

### On Campus Massage

#### About Me:

I am a fully qualified and insured Massage Therapist offering quick and convenient massage treatments to staff and students On Campus which benefit from at least **15% off** the regular cost.

#### On Campus Treatments:

On Campus Massages are convenient, quick massages that you can enjoy during your lunch or at the end of the working day, at a desk or table, and seated in a chair. The massages can take place over clothing, and without the use of oils, making them really practical for the workplace.

Here's a little more info on the treatments offered:

#### Neck, Back and Shoulder Massage (20mins) - £12

The treatment takes place with the client seated in a chair, at a desk or table, resting onto a pillow and/or sat upright. The treatment incorporates the upper back, upper arms, shoulders and neck and can help to loosen tense muscles, relieve stress and aid relaxation. A deeper massage is possible with the use of oils, which is often more beneficial to the client, and this can be incorporated if the client wears a vest, allowing deeper treatment of the upper back and shoulders.

#### Indian Head Massage (30mins) - £16

As with the Neck, Back and Shoulder Massage, the treatment takes place with the client seated in a chair. The treatment begins with a massage of the upper back, upper arms, shoulders and neck and finishes with a relaxing head massage. For practical reasons, the treatment is carried out over clothing and oil is not used on the hair, ensuring clients can go back to work feeling more relaxed without looking dishevelled!

#### Loyalty on Campus:

Each On Campus treatment will earn one stamp on my Loyalty Scheme - collect 4 stamps to receive a **free treatment!**

#### Availability:

Treatments are available during lunchtimes each weekday or after 4.15pm on a Tuesday and Thursday.

#### Contact Details:

In addition to the above treatments, I offer Swedish Body Massage, Indian Head Massage and Deep Tissue treatments at my Therapy Room in Stalybridge, with **10% off** for University staff and students. If you have any questions about my On Campus Massage treatments, or would like more information about the treatments offered at my Therapy Room in Stalybridge, then please contact me:

Email: [stephaniemarshmassage@gmail.com](mailto:stephaniemarshmassage@gmail.com)

Tel: 07933 112347

Facebook: [www.facebook.com/stephaniemarshmassage](http://www.facebook.com/stephaniemarshmassage)