



LucyHall 
M a s s a g e

**PERSONAL, SPORTS & CORPORATE
MASSAGE THERAPY**



REVITALISE YOUR WORKFORCE WITH ON-SITE MASSAGE

Each massage lasts 15-20 minutes focusing on the back, neck, shoulders, arms, hands and scalp, leaving your colleagues feeling refreshed, revitalised and in tune with their body for improved work-life health & wellbeing.

Your colleagues will be seated in a specially designed massage chair, conveniently set up in any break room or empty meeting room. There is no need to remove clothing and no oils are used so there is no risk of staining clothes. Your colleagues can return to work straight away with improved performance and posture.



BENEFITS TO THE ORGANISATION

- Increases productivity
- Reduces stress related absence
- Decreases time off for back pain and RSI
- Improves staff morale and performance

BENEFITS TO THE INDIVIDUAL

- Reduces stress levels
- Relieves headaches and migraines
- Eases Repetitive Strain Injury/s
- Releases muscle aches and tensions
- Alleviates back and neck pain
- Improves mental agility
- Improves mood, energy levels and performance
- Improves posture and body awareness
- Gives a feeling of health & wellbeing
- Helps the body cope better with stress and/or pressure.



DE STRESS

This break away from the chaos and stresses of the office will help you and your colleagues refocus, as well as achieve better results, look after themselves better and something that people look forward to at work.

PRICE LIST

Corporate Massage Rate:

FULL DAY: £400

9am – 5pm (8 hours)

3 x 15-20 minute breaks for the therapist

HALF DAY: £200

9am – 1pm (4 hours)

2 x 15-20 minute breaks for the therapist

Subsidised Rate:

The rate is flexible to the company's own wishes, although we have suggested the following, roughly 33% subsidised by the company;

20 MINUTE MASSAGE

Companies accounts for
£5.50 of the £17 individual cost.

15 MINUTE MASSAGE

Companies accounts for
£4.50 of the £13 individual cost.

All timings are flexible, the company stipulates whether their employees receive a 15 or 20 minute massage dependant on size of the company and start/finish times.

Individual Massage Rate:

20 MINUTE MASSAGE

£17 to be paid by the individual

15 MINUTE MASSAGE

£13 to be paid by the individual

A minimum of 6 clients is required for a massage visit

Massages should be clustered together to reduce time and cost to the company, all massages should be organised using the schedule provided

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