



Yoga - Pilates - Massage Therapy

[www.corebalancemovement.com](http://www.corebalancemovement.com)  
[melissa@corebalancemovement.com](mailto:melissa@corebalancemovement.com)  
+356 7934 2990

---

## CORPORATE ON-SITE CHAIR MASSAGE

Here at Core Balance Movement our goal is to help each individual move with greater ease and less stress on the body. Our intention is to bring balance and well-being to each massage treatment.

### Benefits of Therapeutic Massage:

- Decreased tension and stress with increased relaxation and stillness
- Improved posture and whole body healing
- Restoration of normal range of motion (ROM) at joints
- Increased blood flow circulation
- Increased awareness to breathing and the impact on your body

Thank you for your interest in scheduling an On-Site Chair Massage through Core Balance Movement. Please review these guidelines to help ensure a successful event.

### Planning & Preparing for the event:

- This service may be provided Monday to Sunday from 6am to 9pm. Please check which dates and times are most convenient for you and consult with Core Balance Movement to confirm availability.
- Confirm that a suitable space is available and reserved before confirming the booking for the onsite massage. Please consider that each therapist will need an 8 foot diameter circle of space in which to work effectively.



- Please allocate enough time for every event based on the number of people invited. The massage duration per person can be chosen from the options in the table below.
- If you have a large number of attendees, you may request multiple therapists. Please estimate the interest of your group before arranging a specific amount of time with our therapists.
- A sign-up sheet is usually the most effective way to schedule participants into time slots, and pass on to the therapist at the event.
- For events longer than three hours, a break of at least 10 minutes for each therapist should be scheduled (at no charge) about halfway through the event. Please schedule this break on the sign-up sheet.

### Recommended massage options:

<b>Event Duration Single Therapist</b>	120 minutes	120 minutes	120 minutes	120 minutes
<b>Massage Time per Person</b>	10 minutes*	15 minute	20 minute	30 minute
<b>Number of People Treated</b>	12 people	8 people	6 people	4 people

\*10 minutes per person is the minimum recommended massage duration.



## Fees and Payment:

- The service fee is per therapist per hour and the minimum duration is 2 hours per event.
- Therapists are paid for the time they spend onsite (minimum of 2 hours), irrespective of the turnout rate.
- A setup/breakdown fee per therapist applies for every event.
- Travel fees may apply based on location. Please consult with us for a detailed quotation.
- Customers should confirm the total cost and payment method upon booking. We accept Cash, CC, check or paypal as payment methods.

## Cancellation Policy

- We understand that conflicts may occur. Please contact Core Balance Movement as soon as possible if you may need to change or cancel an event.
- **Cancellation Policy:** Canceling or rescheduling an event or changing the allocated event duration must be done at least 24 hours before the start of the event. If 24-hour notice is not given, you will be responsible to pay the full cost of the event without any refund or credit.
- The duration of the event may be extended upon demand, depending on the availability of the therapist. Please consult with the therapist.



## At the Event:

- The therapist will bring all the equipment and supplies that he or she needs to the event.
- **Access to building:** If entry to your building is locked, the therapist will need you to meet them at the entrance. During booking please provide an office/cell phone number for the therapist to get in touch in case of any difficulty entering the building.
- Please be aware that the massage therapist will arrive at least 15 minutes before the start of the event to set-up. Therefore, the room should be ready 15 minutes before the start of the event. The massage therapist will not move furniture, chairs, desks, tables, etc. out of the work area.
- It is suggested to inform each participant to be on site 1-2 minutes before their scheduled time in order to make best use of the allocated time. The therapist cannot prolong the time slot for an individual if they arrive later than their scheduled start time.
- Please ensure that the therapist has access to the location upon arrival and that all attendees are on time. The massage therapist will be on-site for the duration of the scheduled booking. Any delays caused by unavailability of the massage room, people turning up late or other factors where the therapist has no control, remain the sole responsibility of the customer.
- Any extension to the event (such as to treat more people, or have longer massage sessions) can be discussed with the therapist and paid pro-rate at the stipulated hourly rate.
- If there are any concerns during, before, or after the event please call us.



## Other Helpful Information:

- Gratuities are accepted. We also appreciate feedback at:  
[info@corebalancemovement.com](mailto:info@corebalancemovement.com)
- Gift certificates are available for purchase for any of our Core Balance Movement services listed on our website -  
[www.corebalancemovement.com](http://www.corebalancemovement.com).
- Other group classes (Yoga, Pilates, Meditation) or 1-on-1 training sessions can also be offered on-site.