



The good type of pressure

# How on-site massage therapy transforms staff wellbeing, reduces absence and makes your organisation a better place to work.

Each tip is rooted in evidence and drawn from our own clinical experience. None of them require a dramatic lifestyle change. All of them, done consistently, will make a real difference.

[www.lucyhallmassage.com](http://www.lucyhallmassage.com)

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Personal, Sports & Corporate Massage Therapy



LUCY HALL MASSAGE THERAPY  
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Back pain is the leading cause of workplace absence in the UK. Stress, anxiety and depression account for more than half of all working days lost. These are not personal problems — they are organisational ones.

29% of UK workers take painkillers to cope with back pain at work. A further 20% have taken time off because of it. The causes are well understood: prolonged sitting, poor posture, inadequate movement, and chronic stress combine to create a cycle of tension, pain and reduced performance that most workplaces simply accept as normal.

The NHS has confirmed that sitting for extended periods is a significant health risk, linked to increased rates of type-2 diabetes, certain cancers, high blood pressure, poor circulation and reduced life expectancy. For desk-based employees, this is not a distant risk — it is an ongoing daily reality. The good news is that the fix doesn't require a gym membership or a dramatic lifestyle overhaul. It requires movement — little and often, built into your existing day.



*“Stress, burnout and physical illness are rarely ever the fault of the individual. But managing them or failing to is always the responsibility of the organisation.”*

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The good news is that this is a solvable problem. On-site corporate massage is one of the most cost-effective, immediately impactful and genuinely popular occupational health interventions available. It requires no infrastructure changes, no GP referrals, and no significant disruption to your working day.

A Lucy Hall corporate session brings qualified, professional massage therapy directly to your workplace. There is no need for employees to travel, book appointments or take additional time out of their day. We come to you — and we fit around your schedule.

Sessions take place in a specially designed massage chair, set up in any available space — a meeting room, a breakout area, or even a corridor. No oils are used. There is no need to remove clothing. Employees return to their desks immediately after their session feeling refreshed, relaxed and ready to work.

A session of just 15–20 minutes targeting the back, neck, shoulders, arms, hands and scalp has been shown to meaningfully reduce muscle tension, lower stress hormone levels and improve concentration.

The effect on team morale is immediate and consistently reported by every organisation we work with. Recovery isn't just sleep (though sleep is crucial — more on that shortly). It's the active practice of helping your body return to its natural resting state. And massage therapy is one of the most evidence-based tools available for doing exactly that.



*Lucy provided corporate massage at our offices giving targeted help with specific discomfort or general relaxation from the all-too-real strains of a desk job. Her attentive and interested attitude to her clients was exceptional and quickly changed the sessions from a nice treat to an essential part*

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Organisations that introduce regular on-site massage therapy consistently report the same outcomes. These are not marginal gains — they are significant, measurable improvements that affect the bottom line.

We have worked with organisations of all sizes across Cambridge — from small independent businesses to large multi-site employers. Every programme we deliver is fully customised to your team, your schedule and your budget. There is no one-size-fits-all approach, because no two workplaces are the same. The effect on team morale is immediate and consistently reported by every organisation we work with. Recovery isn't just sleep (though sleep is crucial — more on that shortly). It's the active practice of helping your body return to its natural resting state. And massage therapy is one of the most evidence-based tools available for doing exactly that.

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## *Our Corporate Services*

- Reduced levels of stress, anxiety and burnout
- Protection from long-term musculoskeletal conditions
- Lower rates of sick leave, absenteeism and presenteeism
- Improved staff perception of management and leadership
- Improved staff morale and team cohesion
- Enhanced employer brand — a genuinely valued benefit
- Increased concentration and mental agility
- Reduced costs associated with workplace injury and illness
- Significant boost to workplace productivity
- Employees who are motivated, engaged and present



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Want to know how we can enable  
you to deliver a more productive  
and engaged workforce.

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