

Workplace Massage

With Tonic Reward Days, you can give your company a clear edge in recruiting and retention. Eliminate stress and boost productivity with our acclaimed, highly successful office massage service.

Create a happier workforce today!

EMPLOYEE BENEFITS

- Create a healthy work/life balance
- Lift your overall mood & wellbeing
- Calm your mind and learn how to unwind
- Strengthen resilience (emotional and mental)
- Improved powers of concentration, focus and energy
- Relax your neck shoulders and back to prevent pain
- Relieve tension headaches, anxiety, stress and insomnia
- Activate your brains centre of creativity and innovation

ORGANISATIONAL OUTCOMES

- Increased productivity and performance
- A culture of positivity, confidence and vitality
- Improved customer service, satisfaction and loyalty
- Enhanced staff motivation, engagement and retention
- Increased morale
- Reduced sickness absence
- Happy and healthy employees who are fully engaged
- Recognised as a great place to work!



TONIC REWARD DAYS:

Muscle imbalances caused by stress and prolonged sitting can impede blood and lymph flow through the body. This impacts negatively on our posture and our immune system. This in turn leads to decreased energy and susceptibility to repetitive stress injuries. Massage counters circulatory problems inherent with office work. It can be corrective and strengthen muscles and restore functionality. Employees return to their desk station feeling mentally and physically invigorated. Massage can be conducted through clothes without oil, or we offer a full couch massage service for optimum benefits.

Reflexology - Reflexology helps to restore the balance of vital energy in the body and stimulates the body's own natural healing abilities. It's restorative & energising.

Indian Head Massage - Focusing on tension in the neck, head and shoulder areas. Indian Head massage is particularly good for stress release, migraines and even anxiety.

WORKPLACE MASSAGE IS THE ANSWER TO WORKPLACE STRESS

Stress, anxiety and depression are a growing workplace concern potentially having a detrimental impact on us all. Businesses experience lower productivity and higher absenteeism and turn-over when staff are stressed!

12.5 MILLION DAYS are lost due to stress PA in the UK.

Source: ACAS

Employee Feedback

"Absolutely fantastic - WOW - amazing what a great pick me up. I feel totally re-charged and ready to get back to work - I wish this was a regular thing!"

"I just wanted to send a big thank you for the workplace massage I had. I found it very beneficial and felt totally refreshed afterwards. If we could do this on a regular basis I think the benefits to staff would be great and help to alleviate stress symptoms, such as the headaches and neck pain I experience working our Customer Service Centre!"

"I have just received a head, neck and shoulder massage at work, as part of National Men's Health Week - what a wonderful, relaxing experience it was, with the opportunity, to take a few minutes out of my busy day, gather my thoughts and just re-focus. It was a totally new experience to me, I thoroughly recommend it."

