



How Delicate Touch works:

I keep things simple. Keep the cost low, set pricing system couldn't be simpler: I charge the same price for all my services.

I consider that you, your staff and your clients deserve the best that you can offer. I aim to work around your schedule at your convenience. My services are tailored to the needs of you and your clients/staff.

How to arrange on-site massage for your staff

To organise an on-site massage clinic, you need to establish a private area from which the therapist can work, (I can do the necessary risk assessment of the chosen area), and agree to a **minimum term of 2 hours** of therapist time. How many therapists and the time you need them for is up to you ...let me know and I do the rest!

You also have the option where the staff pay directly for the session, again a minimum term of 2 hours. Appointment system can be arranged by Delicate Touch if required

Very reasonable rates! For example 10min session costs £5.00, a 20 min session costs £7.50 or 35 min session costs £12.50!

Also available –Workshops for projects such as Healthy working lives from £3 per person! These can be for 1 hour up to a half day!

The Treatments

I provide mainly 20 or 30 minute massage treatments which are specially designed for the workplace, corporate and events. I can also tailor these to suit your needs i.e. 10, 15, 20, 30 or 60 minute sessions

What to do next

Call the Delicate Touch Therapies office on 0845 8900687, Mobile 07830495959 or [e-mail liz@delicatetouch.co.uk](mailto:liz@delicatetouch.co.uk) to discuss your requirements or to make a booking

* Aromatherapy oils can be used if requested but will require the removal of shirt/top to give access to neck, shoulder and back!

Testimonials

“Since you started coming on a regular basis, its has been noted that staff morale has increased, attendance is up and sickness levels have reduced. All the staff that has enjoyed the therapies that you bring, all sing your praises and look forward to your next visit!
Linkliving, Kirkcaldy”

“Our Christmas event was a huge success thanks to you! We all thoroughly enjoyed the therapies on the day and it was talked about for a long time afterwards. Thank you again for making our event a special one!
Staff at Cameron Hospital”

“Hi Liz, The feedback from the Health Visitors was excellent. They loved your session and felt it was exactly what was needed after such an intense day. The Mercat event also went well and both of us Nurses were very pleased with your service and the reaction of the public.
So thank you very much. Kindest regards. Jackie,
Public Health Practitioner, Cameron Hospital”

“All our staff have thoroughly enjoyed your workshops, particularly the hands massage and relaxation ones, and eagerly look forward to the next one! Thanks from all the staff, Carleton School, Glenrothes”



Delicate Touch Therapies & Therapy School Brings you

Corporate On-Site Massage



Massage That Works Hard For Your Business



REGISTERED PROVIDER & LEARNING CENTRE

theguild **theguild**
of Beauty Therapists of Holistic Therapists

ACCREDITED COURSES

1-2 Jubilee House, Pentland Park
Saltire Centre, Glenrothes. KY6 2AH

TEL: 0845 8900687

Website – www.delicatetouch.co.uk

e-mail liz@delicatetouch.co.uk

Welcome to Delicate Touch Therapies & Therapy School

Coming to a desk near you!



Complementary Therapies right where you need them most!

No couches* and No clothing removed*!

Liz from Delicate Touch Therapies is skilled in carrying out a range of different on-site treatments depending on your requirements including:

- Seated upper-body massage
- Indian Head Massage
- Thai Hand Massage
- Reiki
- Neck Massage
- Shoulder Massage
- Back Massage
- Face Massage

Who are my clients?

Businesses:

I work on-site providing treatments during lunchtimes, throughout the day or even after hours. Smart businesses like Linkliving Ltd, realise that contented healthy staff are motivated staff. Enhanced motivation translates to enhanced productivity. Staff appreciation is achieved most simply by providing On-Site massage.

Retail:

I provide corporate massage adding additional value to marketing strategies, business launches or as a support team for your business.

PR Agencies and Event Organisers:

I provide that extra touch that can make all the difference to your potential clients and events.

NHS Trusts

Delicate Touch has provided support to occupational health and wellness strategies within the NHS at Stratheden & Cameron Hospital and at CHP conferences, thus ensuring 'Improving Working Lives' directives meet the needs of NHS Trust staff teams.

Fife Council

I have provided support such as Relaxation, Stress Management, Team building Workshops etc over the last 4 years for programs such as Health4all, and have helped Fife Council attain their Gold SHAW award in 2007. I continue to work closely with Fife Council in their pursuit of a gold award again with 'Healthy Working Lives' in 2008/09!

Cairn Mhor, Fife

Presently working closely with the staff at Cairn Mhor Homes and the children who stay there, delivering therapies such as massage & reiki, bringing relaxation & calmness into their lives with some superb results!



These stress-busting treatments are ideal for the workplace as the therapist requires very little space using an ordinary chair, compact ergonomic massage chair or folding couch

Why have therapies in the workplace?

- Reduces stress levels and adverse effects associated with repetitive work tasks and prolonged sitting positions
- Helping reduce the chances of RSI
- Relieves tension and tired muscles, easing tension in the back, neck, shoulders, head, arms and hands
- Increasing circulation to and releasing tight muscles
- Helps reduce absenteeism and sickness
- Increases energies, motivation and morale
- Improves attendance, sickness levels, performance and productivity!!

Also available: Workshops in the workplace!

Delicate Touch has a range of workshops that are geared towards healthy working lives. Staff can learn for example about Stress Management, Simple massage for stress or the art of relaxation!

Workshops can also be arranged for team building exercises.