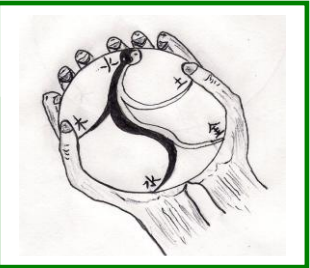


Ebb & Flow Ultimate Therapy



Eugene Bakinen

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Corporate Massage - Information Sheet

Join other companies like McDonald's, TruEnergy, Esanda, and National Foods and enable your staff to receive the health benefits of remedial massage in the work place.

Arrange for a massage therapist to come into your work place to relieve the stress of your employees and improve their job satisfaction and productivity with one of the following options:

Option 1: Company funded

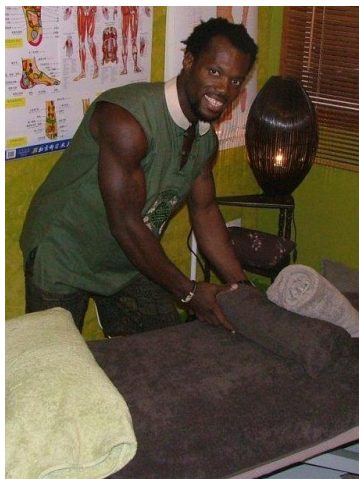
To show appreciation for the hard work your employees do, schedule a weekly, fortnightly or monthly 'Health & Well-being Day'. Alternatively, celebrate a special event – a great treat for Xmas!

Massage	Time	Cost
Head, shoulder and neck massage for workers while seated at their desks. Massage therapist moves through the work place with a headset.	Provide a short, relaxing break to staff without interrupting their work. Choose 5, 10 or 15 minute massage per staff member.	Book hours according to staff numbers and requested massage time. 1-3 hour block \$70/hr 4 or more hour block \$60/hr

Option 2: Employee self-funded

Allow a group of your staff members to improve their health and well-being by organising a 'massage day' on which interested employees book a time and pay for a massage to break up their work day.

Massage	Time	Cost
Choose massage type depending on facilities and need. <ul style="list-style-type: none"> ▪ Seated massage: Head, shoulder, and neck massage ▪ Massage table: Upper, lower or full body. Clothed or oil massage 	Employees book a time and duration of massage according to personal work schedule. Choose from 10 minute up to 1 hour massage.	Employees pay cash to the massage therapist following the massage. \$1 per minute e.g. 30 min massage - \$30



Since training as a Traditional Chinese Therapist in China almost 4 years ago, Eugene established Ebb and Flow Ultimate Therapy and Fitness which has been providing remedial and oriental massage services throughout Melbourne, to individuals and companies from small businesses to large corporations.

Contact Ebb and Flow today to discuss your health and well-being needs. Phone 9360 7280 or email ebb.flow.utf@gmail.com

Eugene Bakinen
Manager

Ebb & Flow Ultimate Therapy and Fitness