

# On-Site, “Relax-A-Minute” Chair & Table Massage by



*Relieve Employee Stress*

*Improve Morale*

*Increase Productivity*

## **What is a “Relax-A-Minute” Massage?**

On-site “Relax-A-Minute” massage is a 10 – 20 minute massage which we provide at your workplace in a portable massage chair or table. This type of massage uses no oil, and takes place with the employee fully clothed. The professional therapist will work on the head, neck, shoulders, back, arms and hands and their work can be adapted to special needs. Your employees will feel relaxed, refreshed and ready to return to work.

An on-site “Relax-A-Minute” massage:

- is *convenient*. The therapist comes directly to you with portable massage equipment.
- *won't disrupt your work day*. The massage usually takes about the same time as a coffee break.
- is *an easy wellness program* in which to participate. All you need to do is relax and enjoy!

## **Stress in the Workplace**

Today stress is a fact of life, and the workplace is no exception. Deadlines, rapidly changing technology, and unavoidable interpersonal conflicts are just a few of the stresses workers cope with daily. The effects of stress are cumulative and, without time to relax and recharge, can lead to:

- Headaches, backaches, eyestrain, neck pain.
- Repetitive use injuries such as tendonitis or carpal tunnel syndrome.
- Listlessness, poor concentration, anxiety, depression, irritability or anger.
- Lowered resistance to colds and infections, high blood pressure and heart disease.
- Physical and emotional exhaustion, also know as “burn out.”

Accumulated stress and tension always diminish your energy and vitality. The rejuvenating effects of a massage in the middle of your workday may surprise you. The therapists touch can invigorate you as it loosens your tense muscles and stimulates your circulation. Your team will find a short massage can enhance their ability to think and concentrate as the circulation of oxygen-rich blood to your brain and body is increased. A “relax a minute” massage will help them get in touch with their body, educating them about where they store stress and tension and how it affects them. In addition, this type of short massage can help alleviate some of the pain of chronic job related conditions such as carpal tunnel syndrome.

## Other “Relax-A-Minute” Ideas

Consider incorporating a “Relax-A-Minute” massage day to show staff appreciation or to help kick off a new business effort. It’s terrific for fundraising events or for a family reunion or gathering. You’ll be sure to increase attention on your product/services during a fair or trade show. And your employees will thank you for a wellness day if you schedule it after the end of a tough project.

On-site massage can be healthful, fun, and an invigorating addition to your next gathering!



### A “Relax-A-Minute” Event Includes:

- Certified and licensed, professional massage therapists.
- Promotional materials assistance.
- Pre-event sign up sheet.
- All supplies and equipment for the day.
- Music to be played softly (if appropriate).

## Scheduling and Rates

We schedule five, 10-minute “Relax-A-Minute” treatments per hour with a 15 minute break per therapist scheduled every 1.5 hours. Rates are \$60 per on-site hour, including a few minutes on each end for set-up and break-down of the equipment. Payment is due one week prior to the scheduled event. A 50% cancellation fee will be charged if within 48 hours of the event.

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**Balance** is a wellness-based center that offers therapeutic services, ongoing client education opportunities and natural and organic products that promote health and overall well being. We strive to provide quality care and a calming atmosphere to nurture your body, mind and spirit on the physical, mental, emotional and energetic levels.



Relax. Revive. Explore. Learn. Grow.

245 West 100 South  
Heber City, Utah 84032

**435-654-2532**