

*Knead Massage & Natural Therapies was founded in 2003 as Knead Workplace Massage by Nola Welling. The sole aim of Knead was providing quality chair & event massage to the corporate sector in Brisbane, Sydney and Melbourne. In 2008 we expanded by opening a clinic in Elizabeth Street providing Remedial, Relaxation, Deep Tissue, Seated, Lymphatic Drainage, Pregnancy and Sports Massage, Acupuncture and Life Coaching.*

*Knead has 8 years' experience in providing seated massage for events, wellbeing and health expos, staff rewards, and regular corporate clients. Along with this experience we can now provide ongoing treatment and support for staff with issues needing further attention through our extensive clinic services.*

### Current and past client base

Knead has provided on site massage for a variety of events such as seminars, board meetings, expos, staff rewards days, conferences and regular corporate clients. We have operated in schools, hotels, on the beach, in workplaces, in malls, in churches and for a varied range of organizations.

A small list of our current and previous clients

- McInness Wilson Lawyers
- Merthyr Law
- Colliers International
- Environmental Resource Management
- Livingstones
- Sinclair Knight Merz
- MacNab Construction
- John Holland
- TNS Market Research
- Hynes Lawyers
- Wesley Health
- Queensland Transport
- Arup Engineering
- Westpac
- Q Super

### How does massage support staff?

On site massage is always a popular addition to any wellbeing program because it has an immediate effect on

stress, pain and tension levels. Even after as little as 5 minutes staff can feel less stressed, looser and more positive.

Looking after the wellbeing of staff makes sense economically, contributes to moral and demonstrates that the organisation has the best interests of staff as a priority.

A regular massage program allows people to connect with their bodies and become aware of problem areas in posture and occupational use. This encourages the exploration

of further treatments options. An onsite massage program doesn't just make people feel better on the day, it gives them a resource to turn to for further advice and help in other areas of health.

Knead treatments are designed to be adjusted to the client needs, we don't simply use the same sequence over and over.

Massage is a combination of relaxation, deep tissue and remedial so the client will finish the treatment feeling a noticeable difference in muscle tension

along with a greater sense of relaxation. We include light tapotement and stretching to bring the client back to their senses, optional aromatherapy sprays and relaxing music

We can provide one off massage sessions or ongoing massage programs so please call us to discuss your needs.

### Massage Delivery & Treatment Options

Massage can be delivered through the following methods

- Ergonomic Massage Chair
- Desktop Unit
- Seated in a normal chair
- Using a massage table



### **Ergonomic Massage Chair**

Ergonomic massage chairs support the total body weight of the client allowing full relaxation. These are best set up in a small meeting room or empty office. Massage chairs provide a superior massage experience as the therapist can move around the body and perform a deeper style of massage.

Deeper massage uses trigger points, pnf stretches and cross fibre mobilization to give a massage that is both relaxing and effective at releasing tension.

### **Desktop Units**

Desktop units are ideally suited to situations such as call centres, in large offices where there is only time for a short massage or in locations where it is better for the therapist to move from desk to desk rather than staff going to the therapist. We may also use desktop units if we are travelling a long distance to do a job for a short duration.

These units sit on top of the work desk and the client leans forward placing their head in the face cradle. We recommend them for shorter sessions such as 5 or 10 minutes as these sessions are usually just targeting neck and upper shoulders. Maximum treatment time using a desktop unit is 15 minutes.

### **Seated in a normal chair**

Excellent for events, workshops, conferences or companies with a large staff base. The therapist performs the neck and shoulder massage or hand massage or a combination of both. The massage style is mainly relaxation.

### **Table Massage**

You can choose between an oil based massage or a massage through clothing. Massage through clothing is the Chinese style treatment called Tui Na mixed with some acupuncture to target problem areas. Oil based massage is traditional Swedish massage with the option of some deeper tissue techniques such as trigger point and cross fibre. Treatment times, 30 Minutes, 45 Minutes and 1hr

### **Massage Treatment Options**

Following is a description of our massage session options. We provide carefully chosen relaxation music and optional essential oil aromatherapy spritz at the end of each session. Music can be in the room via speakers or we can provide headphones if there is background noise.

