

Corporate massage in your workplace — how does it work?

Assiram Natural Therapies has been providing stressed out city workers with corporate massage since its beginnings in the late 90's. The Great Aussie Backrub Co. as Assiram was originally known, began by offering seated massage to a few Brisbane businesses and has since then expanded to visiting many leading private and public companies on a regular basis.

What our regulars say

Corporate massage continues to be a saving grace for many of our clients with some saying they don't know what they would do without their regular workplace visit. A client in one of the larger QLD owned financial institutions "Carol" has even gone so far as to plead "Please don't stop coming!" A manager of a leading Brisbane creative firm, also a recipient of regular corporate massage says he **"recommends (corporate) massage to everyone and lots of his friends are very jealous."**

Most of the clients we regularly visit for massage are in need of help due to poor posture, work related stress or the result of a busy lifestyle. Having a workplace visit allows them to take time out of their busy day, relax and release tension. They are then able to return to their desks refreshed and invigorated. The best part is that you don't have to go anywhere or remember to make appointments. We take care of that.

How does it work?

We bring an ergonomic chair that can be adjusted to suit your body shape and even for pregnant bellies. We work in a shiatsu style, through the clothes and with no oil. So there is no need to undress or worry about

getting oily. We chose a room or area in your office that is quiet and away from phones and distractions. Our corporate visits offer seated massage for staff for 15 or 30 minutes with an average visit lasting a half day and a minimum booking time of 2.5 hours.

Payment options can be flexible

Most of our companies pay for the massages as a reward or incentive for their staff. It's not always that way, however! Some companies subsidise or part-pay for a massage treatment with the staff paying the remainder. Some of our companies purchase gift certificates for their employees to use in our clinic in their own time. This allows the staff to chose an appointment time to suit them or for a longer treatment time of up to an hour. Other companies reward themselves after a big project once a quarter or once a year through fundraising via their social club.

What if we don't work in the city?

Some of our regular corporate massage clients are not based in the city at all. Contact our Corporate Manager, **Christine Crawley** and she can explain how our booking fee works plus any travel costs involved.

Whichever way it works, or whichever option you decide to choose the benefits of workplace massage are well documented.

It has been proven that massage in the workplace can:

- ◆ Boost productivity;
- ◆ Promote health and well being;
- ◆ Minimise work place injuries;
- ◆ Improve posture;
- ◆ Assist with headaches and neck strain;
- ◆ Stimulate creativity;
- ◆ Create a happier working environment;
- ◆ Ease stress;

- ◆ Minimise sick leave;
- ◆ Increase company morale.

Workplace Massage can also be used to:

- ◆ Clear tension and improve relationships;
- ◆ Give staff something to look forward to;
- ◆ Allow employers to thank staff;
- ◆ Commemorate special events (birthdays, anniversaries);
- ◆ Encourage team bonding;
- ◆ Celebrate meeting a deadline or completion of a project;
- ◆ Retain and attract staff;
- ◆ Establish your reputation as an "Employer of Choice".

So what are you waiting for? Spread the word to your manager about the benefits of workplace massage today! For more information about **Assiram Corporate Massage** visit our website www.assiram.com.au or phone our Corporate Manager **Christine Crawley** on (07) 3229 0115.

For additional information we have a *Corporate Massage Kit* available which explains in more detail how things work. This can be emailed or faxed to you or collected next time you are in our clinic.



Musculoskeletal Therapy—news

We are very excited to announce that since introducing Musculoskeletal Therapy in January this year—we have had close to 150 clients try this new therapy with fantastic results to their health and injury recovery.

In fact, many clients no longer come to Aran for massage anymore, choosing only to see him for **Musculoskeletal Treatments**. Find out more about this new therapy on our website or book in for a treatment with Aran today while he still has some bookings left!

Acupuncture

Don't forget we have 2 Acupuncturists available at our clinic, if you are unable to book in for the times you require. **Susan Maughan** is our Traditional Chinese Acupuncturist and Herbalist practicing from Creek St on Tuesday, Thursday and Saturdays by appointment.

Hamish Swainson practices Japanese Acupuncture and is available Monday, Wednesdays and Fridays. **Our extended operating hours are now from 8:30am - 7:00pm (Monday to Friday) and 9am to 3pm on Saturdays.**

Relax—come in for a treatment on a Saturday!

Don't forget if you can't manage an appointment during your busy working week, we are open on **Saturdays from 9am—3pm**. You will be able to arrive relaxed, go home and rest and not have to compete with the normal everyday city crowds. Make time for a longer treatment and the best part is **you don't have to go back to work!**

Assiram Staff

We also would like to extend a very warm welcome to our **new receptionist Sophia Sinclair**. Sophia has joined us to assist and train with **Christine Crawley** as Christine takes on some new business challenges as Clinic and Corporate Manager. We know you will be supportive with Sophia while she learns the ropes and congratulate Christine as she takes a well deserved step up within Assiram.

In other news our Marketing Manager, **Rachel Wilkinson**, will be winding up within the month with her second baby due in June. We wish her all the very best. **Sheree Andersen** will be taking over marketing duties in addition to being our resident massage therapist on Thursdays and Fridays.



Don't forget Mother's Day on Sunday May 11!

With Mother's Day only a few days away—a very appreciated last minute gift is always a gift voucher. Our vouchers are available for a dollar amount or for a treatment amount. Thank your Mum/wife for putting up with you all year with an Assiram Gift Voucher, available from our city clinic.



We now take AMEX!

Homeopathic relief is here for stiff joints and back pain!

Don't forget we now have a new product in stock which is currently the number one anti-inflammatory in Europe. Traumeel, distributed by Brauer pharmaceuticals is a homeopathic remedy which can soothe aching joints, treat soft tissue trauma and overworked muscles. One of the added bonuses is that it is safe and effective to use during pregnancy. Ask to try it next time you are in the clinic.



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www.assiram.com.au

Remedial Massage

Acupuncture

Osteopathy

Musculoskeletal Therapy

Corporate Massage