosts immune system and resistance to colds

Benefits to the organisation:

- o Shows the company cares!
- o Boosts morale and improves productivity
- o Increases job satisfaction
- o Reduces staff turnover
- o Reduces absenteeism
- o Provides cost effective stress management - no new facilities or equipment are required
- o Easy to implement and convenient for employees to use - can be offered during employees break time



Treatments

For the workplace the 20 minute 'revitaliser' massage or the 30 minute 'ultimate relaxer' are recommended as this allows time for the employee to completely relax and the practitioner to thoroughly work on all the areas of tension.

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 accumulates. 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!



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.

Ways to pay:

1. **The company pays the full amount.** This shows the greatest commitment to employee well-being.
2. **The company and individual both contribute toward the cost of the massage.** Arrangements for payment will depend upon the client's wishes.
3. **The individual pays for their massage** - this can be done in 3 ways:
 - ❖ The employee pays in cash on the day - it helps if you have the right change to hand!
 - ❖ The company pays initially and then deducts it from the employee.
 - ❖ The employee purchases a package of massages.

Loyalty Scheme

We offer discounts for regular bookings e.g. weekly, fortnightly or monthly. Please contact us for 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.



How does it work?

When booking your session

We will send you an appointment booking sheet. You just need to fill in the names and extension numbers and e-mail it back to us at least 2 days before the booking.

We will also send you a brief health screening form, to be filled in by participants and handed to the practitioner on the day. 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.

On the day

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 realise that in the corporate environment things can and do change at short notice! However, if for some reason you can't make your session, please try to find someone to take your slot; otherwise we may have to charge you a percentage of the session fee.

Please make sure that you have eaten a light meal or a small snack within 4 hours of your session. This is because if you have an empty stomach, particularly in the morning if you have skipped breakfast, you may feel slightly light-headed during/after the treatment. Clients should also avoid eating a large or heavy meal directly before their session.



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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