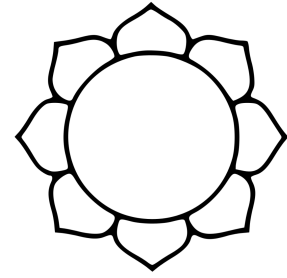


WELLBEING AT WORK



Creating a positive atmosphere in the workplace has proven to increase moral and work output immensely. What better way to do this than having a wellbeing day where a highly professional holistic therapist visits your office and invites all your employees to have a 20/30 minute treatment. Depending on the space available a massage table or portable massage chair can be used or people can have a treatment at their desks.



Susie Hampshire ITEC FHT

Susie Hampshire has been a professional therapist since 1999 working in a wide variety of settings including:

Detox retreat centres - Worldwide
Cap gemini office - London
Charing Cross Hospital - London
Warner Bros Film Set - London
Animation Studio - London
Aurora Cruise Ship - Worldwide
Day centre for the elderly - London
Private Clinic - London, Bristol

TREATMENTS AVAILABLE:

- Holistic deep tissue massage
- Foot and hand reflexology
- Indian Head massage
- Cleansing Neal's Yard Facial
- Intuitive Energy Healing
- Meditation guidance

Benefits include:

- Easing tension and pain
- Re-aligning focus
- Balancing mind and body intelligence
- Creating a moment of calm

For more information please contact Susie:

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