



The Benefits of Workplace Massage Therapy

Workplace stress can take a significant toll on employees' physical and mental well-being, leading to decreased productivity, higher absenteeism, and burnout. On-site massage therapy offers a proven solution to address these challenges and promote a healthier, happier workforce.



by **Nirmala Elizabeth Autheymalam**

The Solution: On-site Massage Therapy



Benefits for Employees

1 Reduced Stress

Massage therapy helps employees manage stress and find a healthy work-life balance.

2 Improved Productivity

By addressing physical and mental fatigue, massage therapy boosts employees' focus and performance.

3 Enhanced Morale

On-site massages demonstrate an employer's commitment to employee well-being, fostering a positive workplace culture.



Benefits for Employers

Increased Productivity

Massage therapy helps reduce absenteeism, improve focus, and enhance overall employee performance, leading to increased productivity and profitability.

Reduced Healthcare Costs

By addressing physical and mental health issues, on-site massage therapy can help lower healthcare expenses and workers' compensation claims.

Improved Retention

Providing on-site massage therapy demonstrates an employer's commitment to employee well-being, helping to attract and retain top talent.

Our Services

Swedish Massage

Our classic full-body massage to relieve tension and promote relaxation.

Deep Tissue Massage

Targeted massage to address chronic muscle pain and improve mobility.

Chair Massages

Quick, on-the-spot massages to provide relief and re-energize employees.

Customized Packages

Tailored solutions to meet the unique needs of your workplace and employees.

Our Team



Caring

Our massage therapists are dedicated to promoting the well-being of every client.



Certified

All our therapists are licensed and highly trained in their craft.



Reliable

We provide consistent, high-quality service on a regular schedule.



Professional

Our therapists maintain a warm, personable, and discreet approach.

Pricing and Packages

Service	Duration	Price
Swedish Massage	60 minutes	\$99
Deep Tissue Massage	60 minutes	\$115
Chair Massage	15 minutes	\$29
Package of 10 Sessions	60 minutes each	\$900



Schedule Your On-Site Massage Today

1

Call Us

Schedule a consultation to discuss your workplace needs.

2

Customize

We'll create a tailored massage therapy program for your employees.

3

Experience the Benefits

Watch your team thrive with the power of on-site massage therapy.

Contact us now to learn more and get started on transforming your workplace into a haven of wellness and productivity.

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