

# Spa Services

- Ayurvedic Therapies
- Massage
- Reflexology
- Spa Foot Treatments
- Aesthetics
- Waxing
- Customized Makeup
- Energy Therapies
- Health & Nutrition
- Yoga
- Pilates
- Workshops
- Intuitive Readings
- Stress & Anxiety Group
- Weight Management Group

# Studio

Schedule available online

**Yoga** has been steadily gaining popularity as a means to getting and staying fit & healthy as well as achieving more balance and harmony in an often-busy world. The ultimate aim of this philosophy is to strike a balance between mind and body and attain self-enlightenment. To achieve this, yoga uses movement, breath, posture, relaxation and meditation in order to establish a healthy, lively and balanced approach to life.

**Pilates** is an exercise method based on the work of Joseph Pilates. Its focus is on strengthening the "powerhouse" (abs and buttocks) to execute the exercises; which are designed to increase flexibility, strengthen muscles and improve posture. The method involves concentration and the coordination of breath and movement, thereby helping to balance mind and body.

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

Corporate  
Chair Massage



A Holistic Yoga Spa  
Committed To  
Providing Services  
That Are ...

*all about you!*

23 Village Inn Road  
Westminster, MA 01473  
At Exit 27 - Off Route 2

978-874-6200

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

# Corporate Chair Massage

- Research indicates that a 15-minute chair massage results in decreased job stress, increased alertness and increased speed & accuracy on math computations. (1)
- Office workers massaged regularly were more alert, performed better and were less stressed than those who weren't massaged. (1)
- Up to 90% of all visits to primary care physicians are for stress-related complaints. (2)
- Stress accounts for \$26 billion in medical and disability payments and \$95 billion in lost productivity per year. (2)
- Over 50% of lost work days are stress related which keeps about 1 million people per day from attending work. (2)
- Health care expenditures are nearly 50% greater for workers who report high levels of stress. (3)
- 40% of job turnover is due to stress. (4)

1. Field, Ironson, Pickens et al. (1996). Massage therapy reduces anxiety and enhances EEG pattern of alertness and math computations. *International Journal of Neuroscience* 86, 197-205; 2. Occupational Health and Safety news and the National Council on compensation Insurance (U.S.A.); 3. *Journal of Occupational and Environmental Medicine*; 4. American Institute of Stress

# Measurable Benefits for Employees:

- Relieves fatigue
- Lowers anxiety & hostility
- Enhances creative thinking
- Improves problem solving
- Strengthens Immunity
- Helps Prevent Repetitive Stress Injuries
- Lowers Muscle Tension & Pain

# Measurable Benefits for Companies:

- Increases Employee Retention
- Improves Productivity
- Enriches corporate culture
- Decreases Absenteeism
- Helps Recruit top Talent
- Improves Job Satisfaction
- Improves overall company Health

**So what might this mean to your company?**  
The health related aspects of massage lead to less employee down time on and off the job and therefore less sick days and workers compensation claims. Chair massage makes a great morale booster for hardworking employees, and shows that

your company cares. Many of the benefits help to increase concentration and mental alertness leading to increased productivity. Your employees will be happier and more efficient, while making fewer mistakes on and off the job.

## **Do we have to be concerned with liability?**

No. All of our massage practitioners are licensed and hold professional liability and medical malpractice insurance.

## **Rates start as low as \$65\* per hour.**

- 3-hour minimum per therapist.
- 50% deposit required for reservation. Deposit is non-refundable, however service schedule can be modified without penalty if changes are made outside of minimum cancellation timeframe.

\* Rates are variable depending on a number of factors, including location, size of job & visit frequency. Volume discounts are available for recurring company sponsored visits.

## **Cancellation/Rescheduling**

We have a 24-hour per therapist cancellation/rescheduling policy. That means if you book 3 therapists, we need 72 hours notice for cancellation or rescheduling. If we do not receive this notice, then you will be charged the full amount of the appointment.