



Indian Head Massage

Length: Adhoc. Book 1hr Pop-ins, Full Day Sessions & Regular Monthly Perks

Delivery modes: Onsite Sessions; Team Offsites; Wellness Perks.

Details: This relaxing therapy can take place in your office, warehouse or an appropriate room in most workplace settings.

Indian head massage is a deep tissue massage that focuses on the head, neck and shoulders.

There are multiple benefits to having Indian Head Massage at work. It can provide relief from tension headaches and stress.

Other benefits include:

- It can help improve sleep quality
- Improving circulation - therefore boosting energy levels
- Increased clarity and concentration

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.