



SEACREST
MASSAGE

Office Wellbeing

**15 Minute Chair
Massage**
\$25 Per person 6 - 12 clients

BENEFITS OF MASSAGE

- Increased circulation
- Reduced stress, tension, anxiety, headaches, pain (muscular and nerve)
- Improve posture
- Stimulate dopamine, serotonin, endorphins (happy hormones)

FAQ'S

- **Will I need to undress for this treatment?** No, All treatments are worked through clothing, avoiding areas as requested (hair, face, etc)
- **How will this fit into my work day?** We can work this around your breaks at work - lunch etc (6 consecutive massages booked from 12:30pm to 2pm)
- **Can I claim this back through my Health Fund?** Yes, if you have massage cover we can provide you with a receipt for your claim.

For further information contact Sarah

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