

Corporate Massage

Reward your staff with a performance enhancing massage

What is Corporate Massage?

Full Spectrum's Corporate Massage programme is provided as a range of physical therapies designed to help staff members relieve mental and physical tension, to relieve stress and enhance their work performance.

We bring the massage to you and your staff

Choose from full body massage in a suitable location in your building or a roaming therapist who will provide head, neck and shoulder massage at your employee's workstations. Either way, a massage with a Full Spectrum Health Solutions therapist is perfect for those individuals who sit at their desks all day, people who are under deadlines and stress, and especially those who spend most of their day staring at computers.



Why Choose Massage?

A regular massage will help to:

- **Relieve stress**
- **Loosen tight muscles**
- **Alleviate aches and pains**
- **Or just relax and rejuvenate**

At Full Spectrum Corporate Health Solutions we offer the finest corporate massage available and all of our therapists are fully qualified and registered with national bodies.

Benefits of massage

Introducing massage into the workplace has been proven time and again to reduce the incidence of back pain, head, neck and shoulder problems and headaches.

Regular onsite massage will also:

- **Improve morale and productivity**
- **Act as an added incentive**
- **Reward employees**
- **Attract and retain quality staff**



Full Spectrum Corporate Health Solutions

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Corporate Massage

Full Spectrum Corporate Health Solutions offers the following massage therapies

Roving Massage

Have a Full Spectrum Corporate Health Solutions Massage Therapist deliver 5 – 15 minute Head, Neck, Shoulders and Upper Back massages to your employees without the employee leaving their workstation. Our 'roving' therapist will provide a face cradle, towels and tissues for each workstation, effectively converting the desk into a seated massage chair. This treatment will increase relaxation, reduce upper body tension and have an overall positive effect on each and every employee.

Deep Tissue or Remedial Massage

Release chronic patterns of tension in the body through slow firm strokes and deep finger pressure on the contracted areas. This technique follows the grain or the cross grain of the muscle and is used on the muscles, tendons and fascia. This treatment enhances blood supply to the problem areas helping to diminish pain.

Swedish Massage

Promotes general relaxation and improves circulation and joint mobility, as well as relieving muscle tension. Used primarily in a full body session, it is system of long strokes, kneading and friction techniques on the superficial layers of muscles.

Thai Massage

Is a far more dynamic form of massage. It is seen almost as a combination of yoga and massage, delivered on a massage mat. Utilising the practitioner's body weight, the participant is massaged and stretched over a 20-30 minute period. This style of massage is available to all people of all ages.

Sports Massage

Is commonly used by athletes in preparation for the workouts and sporting events. It loosens, warms and

prepares muscles for intensive use. By incorporating assisted stretching, endurance and performance the chance of injury is reduced. Post event massage relieves pain, prevents stiffness and returns muscles to their normal posture. This technique is also used for rehabilitation from injury.

Aromatherapy

A nurturing and deeply relaxing massage of the whole body, including the face and head. Gentle to firm massage techniques are used, including lymphatic drainage and remedial massage. Highest quality essential oils are selected for their medicinal properties by our qualified aromatherapists to support your individual health needs and are added to the massage oils. A totally enjoyable natural therapy for treating most physical, mental and emotional conditions including stress, anxiety, pain, muscle spasms, constipation, hormonal imbalance, sinus congestion, fluid retention and more.

Reflexology

The treatment starts with a relaxing foot cleanse with essential oils while our qualified reflexologist assesses your health needs. Specific thumb pressure and massage techniques are used all over your feet and ankles to relax and work the reflex points that corresponds to all body parts, organs and glands. One treatment gives both mind and body a wonderful sense of feeling relaxed, balanced and energised. Regular treatments support your body's powerful ability to heal itself by stimulating the circulation of blood, lymph and energy throughout your body, which boosts your immune system and eliminates toxins. Particularly beneficial for conditions such as stress, headaches, asthma, muscle tension, digestive disorders, fatigue, insomnia, depression, hormonal imbalance and during pregnancy.

