



A Little Calmer in the Workplace

Workplace Wellbeing Sessions

Reduce stress & boost focus
in just 10-15 minutes

Short, onsite treatments, using Indian Head Massage techniques to relieve tension, reduce stress, and help employees reset during the workday.

Perfect For

- Staff wellbeing days
- Team appreciation events
- Mental health initiatives

Delivered by a qualified Indian Head Massage practitioner.



✓ 10-15 minute seated sessions



✓ Fully clothed, no oils



✓ Fits easily into the working day



[Enquire About
Workplace Sessions](#)



alittlecalmer.co.uk/in-the-workplace



How It Works



Setup: A quiet meeting room or small space is all that's needed, or can be desk-based



Treatment: 10-15 minute seated sessions focusing on neck, shoulders, and scalp



Results: Employees return refreshed, calmer, and more focused

Benefits

Employees:

- Relieves tension
- Reduces stress
- Boosts mood and focus

Organisation:

- Supports wellbeing initiatives
- Boosts morale
- Shows employees they are valued

Session Options

Mini Session

2 hours onsite
Ideal for smaller
teams

Half Day

3-4 hours onsite
Great for wellbeing
events

Full Day

6 hours onsite
Suitable for larger
teams

Contact Claire to check availability for your team

claire@alittlecalmer.co.uk

07590 839312

alittlecalmer.co.uk

