



All Body Care

Healing Naturally... The Way It's Been For Centuries

Massage that comes to your office!

Do you or your staff suffer from headaches,
tension in the neck and shoulders, sore feet or legs?
15 minutes of massage can do wonders...

***You will see improved staff performance,
increased concentration and better morale.
Your staff will be happier, more relaxed
and most of all Revived.***

**I come to your office fortnightly and treat
any staff* that would like to participate.**

**Foot and lower leg massage \$15/15 minutes
Head, neck and shoulder massage \$15/15 minutes**

Other services available in the Forest Lake clinic.
NeuroSkeletal Therapy, Full Massage and Lymphatic Drainage

Call now to make your booking or
go to ***www.allbodycare.com.au***



Call Caroline Now!
Clinic: 07 3879 0037
Mobile: 0416 256 636



Full Member Of The
International Institute For
Complementary Therapists



Massage that comes to your office!

What are the Benefits of Corporate (or Seated Chair) Massage?

The full benefits of 'corporate' or 'seated chair' massage are extensive and it is a simple and often cost effective way to:

- Show staff you care
- Relieve stress and tension
- Increase productivity
- Improve company morale
- Lower health care costs
- Reduce absenteeism

On an individual level, productivity and efficiency is increased through:

- Relief to muscle tension and headaches
- Increased focus and mental clarity, energy and circulation
- Increased company loyalty and morale
- Increased mobility in the spine and limbs
- Reduced stress and increased tolerance to pressure
- Decreased blood pressure
- Increased postural awareness
- Increased immune response helping to resist colds and infections
- Prevention and therapeutic treatment of repetitive strain injuries
- Increases endorphins



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