

Interesting Facts

Research indicates that a 15-minute chair massage results: **decreased job stress, increased alertness and increased speed & accuracy** on math computations.

Office workers massaged regularly were **more alert, performed better** and were **less stressed** than those who weren't massaged.

Up to 90% of all visits to primary care physicians are for stress-related complaints.

Stress accounts for \$26 billion in medical and disability payments and \$95 billion in lost productivity per year.

Over 50% of lost work days are stress related which keeps about 1 million people per day from attending work.

Health care expenditures are nearly 50% greater for workers who report high levels of stress.

40% of job turnover is due to stress.

Sharing the Cost: Your company may choose to provide this benefit to your employees free of charge, or you may choose to offer it as a shared benefit program. Some companies have the employees pay a portion to participate in the program. We hope you'll consider this cost effective alternative to the challenges your business faces and contact us today.



Carla's Wellness Center
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www.carlaswellness.com

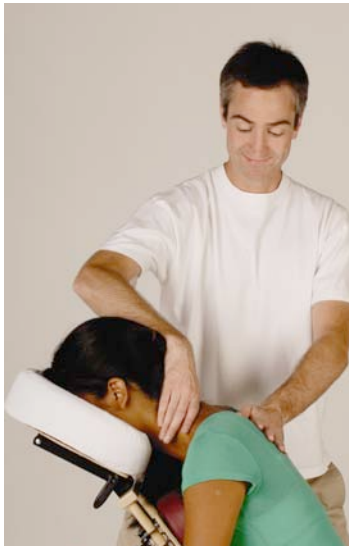
ENERGIZE YOUR WORKFORCE

WITH ON-SITE CHAIR MASSAGE



On-Site Chair Massage offers benefits for:

Your Company	Your Employees
Increases Employee Retention	Relieves fatigue
Improves Productivity	Lowers anxiety & hostility
Enriches corporate culture	Enhances creative thinking
Decreases Absenteeism	Improves problem solving
Helps Recruit top Talent	Strengthens Immunity
Improves Job Satisfaction	Can reduce repetitive stress injury
Improves overall company Health	Lowers Muscle Tension & Pain



Carla's Wellness Center offering On-Site Chair Massage

- Performed at your company, a chair massage is a 15 minute massage that focuses on the high tension areas of the neck, back, shoulders, arms & hands
- Chair massage is especially effective at producing therapeutic results in a brief period of time by concentrating the massage on the areas of greatest tension.
- Carla's Wellness Center provides our business clients with a competitive edge by enhancing the performance & well-being of a company's most important asset - it's employees.
- Chair Massage is specifically suited to relieve stress in high-tension areas and promote a renewed sense of energy, well-being, vitality and creativity.
- Weekly, bi-weekly or monthly visits will keep your employees healthy, happy and stress-free.
- Chair Massage visits are an effective way to ease tension and boost productivity during stressful periods or "crunch time."

Type of Businesses to benefit: Our customers can range from small businesses to large corporations. We can service a variety of sectors: retail, banking, technology, entertainment, manufacturing, educational facilities and your business.

(continued)

Our Packages:

Monthly is Marvelous: One specified day each month we visit your business providing 15minute chair massage sessions to revitalize your staff. This package provides service for twenty-four (24) employees at a rate of \$70 per/hour per/therapist.

Twice a month – Magic: Choose two, half-days per month, for example the 2nd and 4th Wednesdays in the morning. This package offers a more flexible schedule, service for 12 employees each day, yet still at the \$70 per/hour per/therapist rate.

Weekly Wonderment: A great deal. Carla’s Wellness Center comes to your location at least one half-day a week providing a chair massage for twelve (12) of your employees. This package is priced at a rate of \$60 per/hour per/therapist

On Occasion: Carla’s Wellness Center will come to your business upon request. A minimum of twelve (12) employees is required, equaling a four (4) hour shift at a rate of \$80 per/hour per/therapist.

Scheduling: Call Carla (812.314.8434) and we'll discuss your specific needs. Once we determine the date, duration and number of therapists for your visit, we'll send you a confirmation e-mail with all the details.

Payment: We accept company check, master card & visa. For on-going clients, we can send you an invoice - terms are net 30 unless specific arrangements are made. Gratuities are not expected or necessary, however they are an excellent way to let the massage therapists know that they've done an outstanding job. If you choose to tip, the average amount is 10-20%.

Cancellation Policy: Cancellations received at least 48 hours in advance are eligible for 50% refund.