

Quiet Meadow



Massage & Holistic Therapies

Corporate Wellbeing

Packages 2026



amy@quietmeadowmassage.co.uk



www.quietmeadowmassage.co.uk



Introduction

Quiet Meadow Massage & Holistic Therapies is a mobile massage service based in the heart of East Yorkshire. Quiet Meadow specialises in using massage to support stress and anxiety management. It began with a simple mission to take massage wherever it is needed most and make it as accessible as possible for individuals to experience a 'moment of calm' within their hectic and often stressful lives.

Since then, Quiet Meadow's mission has further developed to give companies a practical, evidence-based way to invest in their people and build a stronger, more sustainable workplace culture.



How we can serve you and your team

My name is Amy Windsor, I set up Quiet Meadow Massage & Holistic Therapies to address the growing epidemic of stress and anxiety that affects employees in every industry. After 15 years of working in a busy front line public sector role and managing multiple teams of staff, I am well acquainted with the impact that stress and anxiety can have on the work place. Modern work demands often push people beyond healthy limits, leading to burnout, reduced productivity, and declining overall well-being. By bringing therapeutic massage directly into the workplace, my aim is to make stress relief accessible, convenient, and integrated into the workday—helping employees feel supported, valued, and able to perform at their best.



I am passionate about easing stress for everyone and building emotional wellbeing so that life feels just that little bit easier. I started Quiet Meadow Massage & Holistic Therapies with the aim of helping stressed-out workers to cope more effectively with the pressures of the workplace, improve performance, increase efficiency and minimise the number of days taken off sick.

A Unique Approach

I am a Level 3 VTCT (ITEC) qualified massage therapist and member of the Federation of Holistic Therapies (FHT). During my training, I learnt that massage is a powerful tool for calming the nervous system. By using a unique combination of gentle pressure and rhythmic movements, I aim to ease muscle tension, lowering the heart rate, and reducing cortisol levels. As a result, on-site massage creates a sense of relaxation and mental clarity that supports sustained focus and productivity.

These physiological benefits don't end when the session does—employees often return to their work feeling lighter, more balanced, and better able to handle workplace challenges. Over time, this contributes to a healthier team culture, reduced stress-related absences, and a more positive, resilient workforce.

Why Corporate Massage Works



REDUCES STRESS AND BURNOUT

In 2024-25 964,000 people in the UK were suffering from work-related stress, depression or anxiety. This is over 24% increase from 2023-24. As a result, there were 22.1 million lost workdays in 2024-25 because of stress, depression or anxiety (HSE, 2025).

Massage is well known to reduce stress. The mental health charity MIND even suggests the use of massage to manage stress. This helps prevent burnout by giving employees a regular opportunity to decompress, recharge, and reset. Especially during high-pressure periods or in roles with heavy emotional or cognitive demands.

IMPROVES EMPLOYEE MORALE AND PRODUCTIVITY

It's not just sick days that are increasing for business across the UK. There have been countless reports across the media of productivity falling in the workplace. When employees feel cared for, their morale improves. With massage, this is a perk they feel immediately. It boosts mood, relieves frustration, and creates a sense of being valued. That translates into higher engagement, better teamwork, and a more positive attitude throughout the day. Because massage boosts energy and reduces physical discomfort, productivity naturally increases as employees return to work refreshed and more motivated.



LOWER SICKNESS ABSENCE

It's not just stress that is having an impact on people's ability to work. 7.1 million work days were also lost due to work-related musculoskeletal disorders in 2024-25. The cost of sick days to UK business last year was £16.4 million (HSE, 2025).

Massage is unique in that it can reduce both workplace sickness caused by stress related symptoms and those caused by musculoskeletal issues. Regular workplace massage directly reduces these issues by easing tension, improving circulation, and supporting the body's natural recovery processes. With fewer minor ailments escalating into time off, sickness absence decreases and employees stay healthier and more consistent in their roles.

INCREASES FOCUS AND PERFORMANCE

Massage improves mental clarity by reducing fatigue, relieving headaches, and resetting the body after long periods of screen time or static posture. Many companies find that even a 10-15-minute massage session can noticeably increase concentration and problem-solving ability. Countless studies have been completed, all of which conclude that massage positively impacts brain activity which means that employees return to tasks sharper, more present, and better able to sustain high performance throughout the day.

ENHANCES WORK CULTURE

Offering workplace massage sends a strong cultural message: we care about your well-being. It creates a more supportive, people-centred environment where employees feel valued and appreciated. Massage days also become moments that teams look forward to which boosts connection, reducing tension between colleagues, and reinforcing a culture of balance and wellbeing. Over time, this builds a healthier workplace atmosphere with higher morale, stronger loyalty and more resilient teams.

Packages

Full Day £500

3 days (anytime within 3 Months) £1400

6 Months (anytime within 6 months- Max. 3 days a week) £2750

Half Day £250

3 days (anytime within 3 Months) £700

6 Months (anytime within 6 months- Max. 3 days a week) £1375





WHAT'S INCLUDED?

