

RevitaliseU-Kent

Well-Being at work
University of Greenwich

Staff Only

20 Minutes £13.50

40 Minutes £26

Cash payments only



Happy New Year to everyone !

Start January with a well - being boost and add massage therapies to your healthy regime. Massage helps promote calm, positive mind, relaxed body and better posture.

So take advantage of our monthly visits and discover the benefits for yourself.

Book online today !

Seated Massage

Using an ergonomic chair as seen in the picture above, we work through the clothes releasing tension in the back, shoulders and neck. Perfect if you sit a lot during the day.

Looking after yourself at work is important for your well-being.

Let us support you in 2019. See our website for more details and read what your colleagues think!

We are visiting:

**Greenwich
25th Jan 2019**

**Medway
29th Jan 2019**

**Avery Hill
31st Jan 2019**

Diary is open up to end of July
See website for all dates

Indian Head Massage

Relax and feel tension melt away from your whole body while Laura works on your head, neck and shoulders. No oil is used unless requested, so your hair remains perfect going back to the office.

Reflexology

Feet are cleansed and a balm is applied to massage those aching feet. Relax back, breathe and Jo will work on those reflex points to help your body rebalance, cleanse and feel revitalised. Great stress reliever No oil is used, so

Easy to use online booking system!

Book your appointment now at:

www.revitaliseu-kent.co.uk

Terms and conditions:

Payment for your treatment is required in cash on the day your treatment.

Any cancellations are to be made via our website **24hrs** before your treatment. If you are unable to do this, full payment for your treatment will be requested as it is too late to offer your appointment to anyone else.

Contact: Laura 07889 940610 or Jo 07554 848380 or email info@revitaliseu-kent.co.uk

We appreciate your cooperation.

