



SERENE SANCTUARY

On-Site Massage

To Book call:

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Pressure is part and parcel of all work and helps to keep us motivated. Excessive pressure can lead to stress, undermine performance and be costly to employers. Stress has been linked to an increased risk of musculoskeletal disorders and depression and may contribute to a range of other debilitating diseases

Back pain is common and the largest single cause of sickness absence in the UK. Lower back pain, affects 7 out of 10 people at some time in their lives

On-Site treatments examples

RSI hand massage

Gentle kneading and stretching
across joints

Back, neck and head massage

Relaxation massage for muscle
aches and pains

Indian head massage

Invigorating head and neck and
shoulder massage

For employees, who work with computer terminals the gentle kneading and stretching motions of massage can reduce tension, improve joint movements and reduce repetitive strain injury

Massage therapy has been proven to help with the management of pain and stress as it lowers depression and anxiety therefore encouraging relaxation of the muscles. It increases blood circulation allowing a boost of nutrients to the affected area, resulting in the stimulation of the production of the body's natural painkillers.

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