

**Book a taster session now!  
01493 732395**

Or request taster session via my website.



Treat your staff to a **complimentary** taster session to help you to decide if the benefits of chair massage are right for your business.

- One hour session worth £40.00
- Treat up to 4 staff
- Listen to the great feedback!

**Funding options:**

- Paid by employer
- Subsidized by employer
- Funded by staff

**Chair massage is tax deductible making this even better value!**

Join other **top** companies by sustaining your staff with massage. Apple, Jones Lang LaSalle, Aviva, Igenus, Barclays, NHS .....

**Zena Hayward**

Est 1994. One of the most extensively qualified therapists in Norfolk.

Full list of certificates on website with :-

- Advanced massage,
- Reflexology,
- NLP and Healing.

**Experience includes.**

8 Years with Great Yarmouth Adult Social Services providing therapy to carers and service users.

On site days with Igenus , Jones Lang LaSalle and NHS/Social Services.

Working with pregnant women for both chair massage and reflexology.



**\*VIDEO TESTIMONIALS ON WEBSITE\***

**Zena Hayward Therapies**

On site massage available to Great Yarmouth and East Norwich areas.  
**Parking required.**

Phone: 01493 732395

E-mail: mail@zenahaywardtherapies.co.uk

Mobile: 0751 455 8008

**Zena Hayward Therapies**

**High stress workplace?**

**Tight shoulders?**

**Headaches?**

**Back Pain?**



**Chair massage can reduce stress and increase productivity.**

**"I feel so relaxed"**

**Telephone:  
01493 732395**



<http://www.zenahaywardtherapies.co.uk>

# Stress is endemic in the workplace

Are you or your staff suffering from high stress levels?

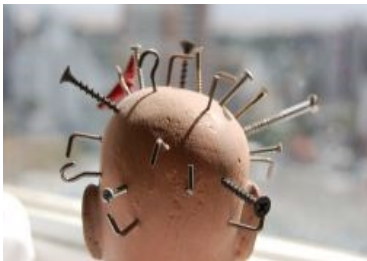


Tight and painful neck or shoulder muscles?

Lower back pain?

Sciatica?

Insomnia?



Migraine?

Tension

headaches?

## Chair massage is shown to improve the health of staff.

Research:

Massage benefits are....

- Stressful situations being handled better
- Reduced anxiety
- Improved performance
- Positive effect on office atmosphere
- Staff more alert
- Reduce absenteeism
- Reduced staff turnover
- Increased satisfaction with employer

\*Schulman & Jones 1996, Dilks 1987, Hinderyckx 1991

### Highly stressed staff result in:

Stress related illness eg tension headaches and high blood pressure

Lowered productivity

Sick days due to stress and anxiety (Currently costing the UK billions per year!!)

Unhappy people working with you or staff leaving (Research shows that 40% leave due to stress)

## Chair massage

Chair massage for your staff takes up very little space and starts at 15 minute sessions. The corner of a meeting room is sufficient. Improving staff welfare will take minimal time from the working day. Workers return to their tasks relaxed and able to handle their workload efficiently. 2 hour minimum.

## Clothed Couch Massage

For a more therapeutic session book clothed couch massage. This treatment can release frozen muscles, relax and open out joints, relieve sciatica pain and bring flexibility back to the spine. More space required.

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