

TEAM WELLNESS DAYS

Team Wellness Day – Rejuvenate, Relax, Recharge!

Treat your team to a revitalizing experience with our 30-minute massage sessions, expertly designed to melt away the aches and pains of desk work and boost overall wellbeing. Choose from clothed or oil-based massages, using soothing aromatherapy blends and deep tissue techniques proven to ease tension, relieve stress, and enhance productivity.

How it works:

- *Pre-event sign-up: Reserve your spot and let us know your specific needs (e.g., shoulder pain, stress relief). All participants will complete a brief health disclaimer to ensure a safe experience for everyone.*
- *Tailored treatments: We'll create a customized menu of massage options based on your team's preferences and needs.*
- *Seamless scheduling: Sessions are organized to fit smoothly into your workday, minimizing disruption.*

*Professional setup: We'll transform a designated area into a tranquil oasis, complete with soft blankets, calming scents, and relaxing music - ***BONUS** - We use a heated massage table not a chair, for that added touch of luxury.*

Ready to invest in your team's wellbeing? Simply reply with your preferred date, and we'll handle the rest. Let's create a memorable, restorative day your team will truly appreciate!

Contact us today to discuss how we can tailor this experience to your unique workplace culture. hello@esthercatowellness.co.uk - +447946214313