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 **Joe Blogg MCHP**

 Registered Massage Therapist

Member of Complementary Health Professionals

**Massage at Work Week 2019**

Ms Mary Smith

Managing Director

A Company

1 City Road

London

EC1V YYY

**RE: Offering in-house on-site Massage Therapy to your employees**

Dear Ms Smith,

Between the 3rd - 9th June 2019, sees Massage at Work Week for the second year running. The aim of this awareness week is to promote and celebrate the benefits of having massage in the workplace. Research shows that just fifteen minutes of chair massage a week has been scientifically proven to lower stress, reduce muscle tension and rejuvenate the mind and most importantly, to reduce sickness days off work. Over 50% of lost work days are stress related. As well as boosting morale, massage can help reduce fatigue as this is directly linked to muscle tension. Returning to work following a short massage to the neck and shoulders will make you feel energised, open-minded and more motivated.

Other benefits are related to expectation. The impact of a good massage starts when someone looks forward to it. This is why studies have shown that repeated visits from massage therapists at work deliver increased positive impact over time. As well as promoting corporate wellness, classic massage techniques increase healthy blood flow throughout the body, waking up all your cells and getting your brain back into action. After a short 15 minute workplace massage, employees become more alert, attentive to detail, and show increased rates of productivity. This also helps prevents mistakes and keeps us more engaged at work.

Many companies already have massage available in the workplace and this can be chair massage or I can set up a massage couch in a room you may have free for me to use for a day a month. I have been a qualified massage therapist since <insert date> and have many years' experience. I am a member of Complementary Health Professionals; a professional association that is known for its high standards within the industry (www.complementaryhealthprofessionals.co.uk). They are supporting Massage at Work Week (www.massageatworkweek.org).

I would be very happy to come and meet with you in advance to demonstrate my skills and to organise a special event that week. I would like to be able to have some photos taken during my visit to help promote the event and your company's participation. Should you wish to continue with monthly visits afterwards, then this is something we can discuss.

I look forward to hearing from you.

Yours sincerely,

Joe Bloggs MCHP