



MASSAGE IS AN INTEGRAL PART OF HEALTH AND WELLNESS

“Very high standard, very efficient and easy to deal with”

Tel: 01865 920 230 | Web: www.onsiteplus.com

Corporate Massage

Whether a half day de-stress session, a full day **corporate event**, or regular in office massage, we like to keep things simple and enjoyable for you and your employees. Our company massage service allows you complete freedom to choose your package and complete peace of mind, safe in the knowledge that we put your satisfaction at the front of what we do. We have over 12 years' experience of delivering massages at work, we only employ the best and most experienced therapists. We offer a nationwide service to cater for all sites in the UK and with over 100 well trained and waiting therapists there is someone local to you.



Our popular services include:

- OnSite massage
- OnSite Therapeutic massage
- Indian Head massage
- Pregnancy massage
- Reflexology
- Workshops
- Nutrition
- Event massage



“Very high standard, many staff members commented that their massage had really helped de-stress and relax their muscles”

Event Massage

We can supply therapists for one day or one week, just call us with your event massage ideas and requirements, let us take care of the rest. You can relax knowing your exhibition or event will be a success. We have worked in the UK and Europe providing a diverse range of clients with the unique attraction they need to stand out and draw people in.

Our range of event massages services include:

- Chair Massage
- Aromatherapy
- Reflexology Hand & Arm Massage
- Indian Head Massage
- Foot Massage

“We were at a 2 day exhibition at the NEC and used OnSite Plus. We are so pleased that we chose them. People flocked to our stand as word got out about our fantastic masseuse. The event was a real hit with huge thanks to OnSite. We would recommend them without hesitation and will be using their services again. Thank you



Benefits of Massage

Portable chair massage has become a phenomenon in the workplace. Well-known benefits include stress-reduction, increased employee morale, fewer days missed due to injury and stress but also the following:

PLUS so much more

Bite-size wellness workshops

Stress management

Life coaching

Health fairs

Nutrition

Exhibition & Event massage

On Site Therapies

OnSite chair massage

Massage at your desk days

Sports massage

Reflexology

Indian head massage

“ OnSite provided an excellent service when they recently visited our offices. All of our staff commented on how fantastic their massages were ”
were and how relaxed they felt afterwards

Our clients come back to us because we give a great massage, provide excellent value for money, and offer a first class customer experience



9 Health Reasons to Get a Massage



Pain

Despite the best efforts in terms of ergonomically designed chairs and desks etc., many employees from **sitting with poor posture can be full of aches and pains**; pins and needles are also common in hands, shoulders etc.



From sitting for too long in a position that is not good for joints and muscles. Massage can help alleviate these aches and pains



Anxiety & depression



Two 'silent illnesses' that many people walk around with on a daily basis, with colleagues and peers not noticing in many cases, are depression and anxiety

Employers have a duty of care to their employees to keep them safe, and many forward-thinking organisations also promote stress-free work and environments within the workplace.



Massage is a great way of helping people to relax



The stress hormone cortisol is significantly reduced and, as well as lifting emotional mood, it also lowers blood pressure

Sleep



Being able to fall into a fitful and soothing sleep is important; tossing and turning for hours on end can increase the levels of frustration meaning that when we do snatch 2 or 3 hours, we are not rested.



Massage in the work place can promote not only all-round emotional well-being, but also sleep, important for physical concentration too.

Immunity



We need **staff teams** and the **workforce** to be well, both mentally and physically.

Massage, as a cumulative effect of all of the above mentioned thus far, also help in boosting the body's natural defence against illness – the immune system can be a fragile thing, thus maintaining its balance is important.



Alertness



American studies suggest that a 15 minute **'in the chair' massage** such as the one we do, makes someone more alert.

The study, the first of which was conducted in 1996 by the Touch Research Institute, tested their findings by noting participants solved mathematical problems quicker after they received a massage.



Headaches



Many people suffer from headaches which can be as a result of many life choices and working environments



Studies suggest that for those people suffering prolonged headaches, **30 minutes** is the optimum massage time

A tense working environment can make for an uncomfortable place to work and even though massage may not 'attack' the root cause of tension and stress, a **15 minute massage** can have an immediate and long-lasting impact on reducing the headache.

Increasing blood flow

Massage also encourages increased **blood flow** throughout the body and this means that the nasty toxins that are built up in our systems are shuttled along; the quicker and more effectively we dump these toxins, the better we will feel.



This increased blood flow also plumps the skin, making us look and **feel better**.



Decrease absenteeism



Every company struggles at some point with staff shortages due to illness but, with a regular programme of **massage therapy at work**, the instances of staff being off ill due to stress-related illness is significantly decreased – and there is research that backs this up!

Just an all-round nice thing to do...



Companies and businesses are constantly looking for ways to build team rapport and create an atmosphere where people feel valued and valuable. **Massage at work** is just one of way of doing this, and what a great way of doing it!

Options and Prices

How can we help you?



Option 1 – Massage at your desk (MAYD)

These events always prove to be hugely popular with staff as a reward or thank you, and is an excellent way to boost staff morale. Everyone has the opportunity to receive a ten minute back, neck and shoulder massage. Staff can enjoy all the benefits of a refreshing massage without leaving their desk. It's simple to run as no appointments are necessary, staff simply say yes or no to the session as the therapist moves from desk to desk.

Option 2 – OnSite Chair Massage

Re-invigorate and re-energise staff with a personal 15 or 20 minute session in our specially designed massage chair. Acupressure works to relieve stress and tight tension knots in the back, neck, head and shoulders. Staff report back that their massage has helped to ease the tension and stiffness associated with sitting for long periods at a PC.

Menu of pricing for both options

2 hours

1 x Therapist £115 (approximately 12 massages for MAYD or 8 massages for Chair Massage at about 15 minutes each)

3 hours

1 x Therapist £155 (approximately 16 massages for MAYD or 12 massages for Chair Massage at about 15 minutes each)

4 hours

1 x Therapist £195 (approximately 22 massages for MAYD or 15 massages for Chair Massage at about 15 minutes each)

5 hours

1 x Therapist £235 (approximately 26 massages for MAYD or 17 massages for Chair Massage at about 15 minutes each)

6 hours

1 x Therapist £275 (approximately 30 massages for MAYD or 20 massages for Chair Massage at about 15 minutes each)

7 hours

1 x Therapist £310 (approximately 36 massages for MAYD or 24 massages for Chair Massage at about 15 minutes each)

8 hours

1 x Therapist £340 (approximately 40 massages for MAYD or 27 massages for Chair Massage at about 15 minutes each)

An additional 15 minutes is charged at £10

All prices exc VAT

“The massages were a great success, everyone really enjoyed them and both masseuses were really professional and friendly.” HAGA

Our other clients



University of Reading

