

REWARD DAY - TREATMENT LIST



COUCH MESSAGES:

Our Tonic practitioners will complete a pre-treatment questionnaire with you, so they can focus on the areas where you are specifically holding any stress & tension. Choose from:

BACK NECK AND SHOULDER MASSAGE

This popular treatment focuses on the common upper body areas we hold stress and tension around. It is a proven way to improve many types of neck and shoulder pain in particular, and is one of the most effective workplace treatments.

INDIAN HEAD MASSAGE

This treatment works on the upper back, shoulders, and head. This will help to prevent and alleviate headaches, and tension in your shoulders and upper back whilst leaving you with a sense of calm and balance in body and mind.

CORRECTIVE MASSAGE

This massage can help work on postural issues and help to work on and focus on the muscles that surround your spine. Will help to treat muscles to prevent and correct any imbalances. This will also help to prevent postural issues.

ADDITIONAL REWARDS: *AVAILABLE ON REQUEST

Please check if these additional treatments are available on your Reward Day. Treatments vary and are subject to change depending on your Tonic Practitioner.

MINI MANICURE

This treatment will leave your fingers looking neat and tidy with a file and cuticle work and your hands hydrated and soft. The perfect remedy for working at your keyboard.

MINI PEDICURE

Your feet will be smooth after a foot rasp and hydrated with a foot massage. Your nails and cuticles will be tidied to leave your feet feeling lighter and renewed.

REFLEXOLOGY

This treatment works on pressure points within the feet that connect to various points in the body and organs to help heal and soothe them. This can also help to boost your metabolism, reduce headaches, boost blood circulation and aid relaxation.