

Relax you & your staff are in good hands



All BODYACTIF therapists have graduated with a BSc (Hons) in Sports rehabilitation and injury prevention and are members of BASRaT (British Association for Sports Rehabilitators and Trainers).

We pride ourselves on providing an elite experience and superb customer service to all our clients. Every client will be treated as an individual and will receive the highest level of care, advice and service.

Using the most current treatments and techniques available, backed up by the very latest research, our therapists will optimise the treatment for each person.

We at BODYACTIF guarantee to improve the health and well-being of all your employees and if for any reason you are not 100% satisfied, we will refund your money, no questions asked.



BODYACTIF GROUP

Offices at:
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9 Linacre Road, London NW2 5BD

Tel: 07535 718817
e: info@bodyactif.co.uk
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BODYACTIF Corporate Services

Specialising in:

Sports & Remedial Massage

Manual Lymphatic Drainage

Reflexology

Corrective Exercise

Personal Training

Pilates

Hydrotherapy

Aquatic Exercise

Nutritional Advice

Company Health equals Company Wealth

Tel: 07535 718817

Therapies

Chair Massage



Using specially designed equipment, this 20 minute rejuvenating neck, shoulder, arm and back massage will leave people feeling reinvigorated,

refreshed and reenergized.

The massage is carried out by professionally trained specialists. It helps to reduce the stress and tension built up in the head, neck, back and shoulder areas, as well as relieve the pain created by poor posture.

As these massages are carried out fully clothed and without the need for oils and creams they are ideal for the busy office and workplace environment.

Muscle Balancing

Sitting in an office and long days in the car cause muscle imbalances, we can assess each individual and design a muscle rebalancing programme to suit the individual's needs.

Reflexology



Reflexology is a therapy based on the principle that there are reflex areas in the feet which correspond to all the glands, organs, and parts of the body. Re-

flexology is a unique method of using the thumb and fingers on these reflexes, finding and working on the areas of congestion or tension to help the body operate at its peak efficiency.

This 20 minute Reflexology treatment is ideal for relieving stress and tension, for neck and back problems as well as for boosting the immune system to aid in fighting off illnesses and much more.

Manual Lymphatic Drainage



Manual Lymphatic Drainage is an advanced therapy in which the therapist, utilises specialised rhythmical pumping techniques to

stimulate the lymphatic vessels. These vessels carry vital substances for the defence of the body and for removal of waste products. Each 20 minute facial & neck treatment is deeply relaxing and stress relieving and as the touch on skin is so light it is an ideal treatment for the workplace.

How Does it Work?

How do I book an appointment?

Simply call 07535 718817 And tell us where and when you would like your treatments

How do I pay?

You can pay using cash, cheque or BACS

Do we need a special room?

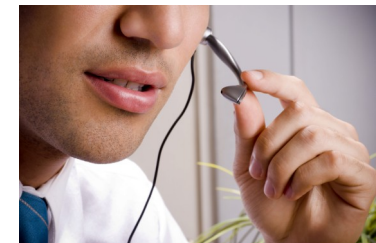
If you have one available, the treatments are more peaceful in a dedicated space, but if not the therapist just needs enough room to set up the chair and walking space around it (approx 3m x 3m)

Are your therapists trained & insured?

Yes all our therapists are fully qualified and insured.

Do I need to do anything else?

Just call our **booking line on 07535 718817**, then sit back & relax and let us take care of you, your managers and staff.



Solve the problem of stress in your business; with our team of specialist therapists, your staff are in good hands with us