



In Office/Corporate Massage & Wellness

Super great to hear from you. Thank you for inquiring about corporate wellness. I'd like to pass along some info for you to share with your team.

Employee massage is something we've done many times and have a number of businesses sign up for quarterly wellness days. Our past in-office-massage services have been catered to fit a few different scenarios. One such scenario involved the employees paying for their massages themselves and were able to claim the treatment under their health insurance benefits - so NO COST to the employer. Recently, we have also been a part of a few different wellness initiatives in which the employer covers the cost and treats their staff with some excellent add-value to the workplace. This has created an extra incentive for employees to come into the office and promote post covid, team-office culture.

As far as costs, the rate is \$145/hr (per practitioner). If we built this as a regular occurrence, we could discuss an option to bill at \$130/hr. For a larger group and multiple days, we can offer you a bulk savings at \$125/hr.

If there is an unused office or board room, this is usually an ideal location for the treatments. Or if there is a pre-existing wellness room or gym, those are obvious choices as well. For clothed massages (less formal) you can fit in more people per hour. Each treatment could be for 15 or 20 min. As you put feelers out to the employees of how many sign up and what time's of the day they'd prefer, we can accommodate 3-5 hours and can usually do 3 massages/hour. If you have the demand for over 15 employees, we have the option to bring in multiple therapists and/or offer the ability to do consecutive days. As the Wellness Day approaches, we recommend sending out your own internal sign up sheet or we have the option to provide a QR code/link and online booking for each individual to sign up.

A big part of leadership and management is to help support employees with their physical and mental health (which has unfortunately been overlooked in recent years). When companies provide resources and opportunities for wellness, productivity and team culture has been shown to improve. We strive to add value to the workplace and as a result of these wellness days, it's an extra check in for the employees that they should also be taking care of their health outside of work too. Two of the most common pieces of feedback we receive from employees who have participated in these office massages - "I never use my massage benefits, I very much needed this." And - "I didn't realize how tight/stressed I actually am."

We are dedicated to helping companies put forth opportunities of growth and positive wellbeing into the workplace. Some of our corporate clients include *BP Energy, KPMG, The City of Calgary, Imperial Oil, Royop, S2 Architecture, Mattamy Homes, Siksika Outreach Team.*

If you'd like to learn more or have any questions about our services, there is a contact form on our In Office Massage Page, or please reach out with any questions:

info@inmotionmobilemassage.com