



NICK  **TORRY**
MASSAGE THERAPY

Chair Massage

REDUCE STRESS & ILLNESS | IMPROVE CONCENTRATION & ALERTNESS



Nick is based in South East London and has been a fully qualified and insured massage therapist since April 2019.

He is qualified in Raynor Naturopathic Massage, Japanese Acupressure Chair Massage and Manual Lymphatic Drainage.

Nick's approach focuses on the mind/body connection and turning negative physical and mental cycles into positive ones.

His 5-star rated status on google is testament to the effectiveness of his technique and skill as a therapist.

What is chair massage?

I am accredited through TouchPro to provide a seated form of Japanese Acupressure. This chair technique is designed to offer the recipient the gift of touch, relaxation, and stress relief through a short 10-minute to 40-minute routine. The client remains fully dressed and ready to get on with their day. It is ideal for work places and events!

The technique includes work on the back, hips, shoulders, neck, head, arms and hands. It can have a very powerful effect, leaving you feeling lighter, calmer, more present in your body and even more energised. It can change the course of your day!

“Just had my first massage with Nick and wasn’t disappointed. He asked all the right questions to assess my pain threshold and afterwards I was left feeling relaxed and rejuvenated.

I will definitely be going back for a repeat performance and would highly recommend him to anyone with neck and shoulder tension.”

NANCY JAMES

Why choose chair massage?

The evidence for the importance of employee wellbeing to the success of a business has never been clearer – Happier, healthier staff are more productive workers.^[1]

Chair massage is a wonderful and cost-effective way to treat your employees, support their wellbeing and get the best out of them. Now that remote working is becoming the norm, it is also a great perk to encourage your team in to the office when the need arises.

Why choose Nick?

As a solopreneur I do not have the large overheads of the bigger on-site massage companies. For SMEs who only require one therapist (me!) to treat all their staff I offer very competitive rates in comparison. You are also getting the same reliable and skilled therapist for all your sessions so the quality of the massage is guaranteed.

^[1] Gallup, [Employee Wellbeing is Key for Workplace Productivity](#)

“Nick is a gifted practitioner with an impressive determination to make a difference to your wellbeing. I could feel the benefits of his massage for days - I am definitely going back!”

CHIARA MESSINEO

“Very professional, very attentive to your needs and delivers a great service. I highly recommend booking some session with him.”

PASCAL REZ

The benefits of chair massage



**REDUCE STRESS
& ANXIETY**



**LOWER BLOOD
PRESSURE**



**RELIEVE MUSCLE
STIFFNESS**



**BETTER
SLEEP**



**STAY
PRESENT**



**STIMULATE THE
NERVOUS SYSTEM**



**INCREASE ALERTNESS
AND CONCENTRATION**



**INCREASE
IMMUNITY**



**INCREASE
CIRCULATION**

“It’s always a pleasure to see Nick, therapeutically and personally. He provides a space whereby I can relax of course but also know that he is working at his optimum level to treat all the tight spots and knots in my body.”

MICHAEL BOOTH

“Amazing experience, very respectful and I felt very safe. Amazing massage and left feeling very relaxed. I will be back soon!”

ELI KOHUT

How my chair massage visits work?

- ◆ I can visit your office or event for a half- or full-day period
- ◆ I require a space of approximately 3m x 2m
- ◆ I conduct a quick consultation (approx. 2 minutes) and ask the client to sign a declaration before the start of their massage

Prices

Save money and pay for a blocked time slot of either a half or full day. Each massage can be between 10 and 40 minutes. Otherwise sessions can be paid for on an individual basis, which may be more suitable for very small teams.

Per minute - £1 / Half day - £180 / Full day - £300

 nicktorrymassage.com  [@nicktorry.massage](https://www.instagram.com/nicktorry.massage)  [nicktorrymassage](https://www.facebook.com/nicktorrymassage)

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