- **Pre-Session Consultation-** a link will be provided for staff members to be completed ahead of time. This will inform a discussion prior to the massage beginning to make sure that it is safe for your staff member to undertake a massage. By sending it before the massage, it means I can spend more time on the massaging making sure you get value for money and your team member gets maximum relaxation time.
- **An additional 30 minutes** before the start of the first massage to make sure that there is ample time to set up and ensure there is no rush for the first treatment to begin.
- **All equipment is provided.** Fresh towels are used for every client and time is taken between massages to ensure that the massage station is cleaned to the highest hygiene standards to ensure that every client enjoys a safe, comfortable, and professionally cared-for experience.
- **Oil diffuser and relaxing spa music** (fully licensed) to help turn any meeting room into a calm, relaxing atmosphere.
- **'Back to Work' station-** I provide a mirror, hair brush, and make up wipes so that your team can be prepared to re-enter the work place in their relaxed, calmer frame of mind. I also provide herbal tea so that clients can continue the relaxing experience back at their desk.



Case Study

HULL HEALTHCARE SERVICE

Quiet Meadow Massage & Holistic Therapies were booked for 2.5 days as part of a wellbeing week with a Healthcare group in Hull. Following a telephone discussion, we agreed that I would complete 20, 30-minute back, neck, shoulder & head massages (the head massage being oil free so people felt able to return to work looking presentable). I had liaised with a member of staff who had sent employees a spreadsheet with the massage slots available for them to book onto. The day before I started, I was sent the list of employees who had booked and I'd cross referenced this with the completed consultation forms and made notes as to any health issues I needed to speak to clients about prior to their massage.

On day 1, I arrived at 9am for the first client who was booked in at 9.30am. I set up in an office that was not in use that day. It was a cold and grey November day so I made sure that the electric blanket was on. With the oil diffuser and relaxing spa music, the office was transformed into a calm oasis away from patients, emails, and those never-ending to do lists!

That morning, between 9.30am and 12.30pm, 4 employees were massaged for 30 minutes each, with 15 minutes taken between clients to clean and reset the massage table. In the afternoon, 1pm-3.45pm, a further 4 employees received a massage. I then packed up and left at around 4pm, making sure the office that I had been working in was back to normal.

On Day 2, I did 4 massages for 4 employees, arriving at 9am for the first massage at 9.30am and finishing at 12.30pm. On Day 3, I worked at a difference site, but part of the same Healthcare group and did another full day of 8 massages, arriving at 9am and leaving at 4pm.



TESTIMONIALS FROM HULL HEALTHCARE SERVICE

'Thank you for being amazing. Everybody who had a treatment said how great Amy was and they really enjoyed it'

'Everyone who had a massage with Amy were very happy and felt very relaxed'

'I was so stressed before I had my massage with Amy, I was in-between patients and didn't feel like I really had time for it. Amy managed to make me feel so relaxed, I almost fell asleep.'

'I really enjoyed my massage with Amy, it really set me up for the day. The herbal tea to take back to my desk was a nice touch.'

'I'd never had a massage before and was quite nervous about it. Amy put me at ease and it was the most amazing thing I have ever had done. I didn't know I could be so relaxed!'



Requirements for an Optimal On-Site Experience

In order to give your employees, to get the best possible experience from their massage sessions the below is

Room Requirements	Any room can have a massage table set up in it. It does need to be a private space so that your employees can comfortably enjoy their massage and experience deep relaxation. A minimum of 6ft x 9ft or 2m x 3m. Access to a plug socket is also required for the oil diffuser and electric blanket (if required). A hand washing station close by is also needed to maintain hygiene in-between clients.
Point of Contact	To ensure smooth coordination, a single point of contact is required to liaise with me and help manage staff scheduling for the massage sessions.
Maximum Number of Sessions	I can offer up to three full working days per week, which helps me maintain my physical and emotional well-being and ensures I can continue providing high-quality, relaxing sessions for your employees. A full day can accommodate a maximum of eight employees, with each session lasting 30 minutes. I don't offer sessions shorter than 30 minutes, as this duration allows me to focus on true relaxation and a meaningful reset for every staff member.
Confidentiality	I handle all client information with strict confidentiality and in line with UK data-protection standards, ensuring that any personal details shared before, during, or after a session are securely managed and never disclosed without consent.
Insurance & Professional Registration	I am fully qualified and insured Level 3 VTCT (ITEC) massage therapist. I am also a member of the Federation of Holistic Therapies (FHT) demonstrating my commitment to high professional standards, qualified practice, and trusted wellbeing support. You can search for Quiet Meadow Massage & Holistic Therapies on the FHT register at www.FHT.org.uk



Ready to Transform your Team Now?

Investing in employee wellbeing isn't just good for morale, it creates a culture where people feel valued, supported, and ready to perform at their best.
Click the link below to book your 1st on-site massages -

[BOOK NOW](#)

Want multiple days or a tailored package with up to £250 off? Reach out using the details below-

07356 220309

amy@quietmeadowmassage.co.uk

For more information, visit www.quietmeadowmassage.co.uk