



Tranquil Therapies

Corporate and Office Wellness on-site
Chair Massage

On-Site Chair Massage



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What we do

We provide chair and Indian Head wellness massage sessions to you within your corporate environment.

This achieves both personal wellness and of course business wellness.

Corporate massage **does not** involve taking clothes off, scented candles or essential oils.

Sceptical?

Understandable!! We associate massage with, falling asleep, relaxing and chilling. This is great for the week-end but not in company time!!



Corporate Massage is different.



It is as much about the mind as it is about releasing tension! Encouraging mindfulness and allowing the brain to recharge, increasing productivity.



We perform these therapies over the top of clothes while you are sitting on a specially adapted chair.



The massage lasts between 10-20 minutes and focuses on the specific areas affected by working in an office.



Your back, neck, shoulders, arms and hands can be under repetitive strain



Massage also lifts your mood and decreases irritability.



Happy Team, Happy Office

Times and Pricing

Minimum call out = 2 hours

10 mins = 6 Massages per hour

20 mins = 3 Massages per hour

Chair massage/Indian Head massage:

10 min £15.00

20 min £25.00

Packages:

Book 6, pay for 3 in advance, weekly, Bi-weekly or monthly

10 mins £10.00

20 mins £20.00

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Mental Wellness

Recently, there has been a significant shift in the way we talk and feel about mental health.

The Labour force survey 2018/19 by Health and Safety Executive (HSE) shows that 602,000 workers suffering from work-related stress, depression or anxiety (new or longstanding) in 2018/19 12.8 million working days lost due to work-related stress, depression or anxiety (LFS)

<https://www.hse.gov.uk/statistics/>

There are many companies recognising this already, some sending colleagues for mental health first aid training and this is certainly one of the steps needed.

Mental Wellness

Another easier step to consider is on-site massage at work.

Imagine having a 10,15,20,minute treatment in your lunch break, relieving tensions and allowing you to return to work refreshed and revitalised.

As a boss, imagine being able to reduce absenteeism and increase staff retention in your company

Companies already embracing this have reported a rise in employee engagement and the feedback is that there has been a substantial decrease in sickness days



EMPLOYER-PROVIDED 10-20-minute chair massages at work.

Facts from “Incorporate Massage” America

1. Reduces stress

- A whopping **85%** stress reduction! Stress levels measured before and after each massage found one of the biggest benefits of seated massage therapy to be a seriously effective office stress reliever.

2. Decreases anxiety and depression

- One of the big benefits of office massages is that massage reduces anxiety by **26%** and depression scores also improve by 28% after the massage.

3. Relieves muscle tension and pain

- Back pain is literally cut in half with regular corporate chair massages. A decrease of **48%** decrease was seen in the studies on back pain and tension.

4. Improves quality of sleep

- Over multiple studies, the average improvement in sleep quality was **28%**. That includes increased duration as well as fewer sleep disturbances.

5. Relieves headaches

- Headaches are decreased by an average of **48%** in duration and intensity with regular onsite massages.

6. Lowers blood pressure

- Across multiple studies, there was an average of a **6%** drop in blood pressure, which may not sound like a lot. But that's literally the difference between a hypertensive blood pressure and normal one, and that's without any medication at all! Plus these studies showed that there was a lasting effect and the benefits of corporate massage programs showed very clearly as the massage group continued to have lower blood pressure than the control groups for weeks after treatment stopped.

7. Prevents repetitive strain injuries

- On employees doing repetitive movements, weekly chair massage reduces the occurrence of repetitive stress injuries by **37%**.

8. Increases immune function

- In the studies on immune function, the good cells of the body perform **35%** better as one of the benefits of corporate chair massage, and this is especially true for auto immune and inflammatory illnesses.

9. Treats carpal tunnel and tendonitis

- One of the benefits of chair massage programs is that people with carpal tunnel and tendonitis issues see a decrease in pain and discomfort by **14%**.

10. Increases focus, energy and mental clarity

- After chair massages, employees in two studies show increased alertness, speed and accuracy on math computations following treatment.

- C. <https://incorporatmassage.com/benefits-of-corporate-massage-at-work/>

Book Now

relax@tranquiltherapies.me.uk

07759 709358

