

A photograph of a modern architectural courtyard. The walls are made of light-colored concrete with a grid of small circular perforations. The ground is a smooth, light-colored surface. In the center, there is a planter with several tall, thin stems topped with clusters of small, light pink flowers. The lighting is soft and even, creating a clean and minimalist aesthetic.

# Corporate Massage

An Investment in employee wellbeing

# 01 Corporate Wellness

## Why Workplace Wellness Matters

In today's fast-paced work culture, employee wellbeing isn't a luxury — it's a necessity. When your team feels their best, they perform their best. Our on-site corporate massage services bring relaxation directly to your workplace, helping staff recharge, reduce tension, and maintain focus throughout the day allowing them to be more productive.

A small investment in wellbeing delivers big results: happier teams, higher productivity, and a stronger company culture.



### STRESS REDUCTION

Massage reduces cortisol (the stress hormone) by up to 31% and increases serotonin and dopamine.



### BOOSTS PRODUCTIVITY

On-site massage helps employees recharge, improving focus, energy, and overall productivity by up to 20%.



### SHOWS YOU CARE

It positions your company as modern, people-focused, and health-conscious.

# 02 Occasions

- Employee Appreciation Days
- Wellbeing Weeks
- Training days
- Stressful Periods
- Team Building & Company Events
- Holiday or Festive Seasons
- New Hire Welcome
- Conferences
- Business success or milestones

Any day you want employees to feel appreciated, reduce stress, or perform at their best is a perfect occasion for corporate massage.

# Pricing

## On-Site Corporate Massage

### PLAN 1

- 1 Massage Therapist
- 4h Half Day 9:00-13:00
- 12 employees x 15 minutes each
- 16 employees x 10 minutes each
- Perfect for small businesses

**£199.99**

### PLAN 2

- 1 Massage Therapist
- Full Day 9:00-17:00
- 22 employees x 15 minutes each
- 30 employees x 10 minutes each
- Includes 30 minute break for therapist

**£299.99**

### PLAN 3

- 2 Massage Therapists
- Full Day 9:00-17:00
- 44 employees x 15 minutes each
- 60 employees x 10 minutes each
- Includes 30 minute break for therapists

**£499.99**

Every corporate massage booking is tailored to your company's needs, so the best way to get an accurate quote is to speak with our team via email and schedule a phone call. These are example prices and will vary depending on:

- Number of Employees: We may require multiple massage therapists or longer sessions.
- Number of Hours / Sessions: Half-day, full-day, or recurring sessions can all be arranged.
- Number of Days: One-off sessions, weekly programs, or monthly packages.
- Availability & Scheduling: Weekday, weekend, or specific time requests may affect pricing

# Plan

---

01

## **Arrival & setup (30 minutes before first appointment)**

- Therapists arrive 30 minutes before the first booked slot.
- Organiser meets the therapists and hands over:
  - The printed appointment list (names + times).
  - Any access instructions and emergency contact.

02

## **Appointment flow & timing (how each session runs)**

- Clients arrive a few minutes before their slot.
- Therapist calls the client
- There is a short buffer of 5 minutes between appointments.
- Session sequence: greeting → consent → massage → finish.
- If a client is late by more than 5 minutes, therapist adjusts session length to keep the schedule running.

