

FAQ



Are you planning a corporate event and looking for guidance or inspiration? Sjb Wellbeing tailor-made services assist you to stand out from the crowd for a rewarding and successful event. We work alongside you to ensure the whole experience is smooth and efficient with the highest levels of communication. Our most popular service is onsite seated chair massage, although other popular treatments we provide are other alternative therapies for corporate wellbeing days include:

- **Onsite-Seated Massage**
- **Desk Massage**
- **Sound Bath**
- **Indian Head Massage**
- **Foot Reflexology**
- **Acu Touch Therapy**
- **Reiki**
- **Soul Quantum Healing- Hand Massage/ Leg Massage**



What Is The Difference Between Seated Massage And Desk Massage

A **seated massage**- is typically performed in a specially designed upright chair that allows the participant to remain fully clothed while receiving a massage targeting the back, shoulders, neck, head and arms. The person is generally seated in an upright position. Session usually take place in a reserved office room for more private environment to relax away from your desk. Each session takes around 10-15 mins, sometimes longer on request.

A **desk massage**, on the other hand, is performed while the participant remains seated at their desk, with the therapist working on areas such as the neck, shoulders, and upper back, often without the need for a special chair. It's more adaptable to a typical office environment. I.e call centre's or where people are unable to leave their work stations. This is usually requested on a mass scale of participants, on a 5-10 mins session for time management, although on request can be up to 15 mins.

Does Everyone Require To Fill Out A Consent Form?

Yes, it is essential that everyone fills out the consent form before treatments to guarantee the safety for all participants, to identify any injuries, contra-indications, and allergies. Our proactive approach is our commitment to maintain a secure confidential enjoyable experience for everyone involved. The completion of the form is an requirement for therapists insurance companies, ensuring that our therapists are fully insured and protected. In the case of sound bath a health safety check form will be conducted prior to session. All other classes a comprehensive verbal safety check with all participants to identify any injuries or concerns. To ensure an enjoyable relaxing experience.

How Many Therapists Will Be Required For My Event, And For How Long?

At Sjb, we will always work out your exact needs for your event, whether it is split over a numerous days or requested for one day, whilst keeping costs as low as possible for you. To understand how many therapists you will need, we first estimate how many treatments you are looking to add. We will ideally try to bring in therapist that can cover more services that you would like to add. Although there are some therapists who specialise in massages.

As an example, if you are expecting 300 people at your event we would typically estimate on an average up-take of 70% on services. Based on estimates usually round 200 people would like take part in either a class or a massage treatments. For a day of short massages, 5 to 6 therapists could cover this number of people. Or can be spread out over a number of days on a single sited event with one or two therapists depending on your budget and time-scale allows. We have worked on multi-sited events or one off events at a single location. Our main priority is delivering quality, relaxing treatment experiences within your budget, and lastly in making it a success for your business, employee's and brand.

Can We Use Our Own Booking System For The Day?

Yes, of course. Many companies prefer to use their own in-house booking system, which is absolutely fine. We will send an appointment sheet with the desired treatment lengths in an email. This allows the business to receive value for money as you can book back to back treatments, and you can get the most out of your therapist's time. The appointment sheet will factor in recipient's session time, turnaround time in-between treatments. In this time the therapists provide a safety check and clean the chair/ chair down ready for next participant. Included in the sheet also states our therapist's breaks., as we also look after the welfare and health of our therapist's. We do not charge you for this time. Our appointment sheet example can be printed out to use or if you prefer to copy to your own dashboard or pen and paper system. We are here to work with your business to ensure the planning is stress-free and enjoyable for you on the day.

How Will Guests Book Their Massage Appointments?

We can advise you on the booking system process that suits for event so it runs smoothly. Through our extensive experience of corporate massages some businesses choose an in-house booking system, pen and paper appointment sheets or a drop in system on the day where people just walk up to when therapist is free.

Exhibitions / Charity Fundraising

For these types of events having no booking system at all can be the best solution! depending on the expected footfall business often choose shorter sessions where potential customers walk up to your stall and enjoy a massage when you are free and time convenient for them. Or alternatively you can have a time sheet available where potential participants can add there details to their chosen time on the sheet. If this is for a corporate office we do tend to encourage employers to invite their staff to book their slots in advanced to get the most out of the day and avoid disappointment if they leave it too late to book in.

What If We Have People Hanging Around Waiting?

For on-site seated massages in a corporate office setting, employers usually choose 15 minutes, for an extended capacity of employee's this may be reduced to 10 minutes, based in a private un-used office room. For desk massages this is usually chosen as the setting is in a call centre or employee's are unable to leave their work stations and treatment times are usually 5-10 minutes as there are more participants. On average treatments are usually 10- 15 minutes long, so no-one is ever waiting for an extended amount of time, on a walk in basis. On an advanced time sheet this is normally reduced to 1-2 minutes. For exhibitions the treatment times are usually around 10 minutes.

Corporate Therapists Trained for Your Every Need

When planning your event, you can choose from a day of seated massages or choose a combination with our extensive range of alternative treatments that a particular therapist specialise in. All therapists are professional and are on a self employed basis who are fully trained and insured in their specialised field. All our therapists are personable and friendly who take care of each participant, where you immediately feel comfortable and relaxed.

Still have some questions? please connect any further FAQ's relating to corporate massage wellbeing days and corporate events.