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Seated Massage with Phillippa Jane

Boost Your Workplace with Massage for Your Staff

Incorporating massage into your workplace offers more than just relaxation—it supports overall well-being, mental clarity, and productivity. Here's why you should consider massage for your team:

Encourage Stress Relief and Mental Wellness

Massage targets key areas of the body where stress and tension build up. It can help release “happy hormones” like **serotonin, dopamine, oxytocin, and endorphins**—your body’s natural mood boosters! This can:

- Reduce stress and anxiety, improving emotional well-being.
- Promote a sense of calm, balance, and relaxation throughout the day.

Enhance Productivity & Mental Clarity

A workforce that feels mentally refreshed and relaxed is more likely to:

- Be **more engaged** and motivated.
- **Perform better** under pressure and stay focused on tasks.

The massage

Takes place on either a specially designed massage chair, headrest or regular chair. We can discuss which would be appropriate for your day.



Why Choose Me?

- **Quick and effective:** 15-20 minute seated massages are non-invasive and are carried out fully clothed.
- I'm trained in seated massage, massage for autism, SEN and mental health, oncology and pregnancy massage and adapt to each clients' needs.
- **On-site convenience:** I bring relaxation directly to your workplace, minimising disruption to your day.



Corporate Seated Massage Packages

One off events or regularly.

How It Works:

I recommend 20 minute sessions. The time includes: back and shoulders with optional head massage, through clothes, no oil and any conversations needed.

This session is all about giving your body space to relax and release tension. It's not a deep tissue massage, nor is it designed to target specific injuries or be a 'fix'.

I can bring a professional massage chair, a massage headrest, or work with a standard chair, whichever suits your space and needs best.

Pricing:

I charge per hour

(outside 9 - 5pm surcharges apply)

Minimum booking of x12 people for 20mins each (please contact me if you'd prefer 15mins)

Breaks are factored into the total booking time to ensure I deliver the best quality service throughout the day.

Contact me for a quote stating:

- Amount of people
- Date fo event (one off or regular)
- Preferred start time
- 15 or 20mins
- Address



Booking & Payment Terms:

Payment must be made in lump sums rather than be paid by each individual.

Each 20-minute session is for one person only.

Please book only **one slot per person**, not two back-to-back sessions, as this changes the nature of the experience. If a longer appointment, I'd be happy to arrange a dedicated 1:1 session at my studio.

A short consultation form must be completed beforehand. If this is done during the session, it will be included within the time of the session.

Once we confirm a date, I require a 50% deposit to hold the date for you. This deposit is non-refundable to cover any loss of earnings if you cancel *or* re-schedule. The remaining balance is due upon completion of the massage day.

My main work is based at my studio, so it's best to let me know preferred dates and exact numbers as soon as you can, as I often have bookings in the diary a month in advance.

I look forward to treating you and your colleagues sometime soon.

Any questions do shout (or whisper).

Phillippa