



Corporate/Workplace Massage

Reproduced with permission from: http://www.naturaltherapypages.com.au/massage/Corporate_Massage

Corporate Massage is performed in various workplaces, throughout most cities and metropolitan areas. Therapists are qualified in Remedial Massage and/or Shiatsu. They generally are contracted by an employer who wishes to offer extra benefits to their staff or executives.

How does Corporate Massage work?

Therapists provide their own mobile massage chairs or tables, and massages take place without clothing being removed. A typical chair massage will last approximately 15 minutes, with the practitioner concentrating on the back, neck and shoulders, the areas that suffer most stress from extended seating periods. Table massages are provided less often, as they require more space and time to set up but will take 20 to 30 minutes to complete, allowing the lower body to be worked on, if required.

Benefits of Corporate Massage

Benefits of Corporate Massage to the recipients are manifold: rejuvenation of tired muscles, stress relief and relief of headaches and back pain. From the employer's point of view, employees often require less sick or stress leave and are appreciative of the care given to their health needs, thus improving company morale.



Soothing Care Massage
196 Smith Street, South Penrith NSW 2750
p: 02 4732 2114 f: 02 4732 2421
www.soothingcaremassage.com.au

© Soothing Care Massage 2008