



## Corporate Massage & Workplace Wellbeing

Cristina Wellness provides professional on-site corporate massage services for offices, companies and events across London. All services are delivered with a calm, discreet and professional approach, designed to integrate seamlessly into the working day.

### What We Offer

- On-site corporate chair massage
- Office wellbeing days
- Corporate events and conferences
- Flexible session formats tailored to your organisation

### How It Works

1. Initial consultation to understand your workplace needs
2. Sessions typically 15–30 minutes per person
3. All equipment provided on-site
4. Minimal disruption to staff and working schedules

### Benefits for Your Organisation

- Supports employee wellbeing and stress reduction
- Improves morale, focus and productivity
- Demonstrates commitment to staff wellbeing
- Simple, low-disruption wellbeing solution

### Professional Standards

- Fully qualified massage therapist
- Fully insured
- Experience working in professional and corporate environments
- Health & safety conscious and GDPR-aware

### Corporate Enquiries

#### **Cristina Wellness**

Website: [www.cristinawellness.co.uk](http://www.cristinawellness.co.uk)

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