

Cost

\$20/ 20 minutes

No minimum booking time

No contracts

Payment options

OPTIONS	EMPLOYEE PAYS	EMPLOYER PAYS
1	Nothing	100%
2	A Percentage	The Rest
3	100%	Nothing

Testimonials

"After experiencing one of Sadhu's neck and shoulder massages at the local markets I decided to book him for the 'Patch & Peace' Sewing weekend.

Sadhu's massages were such a hit that the original booking of 2-3 hours turned into three full days of massage. I have already booked Sadhu for our next event."

Judith Harth. secretary 'Patch and Peace'

" Your massage's provide such a refreshing break from the normal routine."

Penny Irving. stage director

The Facts

55% of all Work Cover claims are back, neck and shoulder related.
Almost 10% of Work Cover claims are due to RSI.

Workcover statistical report

Absenteeism costs Australian industry about 7 billion a year or approximately \$1000 for each employed person a year. These costs include replacement labour overtime, decreased productivity, extra supervision and training.

Health services Australia survey 2000

"Since we've introduced regular massage for work related stress and repetitive injuries, we've been able to decrease sick leave from 525 employee days in the 1999 financial year to 159 the following year."

Department of Finance
and Administration secretary.
February 2001

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Sadhu Jaffray

Workplace Seated MASSAGE



Call NOW
to arrange a
FREE consultation
and demonstration
at Your Workplace

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What is Workplace Seated Massage?

How great would it be to have a masseur visit your workplace! Imagine your team taking advantage of a 20 minute massage, to relax, refresh and refocus. Well it's possible. An ergonomically designed, portable, massage chair is set up in a quiet corner, or room, in the office. No oils are used and the recipient remains fully clothed. Weekly, fortnightly, monthly or just on special occasions, this is the solution to your work related stress.

Did you know that massage increases workplace productivity?

How does it work?

The application of pressure on specific stress release points on the head, neck, shoulders and back, in conjunction with gentle manipulation, encourages the entire mind / body system to become relaxed and alert so that the recipient is refreshed and has renewed concentration. A typical session lasts 20 minutes. Longer or shorter sessions are available as required.

For over a decade, businesses world wide have utilized workplace seated massage to better the workplace. The result... enormous cost savings, increased productivity and happier employees!

It's convenient: no longer than a coffee break

Regular workplace massage provides many benefits to employers:

- Happier employees
- Increased energy, mental clarity and alertness
- Enhanced employee loyalty and morale
- Better performance and higher accuracy
- Reduced employee absenteeism and turnover
- Creates a motivated and positive team attitude
- Shows your workers you value them and care about their well being

70% of workers say that job stress causes frequent health problems

Benefits for your valued employees:

- Immediate stress relief
- Relaxes, refocuses, and leaves them feeling refreshed
- Relieves common workplace muscle tension (especially shoulders, neck and upper back)
- Helps relieve eye strain



- Increases flexibility, energy and alertness
- Increases circulation improving oxygen flow to the body and the brain,
- Reduces the risk of developing RSI, as well as aiding toxin removal.
- Strengthens immunity.
- Improves problem solving. (less error, quicker calculations)
- Makes your employees feel great!