

Corporate Massage

Is there a need for Corporate Massage in your organisation?

- Do you want to increase productivity in your Company
- Are your employees consistently working long hours to meet deadlines?
- Does your organisation encourage a work life balance?
- Do you need an incentive or morale boost for your office?

If you answer yes to any of these questions, then please read on...

Look around the workplace and what behaviours do you see? Stress is a common one - people operating under pressure who are over-worked and ineffective. The Corporate world can be a high-pressure environment, not to mention the demands we place upon ourselves in our personal lives. Do you ever wish you had an assistant to help take some of the work away, or wish you could create a replica of yourself? We can't make clones, but we can help you and your colleagues be more effective, stress-free, happier and healthier human beings.

Many organisations are choosing Corporate Massage as part of their employee benefits programme. This is essential in today's climate of high turnover and a shortage of skilled staff. Not to mention the health benefits for the employee, resulting in a **reduction of sick leave** taken throughout the year.

Healthy employees means a more productive workplace

Massage therapy has been shown to have a positive effect on a number of work related conditions, including relieving muscle tension, lowering stress and anxiety, alleviating pain, stiffness and reducing inflammation in joints and soft tissue.

A corporate massage therapy trial conducted by the Australian Association of Massage Therapists (AAMT), delivered encouraging results.

Ten staff members received seated corporate massage for 10 minutes, once a week for six weeks. Overall, compared with a control group who did not receive massage therapy, by the end of the trial there was on average a decrease of 38% in neck, shoulder and arm pain, a 27% decrease in reported incidence of lack of productivity and a 14.3% decrease in headaches.

Eight out of the ten respondents who received massage therapy said they experienced many positive benefits from the trial and wanted it to continue, while the same number felt less stiffness, tension or pain following the massage therapy program.

The periods of lack of concentration experienced by this group also decreased by 78% compared with an actual increase of 12.5% in the control group.

A study by Medibank Private found that healthy workers are 3 times more productive than those who consider themselves as having poor health – taking on average 18 sick days a year, as opposed to 2 for those who describe themselves as having good health. Workers with good health and lifestyle habits take less sick leave, are more satisfied with their performance and perform more effective working hours each month. This study was undertaken in 2005 by Medibank Private who interviewed 3620 employees of both small and large organisations.

Setting up a Corporate Massage Program is easy... we come to you!

We tailor a Corporate Massage Program to your requirements.

At Assiram Natural Therapies, we have many years of experience with providing Corporate Massage to Companies large and small.

As an example: 10 staff members could receive a 15-minute Seated Massage. Or we develop a schedule to suit your office, all that is needed is a minimum of 2.5 hours for onsite bookings.

1. Phone our clinic on **3229-0115**. One of our Therapists can arrange a meeting to discuss a Corporate Program for your staff.
2. We can offer a **FREE 15-MINUTE SEATED MASSAGE** to prove our treatments can make a difference.
3. For more information and to read our Corporate testimonials, go to **www.assiram.com.au** and click on Corporate Backrub.



INTRODUCING NIC CATTERALL Remedial Massage Therapist



We'd like to introduce a new Therapist who has joined our team at Assiram Natural Therapies, **Nic Catterall**.

You will find Nic practicing from our clinic at 99 Creek Street, Brisbane on **Mondays** and **Tuesdays**.

Nic is a qualified Remedial Therapist, who is furthering his study at the Australian College of Natural Medicine, completing a Bachelor Degree in Musculoskeletal Therapy. We are delighted that Nic has come on board, bringing to the table his skills and expertise in this field.

Nic's philosophy is **"not only treating areas of pain, but assessing the actual cause of the dysfunction."**

Nic Catterall
Remedial Massage Therapist
Member of Australian Natural Therapies Association (ANTA)

Available
Mondays 11:00am to 6.00pm
Tuesdays 10:00am to 6.00pm

Nic offers the following treatments

Remedial massage, Sports massage, Soft / Deep tissue, Trigger point therapy, Cupping, Dry needling.

Nic specialises in postural and gait assessment, in conjunction with pain resolution and myofascial release.

Maintenance Massage

A regular massage should be part of our health routine, to maintain healthy stress levels and keep us working effectively. Maintenance is important, a bit like having a dental check up (but more relaxing) and better than waiting for stress and muscle tightness to build up and injuries to happen.

Massage generates a physiological response in the body. With remedial massage techniques, the muscle fibres are softened which increases oxygen to the area, reduces tension, and releases "feel good" hormones. Your body will feel relaxed and you will be re-energised and ready to get on with life!



New Pricing

From 1st September, new pricing has come into effect for our treatments

Seated Massage	Table Massage	Musculoskeletal Therapy	Acupuncture
15 minutes \$27	30 minutes \$55	Initial (60 min) \$86	Initial (60 min) \$75
30 minutes \$41	45 minutes \$70	Standard (45 min) \$71	Standard (45 min) \$61
	60 minutes \$85		Extended (60 min) \$73

References: *The Health of Australia's Workforce - Medibank Private study November 2005; AAMT Newsletter (Australian Association of Massage Therapists)*



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