



TRANQUIL  
HAYES  
Professional massage

Discover the Art of Self-Care with  
Acupressure massage in the workplace

**Nourishing Your  
Employees and  
enhance  
productivity  
through a sense of  
well-being**



# What Is Acupressure Massage?

Acupressure massage is a therapeutic technique rooted in Traditional Chinese Medicine. It involves applying gentle, focused pressure to specific points on the body—often along energy pathways known as meridians. These pressure points help to relieve muscle tension, improve circulation, and promote the free flow of energy (Qi) throughout the body. Unlike traditional massage, acupressure is done fully clothed, without oils, and often in a seated position, making it highly adaptable and convenient for workplace settings.

WELLBEING







Increases Productivity: Relaxed, focused employees tend to be more productive and efficient.

“Move, breathe, connect –  
work well, live well.”



Reduces Absenteeism: Addressing physical discomfort and stress early can prevent longer-term health issues and sick days.

# Benefits to the Employer

Supports Retention: Offering wellness benefits like acupressure contributes to a supportive work environment, which helps with staff retention.



Cost-Effective Wellness: Compared to other wellness initiatives, seated acupressure massage is low-cost, low-maintenance, and high-impact.



Enhances Company Culture: Encouraging well-being sends a strong message that staff health matters, helping create a healthier, happier workplace culture.





# Benefits to Staff

- **Boosts Energy & Focus:** By releasing tension and encouraging energy flow, employees often return to work feeling refreshed and mentally sharper.
- **Supports Mental Health:** Helps lower cortisol levels and can alleviate symptoms of burnout, overwhelm, and fatigue.
- **Improves Morale & Job Satisfaction:** Providing wellness support makes staff feel valued and cared for, boosting overall workplace positivity.
- **Reduces Stress & Anxiety:** Regular acupressure sessions can help staff feel calmer and more grounded, reducing day-to-day workplace stress.
- **Eases Physical Discomfort:** Targets common problem areas like neck, back, shoulders, wrists, and hands—especially beneficial for those at desks or in repetitive-motion jobs.





# How It Works in the Workplace

**Set-Up:** A portable massage chair or table is brought onsite and placed in a quiet corner, meeting room, or wellness space. Minimal setup is required.

**Session Format:**

- **Duration:** Sessions typically last 10-20 minutes per person.
- **Delivery:** Fully clothed, seated, and oil-free—quick, convenient, and professional.
- **Approach:** Tailored to each individual's needs—relieving tension, calming the mind, or re-energizing.

**Scheduling:** Staff can book time slots in advance or drop in on the day, depending on how the service is structured.

**Practitioner:** A qualified, insured therapist manages all aspects of the treatment and creates a calm, respectful environment.







“Prioritise pause, power productivity.”

## Ideal Times to Offer Acupressure Massage in the Workplace:

- During busy or high-stress periods (e.g., end of quarter, big deadlines)
- As part of a regular wellness day or staff appreciation week.
- For Mental Health Awareness Month or Stress Awareness events.
- At conferences, trade shows, team-building days, or retreats
- Following periods of change, transition, or high staff turnover.



“Balance the grind with gratitude.”

# Recommended Frequency:

- Monthly: A popular choice for ongoing support and consistent wellness impact
- Biweekly: Ideal during high-stress periods or for fast-paced teams
- Quarterly: Great for team morale and budget-conscious wellness programs
- One-off Events: Perfect for staff appreciation days, corporate wellness fairs, or annual retreats or even birthdays at work!





“Thrive through rest. excel with zest.”

---

# Ready to press reset?

## Summary

Acupressure massage is an easy-to-implement, highly effective way to promote wellness in the workplace. It supports employee health, reduces stress, and enhances productivity—all without disruption to the workday. Whether introduced as a regular benefit or a one-off experience, it's a powerful tool for building a happier, healthier, and more engaged team.





“Watch wellbeing translate into  
winning results.”

# Connect with Us

**Your Journey to Wellness Starts Here**

**Tranquil Hayes Massage**

**[www.Tranquilhayesmassage.com](http://www.Tranquilhayesmassage.com)**

**[info@tranquilhayesmasssage.com](mailto:info@tranquilhayesmasssage.com)**

**Covering London, Essex, Hertfordshire &  
Kent**



**@Tranquilhayesmassage**



**Tranquil\_hayes\_Massage**



**Tranquilhayesmassage**