



**Providing on-site massage  
for employees**



# THE PROBLEM

These days companies are looking for alternatives to provide wellness to their employees in their workplace. It's costly and difficult to arrange.

Sitting at their desk for long hours, employees are looking for a quick and easy way to ease their tension plus feel invigorated whilst at their workplace.


# THE SOLUTION

Turn your office into a place of wellness.  
We offer fully clothed and seated massage for your employees.






Costing you nothing but a small bit of space for the time we are there.

Engaging us on weekly/fortnightly sessions we manage bookings, the set up and charge the employees individually at **£1 per minute**.





Book online    Walk-in Locations    Corporate    More

	8 Minute Massage	10 min £8	<a href="#">Book Now</a>
	13 Minute Massage	15 min £13	<a href="#">Book Now</a>
	18 Minute Massage	20 min £18	<a href="#">Book Now</a>
	23 Minute Massage	25 min £23	<a href="#">Book Now</a>
	28 Minute Massage	30 min £28	<a href="#">Book Now</a>

# HOW WE SCHEDULE

In a workplace, keeping to a schedule is important.

To maintain a quick turn around, times are booked in 5 minute increments so employees can maintain their schedule.

We deduct 2 minutes from each massage to clean and disinfect the chairs - time we do not charge for.

We provide a link/QR code for employees to book their times.

# OUR SERVICES



## NECK

Sitting in front of the PC for extended periods can cause issues with neck muscles.

Our therapists can relieve muscles and decrease headaches caused by tension.



## SHOULDERS

Many people develop tightness in this area due to posture from work.

Loosening muscles in this region will alleviate pain and increase range of motion



## BACK

Sitting for extended periods can cause tight muscles in the back, often causing pain.

Our therapists are trained in treatments designed to help relieve pain and loosen muscles.



## FEET

Standing on your feet for hours at a time can cause your feet to swell and hurt.

A foot massage can make you feel like you are walking on clouds.

# OUR VALUES



## CONVENIENT

We ensure we are providing a service that works around people's lives and schedules.

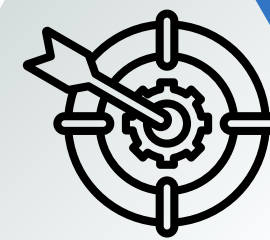
By being at their place of work, people can get the treatment they want in a place that is the most convenient



## AFFORDABLE

Our prices are created to give clients a service they need for a price they can afford.

Why pay for a one hour session when you only need 15 minutes.



## FOCUSED

Our team of physios and sports therapists focus on the areas the client wants us to work on. If a client says they have sore shoulders, we work on the shoulders.

# OUR TEAM



All staff are fully qualified Sports Therapists or Physiotherapists. Registered and insured

# CONTACT US



+44 7709082186



[bookings@minutemassage.co.uk](mailto:bookings@minutemassage.co.uk)



[www.minutemassage.co.uk](http://www.minutemassage.co.uk)