

WHAT TO EXPECT ON YOUR MESSAGE DAY

Message Day is coming to your workplace and you may be a little apprehensive about what this is all about, so let us explain.

At work, we are often doing repetitive movements. There can also be demands that may create emotional stress and fatigue this can be hard on our bodies and on our minds. MMC Corporate will be your Message Day provider and it's our aim to help take the stress out of your working day.

Our fully qualified and experienced Message Practitioners will work to invigorate your body and mind with every session. We understand the significance of being able to take a moment just for yourself – even a fifteen-minute message can make a big difference to your wellbeing.

Every person is different, which is why we've planned our service around you – your time, location and needs. We don't believe in strict techniques, rather, we prefer to adapt to your own unique requirements. So sit back, relax, and let us make your session all about you.

Here are a few things you may like to know to make the most of your message session:

- Your message will be given on a professional on-site message chair. If you haven't seen one of these before, don't worry, your practitioner will show you how it works on Message Day.
- You can choose to remove your clothing so that message balm can be used, or to remain fully clothed. Please wear one layer of light clothing for message if remaining fully clothed. A loose necked top or open shirt is best.
- If you're on any medication, or have any medical conditions, please advise your practitioner and they'll be sure to factor this in. For example, high or low blood pressure, asthma, diabetes, etc.
- If you've had a message before, it may have been too light, or too strong, causing pain. Contrary to popular belief, message should not be painful to be beneficial. Your practitioner will talk to you to determine the right amount of pressure for you and please don't hesitate to say if you need more or less pressure during your session. If you tense or raise your shoulders, this is a sure sign you're not getting the most out of your message, so please tell your Practitioner immediately so they can change their technique accordingly.
- Make sure you drink plenty of water after your message session, it's really important. If you feel a little stiff or achy the following day, this is a normal response to toxins being flushed from the body and the muscles being worked. However, if symptoms persist, please contact your doctor.
- Remember to enjoy your session, it's all about you!

To talk to us about your message call-free 0508 2 RELAX or to talk more about our service visit www.corporatemessage.co.nz

