

Autumn Falk

Naturopath & Shiatsu Practitioner



Workplace Messages:

Give your staff a boost with massages - quick and easy, mobile, on-site at your workplace.

Why Workplace massages?

- Massages help with prevention and treatment of common workplace ailments such as OOS, headaches and back pain
- Muscle tension is released
- Helps improve posture
- Reduces stress levels
- Promotes general well-being
- Increases concentration and productivity

Providing chair massage on-site allows access to the benefits of massage while taking only a short time away from busy schedules.

How does it work?

Autumn's service offers a choice of clothes-on massage integrating energising shiatsu techniques or oil on skin massage, which focuses on the upper body to reduce tension in the head, neck, shoulders, back, arms and hands. All on-site massages are provided in an upright massage chair brought on-site on the day.

Flexible appointments with sessions from 15 to 30 minutes at regular intervals that suit you. Personalised packages make this service perfectly designed to maximize effectiveness and minimize interruption.

Payment can be by the employee on the day or by invoice to the company. Please discuss options with Autumn according to your wishes.

PLEASE CALL ME TO ARRANGE YOUR FIRST SESSION FREE!

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