03

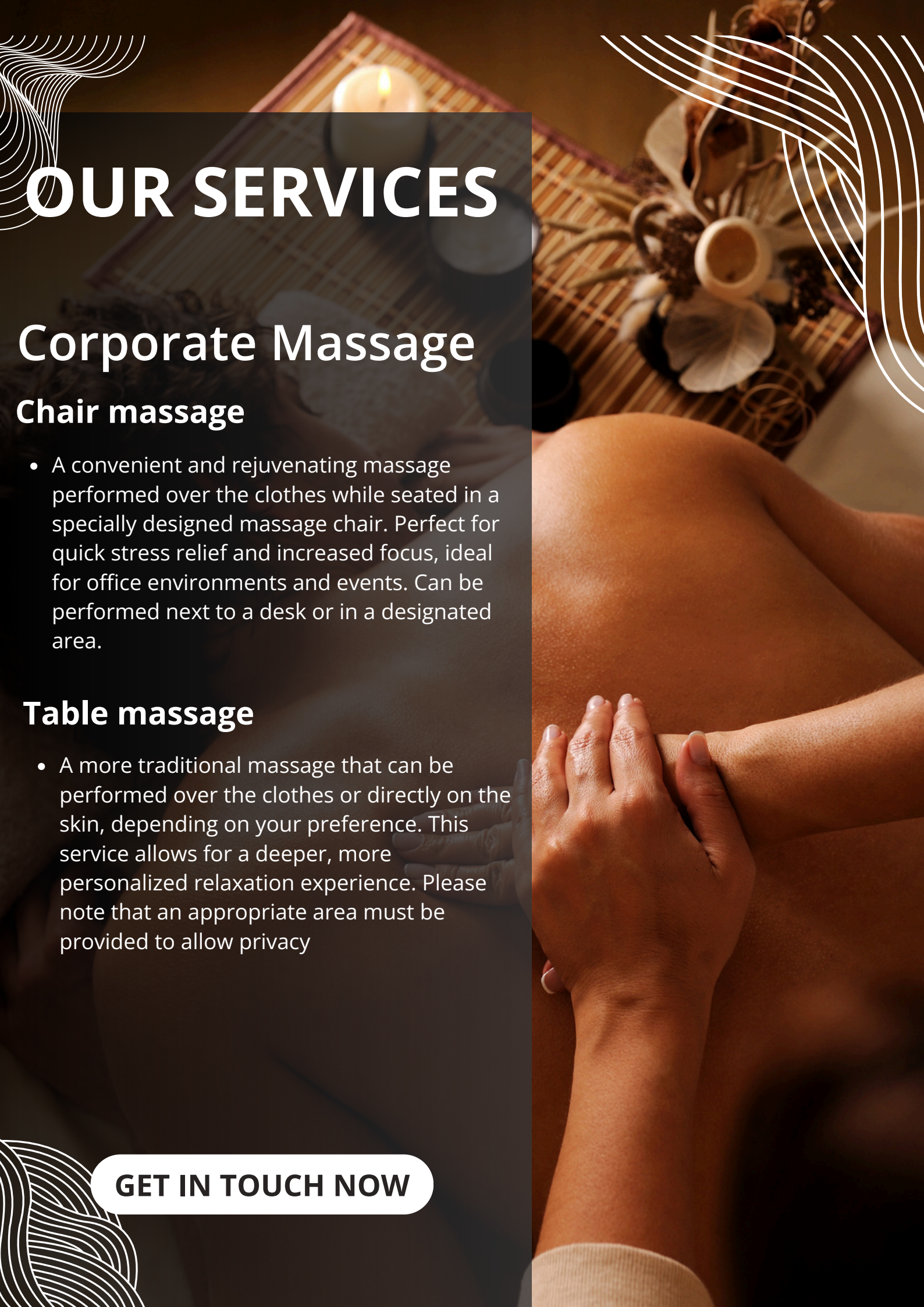
## **Mid-day operations & on-the-day adjustments**

- Therapists take scheduled breaks as per schedule.
- Walk-ins: if time allows, the organiser can offer any short available slots; record names on the appointment list.
- You can keep a visible timetable (whiteboard or printout) in the waiting area so staff see remaining slots and wait times.

04

## **Pack-down, feedback & follow up**

- At the end of the block the therapists will: tidy and pack equipment, dispose of rubbish and confirm completed slots on the appointment list.
- Therapists will brief the organiser on any notable feedback or concerns.



# OUR SERVICES

## Corporate Massage

### Chair massage

- A convenient and rejuvenating massage performed over the clothes while seated in a specially designed massage chair. Perfect for quick stress relief and increased focus, ideal for office environments and events. Can be performed next to a desk or in a designated area.

### Table massage

- A more traditional massage that can be performed over the clothes or directly on the skin, depending on your preference. This service allows for a deeper, more personalized relaxation experience. Please note that an appropriate area must be provided to allow privacy

[GET IN TOUCH NOW](#)

# Contact Us

An Investment in employee wellbeing



07544730738

---



[jpsportwellness@gmail.com](mailto:jpsportwellness@gmail.com)

---



[www.jpsportwellness.com](http://www.jpsportwellness.com)

---



26a Thornhill Rd, Longwood, Huddersfield

---

