



A Natural Approach to Healing

CORPORATE EVENTS PACKAGE

Ms. LaToya Hill
Owner & Licensed Massage Therapist

<https://www.hillnhands.com/>

COMPANY AND OWNER OVERVIEW

LaToya Hill **Owner & Licensed Massage Therapist**

LaToya Hill obtained Massage Therapy training at Southeastern Institute and became licensed with the state of North Carolina. Ms. Hill has also achieved certification in the specialize application of Medicupping Therapy. She is originally from Arapahoe, North Carolina and has lived in Charlotte for over a decade. She aims to bring awareness to people about the benefits massage therapy provides to their body for overall health and wellness. Hill'n Hands Massage Therapy is a mobile massage company in the Charlotte Metro area that travels across most of North Carolina to unveil the power and healing that results from message therapy.

Massage therapy is the manipulation of soft tissues of the body including, muscles, connective tissues, tendons, ligaments and joints. Massage Therapy is a clinically-oriented healthcare option that helps alleviate the discomfort associated with every day and occupational stresses, muscular over-use and many chronic pain conditions. The use of massage therapy is a whole body experience. It is a holistic approach to therapy as it incorporates the healing into the effects on the physical body and the mental aspect including the mind.

Offering massage therapy at employee events is a great way to show employees the importance of physical and mental wellness – at home and in the workplace. In a competitive marketplace, it can be a challenge to attract and retain employees and at the same time improve productivity. That is why more and more of the top employers are realizing the benefits of providing employees with a massage therapy program. This is a low-cost solution which offers many gains for both the employer and employee.

Hill'n Hands would love to partner with your organization to bring an unforgettable massage experience to your employees. We offer affordable massage therapy packages with a natural approach to healing.



BENEFITS OF MASSAGE THERAPY

There are numerous benefits to massage therapy from increasing blood circulation to increasing mobility and improving mental health.

Massage therapy has been shown to improve body wellness and mental health:

- Helps to lower blood pressure
- Increases the blood circulation
- Helps to improve weakened muscles
- Helps to relax the muscles
- Can improve a person range of motion
- Increases the level of endorphins
- Helps to improve the lymph flow
- Helps to relieve mental stress
- Can help with anxiety levels
- Can help to improve alertness of the mind
- Helps improve calm thinking
- Fosters peace of mind

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Employers Benefit by Providing Employees with Massage Therapy

Benefits to Employers

Many companies who implement massage therapy programs for their employees notice an almost instant boost in employee morale. Employees instantly **feel happier**, more **confident**, and more **driven at work** when they can take advantage of a massage therapy program or engage in a short massage session at employee engagement activities.

- **Less absenteeism at work** - Because massage therapy helps to reduce stress levels, employers find that employees are generally healthier and take less sick days from work. Massage therapy can also address workplace issues like repetitive strain injuries or carpal tunnel syndrome, and fatigue.
- **Increased employee retention** - Another benefit to employers is that it is much easier to retain your employees. Companies that have implemented a corporate massage therapy program, find that there is less employee turnover because employees are generally much happier in the company.
- **Greater company productivity** - Your Company will not only experience a happier workplace with employees taking less sick time, but productivity will also increase. Corporate massage therapy programs have proven to increase employee problem-solving skills because massage helps both the body and mind to relax. This helps employees to take on new challenges with a fresh and positive outlook.

Benefits of Massage Therapy for Employees

- **Better general health** - Massage therapy helps to reduce many work-related health issues like headaches, back strain, fatigue, and high blood pressure. The increase in a general feeling of wellbeing means that the employee is generally happier at home and can deal with all areas of life in a calmer and more relaxed manner.
- **Greater company appreciation** - When the employee feels that he or she is well cared for, their appreciation of the company increases. One of the main reasons for employees wanting to leave their job is a feeling that the company doesn't care about its employees. Massage therapy programs address that issue successfully.
- **Increased motivation** - An employee who feels appreciated will more likely feel motivated to give 100% to his work and be driven to excel at their jobs. They feel more focused, energized and suffer less from "brain fog."

In the end, having a corporate massage therapy program for your workplace is a very cost-effective way to boost employee morale and increase your company's productivity.

Recommended Office Massage Therapy

On-Site Corporate Chair Massage



The chair massage sessions are designed to relax muscle spasms, relieve tension, improve circulation and alleviate workplace related stress. On-Site Corporate Chair Massage is a wonderful antidote to stress and muscle tension, the massage will rub away fatigue, induce relaxation and revitalization, improve alertness and motivation and reduce anxiety levels.

Hill'n Hands offers competitive pricing for corporate partners.

PRICING

Option 1: \$75 per hour; up to 4 hours per day

If more therapists are needed, price will be
per therapist; per hour; per day

Option 2: \$1.50 per minute

If service will take less than an hour this is
how the amount will be calculated

Contact Us Today!

LaToya Hill, Owner

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