

Healthy Back - Relaxed at work

Massage at work against trouble with spine

The mobile massage at work

Trouble in muscles, neck and spine arise by monotonously faulty physically posture, for example sitting at the desk or standing all day long at production machinery.

The costs of therapy for following diseases lie in the amount of billions for the health insurance. Additional the employer gets a higher rate of employees failures which causes often even production downtimes. By precaution measure like colleagues/employees massage or back training turn outs will be redured or even avoided.

Positiv results

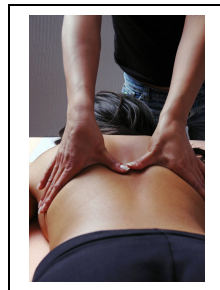
- ✓ you save time and money, because your colleagues/employees don't leave their workplace for the therapy in town, so less loss of valuable working hours
- ✓ your colleagues/employees are more motivated in their job, because they getting a preparing health care, so problems can not built up as much as usual.
- ✓ the deep effect from the massage raises up the concentration about 50 %
- ✓ No investment! I provide the equipment (massage bench/-chair). Therefore every room or office can be changed into a mobile massage room for the time of practice.

Spine massage / Breuß-Massage

This effective massage is especially for ischialgia and neck pain.

The Breuß-Massage takes off effective blockades and tensions in spine.

The Breuß-Massage is a stretch and established back-spine-massage.



Who is the offer for?

Companies with colleagues/employees in activities with unilateral work and/or activities with back strain.

How to book this offer?

You can book this offer via phone and within or after a first audition. If you wish you can get two FREE massage (costs for approach will be charged!).

phone: +49 51 46 / 98 48 78

online: www.bruns-hp.de

Expenses

Each massage over 25 minutes will be charged with 16,- €.

Treatments between 6-14 colleagues each date.

Costs of approach depending on the distance (Celle 35,- €).

Thanks for your attention,

Sven Bruns

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