



LovingLife
Live Life Better

On-site Chair massage

Chair massage helps to aid in improving mood, reducing stress, aiding neck and shoulder pain and/or discomfort as well as relaxing the muscles in the upper limbs. After massage sessions employees should feel relaxed, looser, less stressed and ready to return to work.

With stress, depression and anxiety being responsible for 44% of work related ill health in 2017/2018 chair massage is a great way to help improve the wellbeing of your workforce whilst in turn reducing employee sickness absence.

On-site Chair massages take place as follows:

- Performed on a portable massage chair
- Performed over clothing (No need to undress)
- 15, 20 or 30 minute sessions
- Ideally delivered in a private room but can be performed in a quiet area.
- Sessions can be scheduled directly by employees through a unique booking link. (No double bookings)
- We provide all the necessary equipment

Please note: Due to the physical demands of delivering massages, therapists will require a 15minute break every 2 hours. These breaks will not be chargeable.

Pricing Options

Option 1 (Chair massage)

One Therapist	3 hours	4 hours	5 hours	6 hours
Pricing structure (Per Therapist)	£220	£270	£310	£340
Number of possible sessions (15 minute slots)	12	16	20	24

Option 2 (Chair massage)

One Therapist	3 hours	4 hours	5 hours	6 hours
Pricing structure (Per Therapist)	£210	£260	£300	£330
Number of possible sessions (20 minute slots)	9	12	15	18

Option 3 (Chair massage)

One Therapist	3 hours	4 hours	5 hours	6 hours
Pricing structure (Per Therapist)	£200	£250	£290	£320
Number of possible sessions (30 minute slots)	6	8	10	12