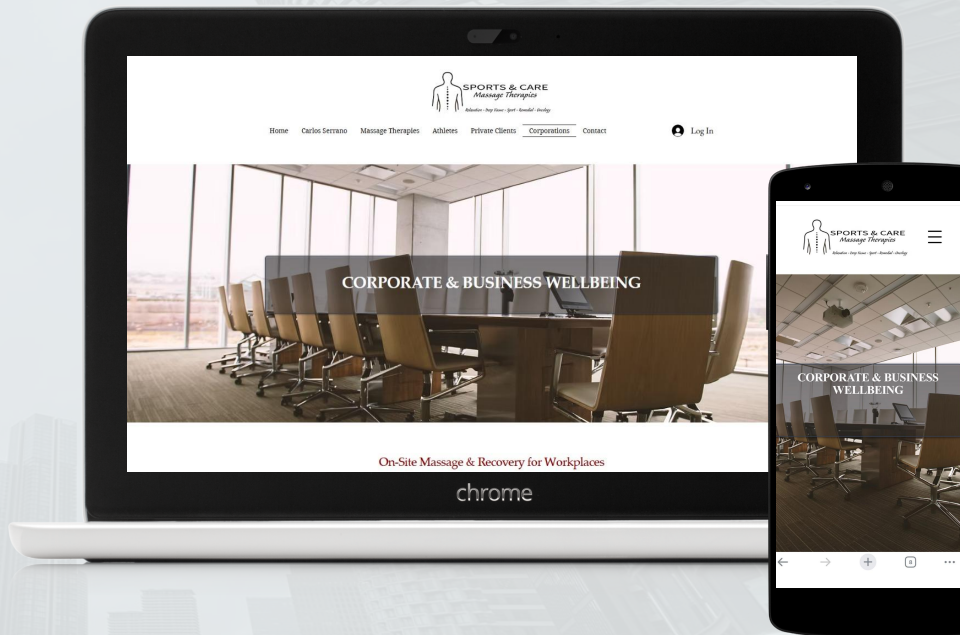




Workplace Wellbeing Therapies

On-Site Massage & Recovery for Professionals

Sports & Care Therapy
Delivered by a dedicated Sports Massage & Bodywork Therapist





Who is Carlos Serrano

(The Therapist)

A Professional, Personalised Therapy Services

Sports & Care Therapy is operated by **Carlos Serrano**, a London-based Sports Massage and Bodywork Therapist delivering **on-site wellbeing services** in professional office environments.

With experience supporting private clients, athletes, and high-performance individuals, this service is designed to integrate seamlessly into **high-density, premium workplaces**, offering effective physical support with minimal disruption.



My Approach

A Comprehensive Approach to Workplace Wellbeing

This service combines **hands-on sports massage therapy** with **advanced recovery tools**, allowing treatments to be adapted in real time to each individual's needs.

Where appropriate, additional recovery methods are integrated **within the booked session time and price**, ensuring employees receive the most effective support possible without needing multiple appointments or external referrals.



Why Offer On-Site Massage at Work

- ✓ **Maximum Convenience** — no travel, no disruption to personal time
- ✓ **Reduced Pain & Tension** — neck, back, shoulders, hips
- ✓ **Improved Mobility & Posture** — especially for desk-based roles
- ✓ **Better Focus & Productivity** — relaxed bodies support clearer minds
- ✓ **Attractive Workplace Benefit** — valued by staff and teams

On-site sessions allow employees to **finish work, receive treatment, and go straight home**, making wellbeing realistic and accessible.



What Makes This Therapy Service Different

A Higher Standard of On-Site Care

Standard Workplace Providers

- Rotating therapists
- Fixed routines
- Massage only
- Grapeseed oil
- One-off treatments
- Basic equipment
- Volume-focused

Sports & Care Therapy

- One dedicated therapist
- Fully personalised sessions
- Massage + recovery tools
- Selection of oils & aromatherapy
- Optional progression tracking
- Premium extra-wide massage couch
- Outcome-focused

On-site sessions allow employees to **finish work, receive treatment, and go straight home**, making wellbeing realistic and accessible.



Complimentary Recovery Tools

Advanced Support When the Body Needs More

When an employee's condition requires additional support, the following tools may be integrated **at no extra cost**, within the session duration:

- **Electro Muscular Stimulation (EMS)** — muscle activation & recovery
- **Cupping therapy / cupping massage** — deep tissue decompression
- **Compression therapy (legs, arms, hips)** — circulation & fatigue reduction
- **Kinesiology taping** — ongoing joint & muscle support
- **Infrared sauna blanket** — deep relaxation & metabolic recovery
- **Percussive massage gun** — stubborn knot release
- **Massage blades & trigger-point tools** — deeper access to muscle layers

Tools are applied only when appropriate and always tailored to the individual.



Why This Matters In The Workplace

Better Results, Better Use of Time

This integrated approach allows:

- Faster relief from pain and stiffness
- Improved posture and mobility
- Reduced recurrence of tension patterns
- More effective use of each session

Employees benefit from **complete, efficient treatments** without leaving the workplace.



Continuity & Progression Of Care

Structured Support Over Time

For employees with ongoing or recurring issues:

- Optional **body & postural assessment**
- Key findings recorded (with consent)
- Treatments adapted as conditions improve or change
- Recovery tools adjusted accordingly

This ensures:

- ✓ Consistency
- ✓ Accountability
- ✓ Meaningful progression



Common Workplace Conditions Supported

Typical Issues Addressed

- Neck, shoulder & upper-back tension
- Lower-back pain
- Postural imbalances from prolonged sitting or standing
- Hip, glute & leg tightness
- Repetitive strain injuries
- Muscular fatigue & stiffness
- Stress-related tension
- Training-related soreness for active staff

Each session is adapted to job demands, posture, activity levels, private life routines, exercise, and other factors.



Ideal For Premium Office Locations

Designed for High-Density Workplaces

This service is particularly effective in areas such as:

- Canary Wharf
- Bank & Monument
- Aldgate & Liverpool Street
- London Bridge
- Elephant & Castle

Employees receive treatment **on-site** and leave the day feeling better — no additional travel required.



Office Day Rates (on-site)

Clear & Efficient Workplace Pricing

To support efficiency and minimise disruption, **discounted block rates** are available when multiple sessions are booked on the same day.

Office Day Rates

- **£89 per hour** — single booking
- **£79 per hour** — minimum **3 consecutive bookings**
- **£75 per hour** — **more than 3 consecutive bookings** in one day

✓ Maximum of **6 treatment hours per day** (ensuring quality and consistency)



Trial Day Option

A Simple Way to Experience the Service

A trial day allows you to:

- Experience service quality firsthand

Optional trial offer:

- ✓ Up to **3 hours of complimentary treatments**
- ✓ Can be split into 3 × 60 minutes or 2 × 90 minutes


No obligation — simply an opportunity to experience the value.



Get in Touch

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SPORTS & CARE
Massage Therapies

Professional recovery support — delivered directly in the workplace.