

Staff Well-Being Day

Information for Staff

The **On the Spot** team are highly qualified, skilled and experienced massage therapists who will ensure that the treatment they give you hits the right spots, with the right amount of pressure. We pride ourselves on paying attention to your needs during each session, we then apply our expert skills to help alleviate symptoms such as aches and pains, headaches, repetitive strain and many of the stress related problems that are common today. Helping you feel better, look better and perform better.

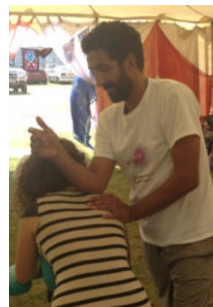
Focusing on the upper body and back areas, your massage will be performed through clothes whilst you relax on one of our ergonomically designed, on-site massage chairs. Just 10 minutes is enough to make a noticeable difference to your tensions; helping to relieve the pressures of everyday life so that you leave feeling relaxed, refreshed, revitalised and re-set.

Introducing your therapists:

Stephanie Wright



Yusuf Goolam-Hossen



More about your treatment

Each session is tailored to your needs at the time, based upon the information you provide and the therapist's observations. As such each treatment may include a variety of different bodywork techniques to achieve the desired outcome.

Benefits of massage

Massage can -

- Relax muscles, ease tensions and alleviate aches and pains
- Help reduce stress, improve mood and boost the immune system
- Relieve symptoms such as headaches and eyestrain
- Help prevent repetitive strain injury
- Support recovery from overuse injuries
- Leave you feeling relaxed and revitalised
- Increase focus, energy and mental clarity
- Improve the quality of sleep

Staying safe

Massage is generally extremely safe & beneficial but there are a few occasions where it is inadvisable. A completed health questionnaire is a mandatory requirement before commencing treatment and you may be asked questions before the session so that the massage can be adapted to suit your needs. Your signature is required to indicate your consent to treatment but you may withdraw your consent at any time should you so wish. It is important that you inform your therapist of any changes to the information you have given.

You are advised to avoid massage if you have: Recently consumed alcohol, just eaten a heavy meal (a light snack is fine), have any flu-type symptoms or any condition which may be contagious, if you suffer with epilepsy or if advised by GP not to have one for an existing medical condition. Pregnant women are welcome; massage can be adapted for your comfort & safety.

Other points

Please ensure you arrive on time for your treatment and wait, your therapist will call you when ready. It is helpful to let your therapist know if you experience any pain or discomfort during treatment and if you would like more or less pressure applied. We aim to provide an excellent service and always welcome comments on how we can improve your experience.