



# Cotswold Mobile Massage

Well-being in  
the workplace:  
How massage can help

Professional therapeutic and remedial treatments  
in the comfort of your workplace.

Rated:



from over 50 Google and Facebook reviews.



# Workplace Chair Massage

Cotswold Mobile Massage is a leading provider in mobile massage in Gloucestershire and the Cotswolds. Our experienced team provide workplace chair massage designed to support and improve your employee's well-being, helping you to create a happy, healthy and productive workforce.



## How does it work?

A chair massage treats individuals to short, therapeutic sessions, enjoyed from the comfort of a specially designed ergonomic massage chair. Our professional and friendly therapists will modify treatments to suit the individual's needs, creating a bespoke routine, just for them.

Working through clothes and without the use of oils, our team will use a highly skilled blend of massage techniques aimed to alleviate tension, pain and stress from the body.

After the massage, your staff should return to work feeling calm, focused and refreshed!

- Professional and highly qualified massage therapists
- Delivered over clothing and without the use of oils
- Targets areas prone to tension including the back, neck, shoulders, head and hands
- Treatments can range from 10 – 30 minutes
- Specially designed ergonomic and portable massage chairs



## Why is Well-being in the workplace so important?

We're spending more time than ever before sitting at desks and in front of computers. This sedentary and repetitive style of work isn't suited to our bodies' design, and often leads us to develop physical and mental strains including postural dysfunction, pain, muscular tension, stress and de-motivation.

Workplace massage not only provides an effective solution for motivating and rewarding your staff but also targets areas of the body most susceptible to tension and pain. Chair massage is excellent for relieving common complaints such as headaches, stress, neck & back pain, carpal tunnel syndrome and frozen shoulder.

And not forgetting about stress – relaxing massage not only feels great, but it also engages a neurological response which halts the production of harmful stress hormones and instead releases powerful feel-good hormones known as endorphins. These are the body's natural pain-killer, also known to help elevate your mood, boost your immune system and optimise organ function.

In other words, even a short massage can dramatically alter and improve **both mental and physical well-being**. By establishing regular office massage sessions, our aim is to achieve sustained benefits for both your employees and your business.



## Benefits to your business

- An affordable solution that supports the health and well-being of your staff
- Better staff engagement and higher productivity
- Improved employee loyalty and retention
- Reduced absenteeism saving the company time and money
- Contributes to an attractive employee benefits package

## Benefits to your employees

- Feel rewarded, motivated and valued
- An instant improvement to mental and physical well-being
- Reduces stress and elevate mood
- Relief from pain and muscular tension
- Relieve eye strain and other repetitive strain related to desk work
- An opportunity to speak to a professional about improving mental and physical well-being at work and at home



# Top 3 reasons for workplace absences in the UK:



Musculo-skeletal problems and mental health issues account for nearly 34% of workplaces absences in the UK each year.

Out of 137.3 million days lost to absenteeism each year, **30.8 million** (22%) of these were due to musculo-skeletal problems.

- Neck, back and shoulder pain
- Minor illnesses
- Mental health issues
- Other

We've worked with some great local businesses including:

Rated: ★★★★★

from over 50 Google and Facebook reviews.

CAPITA

ZURICH

Home  
LEISURE  
DIRECT  
*serious fun*

Snow  
Business

# Our Pricing structure



**Our best rate**

**Monthly**  
**From £47 per hour**



**Bi-Monthly**  
**From £52 per hour**



**Quarterly**  
**From £57 per hour**

## Save with regular bookings

By establishing regular office massage sessions, our aim is to achieve sustained benefits for both your employees and your business.

## Example Schedules

### **15 min sessions**

3 hrs = 12 massages

6 hrs = 21 massages

### **20 min sessions**

3 hrs = 9 massages

6 hrs = 16 massages

# Flexible Payment Options

We have several options available to suit every budget:

1. **Cover the full cost** as part on your on-going well-being program (recommended)
2. **Subsidise the cost** so that your employees pay a discounted rate per treatment
3. **Pass the cost on** to your employees

We recommend that the organisation subsidises or covers the cost in full as part of your on-going employee wellbeing program.

Our subsidy option requires a 50% minimum donation from the company and if choosing to pass the cost on to your employees, a £35 setup fee will apply.

Pricing Chart	Price per hour	
	2-3hrs	4-6hrs
Monthly	£50	£47
Bi-Monthly	£55	£52
Quarterly	£60	£57
One Off	£65	£62



## Getting in contact.

At Cotswold Mobile Massage, we are proud to offer the very best in massage therapy. We understand that no two bodies are the same, which is why we tailor each session to your individual needs.

**For bookings and enquiries, contact us at:**

**Email:** [info@cotswoldmobilemassage.com](mailto:info@cotswoldmobilemassage.com)

**Tel:** 01453 383051

**Instagram:** [@cotswoldmobilemassage](https://www.instagram.com/cotswoldmobilemassage)

**Visit:** [www.cotswoldmobilemassage.com](http://www.cotswoldmobilemassage.com)

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