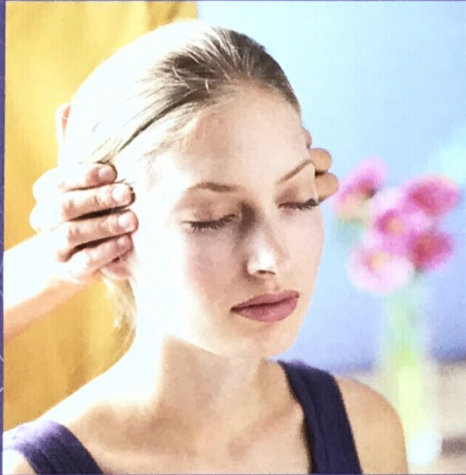


Song Thai Spa

To demonstrate our faith in this service, we would be delighted to arrange a **complimentary session** of our treatments to highlight the benefits of massage for the wellbeing of your staff.



Wellbeing is important in work life to keep us stress free. Song has visited our offices many times and has provided a first class service for each member of our staff. Song is always very professional, she has a good knowledge *and always takes into account any injuries or areas of concern. I can highly recommend Wellbeing if you, or your firm is looking to take care of your staff that little bit more. Top marks.*

Giles Ward, Senior Partner/Owner
Milners Solicitors



In-house Therapies in Leeds and around Yorkshire



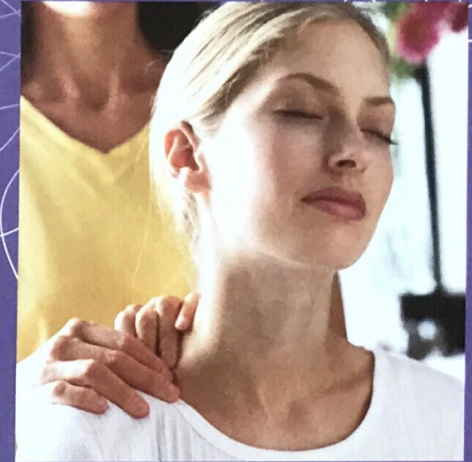
Contact Us

Song Thai Spa
Tel. 07884968093
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www.songthaispa.com

Song Thai Spa



In-house Wellbeing Therapies and Massage: Relieving Employee Stress and Tension

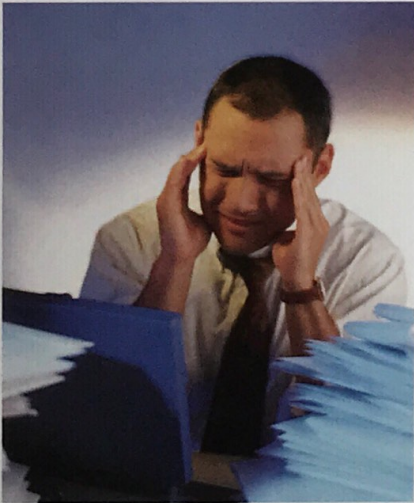
"An oasis in our very hectic and stressful business lives"



In-house Wellbeing Therapies and Massage: Relieving Employee Stress and Tension

Working in a modern office can be tiring, stressful and even harmful. Sitting for hours at a workstation or in meetings is not natural and can lead to many ailments and complications, all of which will impact on your business.

Employers and individuals have a **legal responsibility** to ensure that employees look after themselves and take care of their bodies at work. We can show you how we can help you do this; through differing massage techniques, it is possible to treat many of the symptoms of working in a hectic office environment.



By offering/allowing in-house treatments and massage, you are demonstrating how you care about the wellbeing of your staff. The results will be happier and healthier employees, which will benefit everyone.

How In-house Therapies Work

The methods we use stimulate and relax, helping clear the mind and restore muscles in the neck, shoulders and arms to a more productive state. They are all offered to staff in their normal work clothes and can be performed in an upright position, even seated at the desk.

No special facilities are needed, though a quieter room where the treatments can take place is preferable, like a staff room.



Our in-house treatments are short and all tailored to a busy office environment and cost less than a hair cut. Treatments can be paid by individuals or employers.

About Us

Our team is fully qualified as Thai massage therapists, having qualified in Thailand we now practice in Leeds and around Yorkshire. We have built up a great deal of experience of in-house therapies and we are working with a growing number of clients. Please visit our website to find out more about us www.songthaispa.com

Our Treatments

Some of our in-house treatments using traditional Thai techniques include:

A: Neck & Shoulder Massage (Gentle) -

15 mins £9.50

B: Deep Tissue Neck & Shoulder Massage -

15 mins £12.00

C: Thai Head Massage -

15 mins £9.50

D: Neck & Shoulder, Head, Arm and Hand Massage (Gentle) -

30 mins £15.00

E: Deep Tissue Neck & Shoulder, Head, Arm and Hand Massage -

30 mins £20.00

F: Thai Foot Reflexology Massage -

30 mins £25.00 (reclining chair required)

Some Clients and Testimonials

Bolser, Digital Marketing
Chadwick Lawrence LLP
Gateley Plc
Leeds Law Society
Mills & Reeve LLP
North Property Group

No 1. Aire Street
Parklane Group
Pinsent Masons LLP
True Solicitors
Walker Morris LLP
Wrigley Solicitors

The Wellbeing sessions that Song has run have been tremendously well received. It is so important for our business to ensure that our staff can enjoy the time that they spend at work. The Wellbeing sessions have hit all the right buttons for us as a business.

Jacqui Timmins, Partner & Head of Leeds Office, Pinsent Masons LLP

Like most solicitors, I spend too long sitting at a desk staring at a computer screen for far too many hours a day, and with far too few breaks. It was therefore a double benefit for my neck and shoulders to be 'worked on' and to have the inevitable strain dissipated. John Eaton, Director, Lupton Fawcett Denison Till