PLAN YOUR

SHAKEOUT

BY SUITE SPA LOS ANGELES



5-MINUTE MASSAGE
FULLY CLOTHED • SET TO THE BEAT

5 MIN

A fast-paced, full clothed massage designed to loosen muscles, energize the body, and get guests moving again.

Get loose. Shake it out. Keep Moving.

WHAT GUESTS EXPERIENCE

BOOST ENERGY
Feel refreshed and ready to move.

IMPROVE CIRCULATION
Encourage healthy blood flow.

REDUCE STRESS
Release tension and reset.

GENTLE STRETCH
Easy assisted movement.

RHYTMIC COMPRESSION
A signature Shakeout element.

UPBEAT MUSIC
Set to an energizing 120 BPM rhythm.

THE SHAKEOUT HANDLES REST

- ✓ Professional massage therapists
- ✓ Massage table & activation setup
- ✓ 5-minute guest rotations
- ✓ Upbeat 120 BPM music
- ✓ Optional branded /sponsor integration
- ✓ A seamless, high-energy wellness experience
- ✓ Clean up & breakdown
- ✓ Indoor or outdoor activation

**setup requirements may vary by event.*

WHERE THE SHAKEOUT FITS

PRE-EVENT
Warm up the atmosphere and get guests moving.

INTRA-EVENT
Create a wellness break during the event.

POST-EVENT
Give guests a recovery-focused reset.

Ready to plan your Shakeout?

Use the worksheet to start building your activation.

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Scan here for more details

1 PRE-PLAN DETAILS

(Download Fillable PDF)

Event Name: _____

Organization / Company: _____

Event Coordinator: _____

Email: _____ Phone: _____

Event Date: _____ Alternate Date: _____

Venue: _____

Venue Address: _____

Expected Attendance: _____ Event Hours: _____

2 WHAT KIND OF EVENT ARE YOU PLANNING?

- ☐ Health & Wellness Fair
- ☐ 5K / Marathon / Race
- ☐ Fitness / Athletic Event
- ☐ Corporate Wellness
- ☐ Conference / Expo
- ☐ Community Event
- ☐ Festival / Entertainment
- ☐ *Other:* _____

What is the purpose, theme, or cause of your event?

_____

_____

3 WHERE SHOULD THE SHAKEOUT FIT?

☐ **Pre-Event Reset**
Get guests warmed up and energized.

☐ **Intra-Event Reset**
Create a wellness break during the event.

☐ **Post-Event Recovery**
Help guests decompress after the activity.

☐ **All-Day Wellness Station**
Keep the reset available throughout the event.

☐ **Staff / Crew Reset**
A behind-the-scenes wellness experience.

☐ *Other:* _____

_____

4 BUILD MY SHAKEOUT

How long would you like the activation available?

- ☐ 2 Hours
- ☐ 3 Hours
- ☐ 4 Hours
- ☐ 5+ Hours
- ☐ Not Sure Yet

Where will the activation be located?

- ☐ Indoors
- ☐ Outdoors
- ☐ TBD



HAVE A SPONSOR?

The Shakeout can become a branded wellness activation—giving a supporting company a tangible experience guests can actually participate in.