

— FOR COMPANIES

Everybody needs a chair massage



Richard Body Treatment



*Productive, loyal employees
are your most valuable asset.*

On-site chair massage that *pays for itself*

Work leaves its mark on the body. Long hours at a desk, repetitive movement and sustained pressure show up as neck pain, tight shoulders, headaches and fatigue — and, over time, as stress-related absence. After more than a decade as a certified masseur, I have seen how much of this is preventable. That is why I developed a focused chair massage programme designed specifically for the workplace.

BUSINESS CHAIR MASSAGE AT WORK

A Thai-based deep tissue technique applied to the neck, shoulders, back, arms and head. Because of its intensity, 10 to 20 minutes per person is enough to release built-up tension and re-energise — especially when offered regularly, ideally weekly or bi-weekly.

Sessions take place at your office, through clothing, with no oils and no need to undress. All I need is a quiet corner — I bring the professional massage chair and everything else.

WHY COMPANIES INVEST

Stress and physical complaints are consistently among the leading causes of workplace absence in the Netherlands. Regular chair massage is a small, visible investment in wellbeing: it interrupts the build-up of tension before it becomes a complaint, and gives employees a genuine moment of reset during the working day.

Teams return to their desks sharper, calmer and more focused — and they notice that their health is taken seriously.



Choose the rhythm that *fits your team*

10 min

QUICK RESET

Fast relief targeting neck and shoulders.

€18

PER PERSON · EXCL. BTW

15 min

STANDARD

The most popular format. Full back, neck, arms and head.

€25

PER PERSON · EXCL. BTW

20 min

FULL SESSION

Comprehensive chair massage for full physical and mental reset.

€32

PER PERSON · EXCL. BTW

PRICE EXAMPLES

10 employees · 15 min Standard	€250
20 employees · 15 min Standard	€500
10 employees · 10 min Quick Reset	€180

All prices excl. BTW. Tailored arrangements for different team sizes available — contact for a proposal.

VISIT

www.richardbodytreatment.com

CALL

+31 6 1176 6187

EMAIL

richardbodytreatment@gmail.com