



Corporate Wellbeing & Executive Recovery Services

On-Site Massage & Bodywork Solutions

Carlos Serrano

Sports & Remedial Massage Therapist

About Carlos Serrano the therapist



Clinical Expertise. Luxury Service Standards.

I am a qualified Sports & Remedial Massage Therapist dedicated to helping individuals:

- Move better
- Recover faster
- Reduce pain
- Improve physical resilience

With experience in high-end spas, luxury hotels, and private service environments, I combine:

- Advanced therapeutic training
- Structured postural assessment
- Discreet, high-standard service delivery

Every session is professional, confidential, and outcome-focused.

Why Corporate Wellbeing Matters



Modern professionals face:

- Prolonged desk posture
- High stress environments
- Travel fatigue
- Performance pressure
- Muscular tension & burnout

On-site therapy supports:

- Reduced musculoskeletal complaints
- Improved productivity
- Stress management
- Increased employee satisfaction
- Enhanced retention & morale

Wellbeing is no longer a perk — it is performance infrastructure.

Workplace Chair Massage

Efficient. Accessible. High Impact.



Ideal for:

- Team wellbeing days
- Large office environments
- Event activations
- Staff appreciation initiatives

Treatment Format:

- 15–30 minute seated treatments
- Upper body tension relief
- Fully clothed
- Minimal space required

Benefits:

- Reduces neck & shoulder tension
- Improves circulation
- Boosts energy & focus
- Suitable for high staff volume

Delivered by:

- Carlos Serrano
- Or dual-therapist team for larger groups

Executive Couch-Based Therapy

Private. Targeted. Therapeutic.

Designed for:

- Senior leadership
- High-responsibility roles
- Long-hour professionals
- Individuals requiring deeper intervention

Includes:

- 30, 45 or 60 minute sessions
- Structured body & postural assessment
- Sports & remedial techniques
- Myofascial release
- Assisted stretching / MET
- Lymphatic support where appropriate

** Delivered on a professional extra-wide massage couch for enhanced comfort and privacy.



Hybrid Model



For larger companies or executive-level activation days:

- Carlos Serrano: Executive couch-based treatments
- Associate therapist: Chair massage for team members

This model allows:

- High volume staff coverage
- Premium care for leadership
- Efficient use of time
- Strong internal engagement impact

Scalable depending on company size.

Qualifications & Clinical Scope



Core Qualifications:

- iTec Diploma – Massage Therapy
- iTec Diploma – Sports Massage Therapy
- FHT Diplomas in Advanced Bodywork

Specialised Training Includes:

- Remedial & Deep Tissue Massage
- Muscle Recovery & Injury Prevention
- Assisted Stretching & PNF
- Postural & Movement Assessment
- Myofascial Release & Vagus Nerve Regulation
- Fire Cupping Therapy
- Kinesiology Taping
- Manual Lymphatic Drainage
- Oncology Massage & Cancer Care
- Muscle Energy Techniques (MET)
- Chair Massage

** Fully insured and professionally registered

Additional Capability (Associate Therapist)



For larger corporate events

My collaborating therapist holds qualifications in:

- Massage Therapy
- Manual Lymphatic Drainage
- Pregnancy Massage
- Body Sculpting
- Chair Massage

This enables:

- Dual therapist delivery
- Larger team coverage
- Flexible service structuring
- Professional scalability

Corporate Services Rates



Chair Massage (Per Therapist)

4 Hours (Half Day) – £299

6 Hours (Full Day) – £420

Executive Couch-Based Service (Per Therapist)

4 Hours – £420

6 Hours – £620

Hybrid Model (Couch + Chair, 2 Therapists)

4 Hours – £560

6 Hours – £820

Includes:

- Equipment
- Travel within London
- Insurance
- Setup & breakdown
- Professional coordination

** Custom arrangements available for multi-date bookings.

What Makes This Different



- Structured assessment-led therapy
- Clinical depth beyond basic relaxation massage
- Discreet luxury service standards
- Experience with high-expectation environments
- Scalable delivery model
- Performance & wellbeing integration

** This is not a one-off perk.

** It is a structured wellbeing solution.

Let's Build a Tailored Wellbeing Experience



We would welcome the opportunity to design a corporate wellbeing structure aligned with your company culture and objectives.

Contact:

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Confidential. Professional. Outcome-Focused.