### **Pick Me UP! 5 Minutes**

A 5 minute massage best done using desktop unit or in a normal massage chair. Ideal for call centres or large offices this targets neck and shoulders combining Swedish relaxation, a small amount of deeper work and some tapotement to reinvigorate the client at the end of the treatment.

### **10 Minute miracle**

A 10 minute treatment using the Pick Me Up! as a base and adding in some deeper work on neck and upper shoulders where most office tension is stored.

Great for a desktop unit and suitable for a normal chair. The beautiful hands massage can be combined with this treatment to create a 15 minute session.

### **Revitaliser – 15 Minutes**

A massage combining relaxation and deep tissue, working the neck, upper arms, shoulders and shoulder blades. Alternatively the client can choose where they would prefer the most attention. A Revitaliser will relax, relieve tension and change muscle tone and mood. Perfect for the ergonomic massage chair.

### **Transformer – 20 Minutes**

An expanded version of the Revitaliser with some attention paid to either the lower back or the arms or head depending on what the client would prefer. Swedish massage, trigger point and pnf stretches are performed on upper shoulders and around the shoulder blades and we end with some pectoral stretches to open the chest area.

### **Muscle Melter – 30 Minutes**

The Muscle Melter combines the elements of all the other treatment options and includes a scalp massage. In the Muscle Melter the client can choose to have a general treatment where neck, shoulders, arms, hands, upper and lower back are worked or they can opt for more concentrated work. The massage ends with some stimulating tapotement to awaken the client and gentle chest stretches to bring back the senses and prepare them for work.

### **Beautiful Hands either a 5 or 10 Minute Option.**

A small amount of organic moisturizing cream is used on the hands as a lubricant so it softens the hands at the same time and does not leave an oily residue. Hands are thoroughly massaged and gently stretched both back and front. The ten minute option includes a wrist and forearm massage. This is a favourite and is great for special occasions, events, or for office workers performing large amounts of data entry.



## Business Profile

*Always leave enough time in your life to do something that makes you happy, satisfied, even joyous. That has more of an effect on economic well-being than any other single factor. Paul Hawken*

### Important Information Regarding Bookings

Organisations can choose how long they want the massage sessions to be. A chair massage session includes the following

- greeting the client,
- screening procedure including signing the tracking form,
- performing the massage
- ending the massage session and cleaning the equipment ready for the next client

Generally 1.5 to 2 minutes is required to perform the non- massage aspects so as an example a 15 minute session would be 13 minutes of massage and 2 minutes to cross over.

### Treatment times

**Chair massage** - Sessions start at 5 minutes and go up in 5 minute increments.

**Table Massage** – 30 Minutes, 45 Minutes, 1Hour

### Screening Staff

We always verbally screen staff by asking important questions about injury, muscle sprains or strains and surgery. We also check if there is high or low blood pressure or a history of fainting.

### Tracking Forms

All clients are required to sign a tracking form which indicates that they have given us the information we need to perform massage safely. A copy can be provided to the business if requested.

### Booking Staff

For one off jobs we can supply you with a booking sheet, you can create your own sheet or we can set up online booking. If you would like us to do a booking sheet for you we need a finalized start time and session time. If you would like online booking please speak to us. Online booking provides an automatic reminder, the ability for staff to book in and cancel their own appointments and saves organiser's time. You do need some basic instruction on its use.

### Break Times for the Therapist

If you book more than 2.5 hours over the lunch period we ask that you incorporate a break in the schedule for the therapist to have something to eat. A break need only be 20 minutes. Breaks are not included in the price.

### Cancellation Policy

Should you book a massage session 24 hours notice is required for cancellation. Should you cancel with less than 24 hours notice we reserve the right to charge 50% of the booking fee to cover loss of income for the therapist. This will not be charged if you reschedule with at least 12 hours' notice.

### Booking Time

To ensure you receive massage on the best day and at the best time for you please allow at least one weeks' notice.

### Insurance and Qualifications

All massage therapists are fully qualified with public liability insurance. A copy of insurance or qualifications can be emailed to you. We also put our therapists through our comprehensive in house training program.