

Office Massage



Dalmácia 2000 Bt.

Dear Sir/Madam,

Please let us briefly introduce the
OFFICE MASSAGE
services offered by Dalmácia 2000 Bt.

The following pages will provide information on the:

- reasons behind the increasing popularity
- labour safety aspects,
- health preserving effects,
- practice, price and
- cost friendly nature

of Office Massage.

The reasons behind the increasing popularity of Office Massage

In most EU member states improving the work environment and minimising the chance of workplace accidents and occupational hazards are common safety measures.

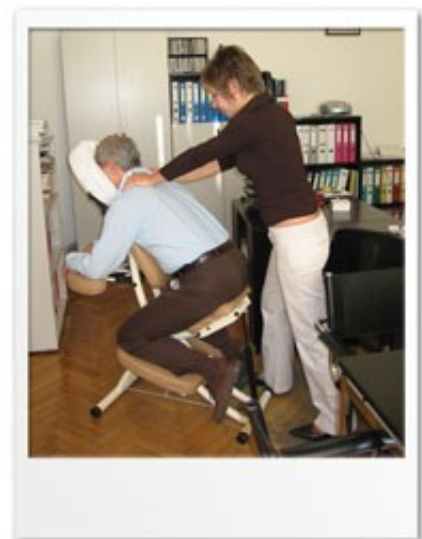
This interpretation of labour safety is not only a moral and ethical question, but also has economic aspects where employers' and employees' interest happen to meet. A number of ILO and WHO studies conclude that labour safety is rewarding for the employee, the society and the employer as well. Not only because neglecting it can decrease companies' profitability in a variety of different ways, but also because of existing tax relieves.

Office Massage as a preventive labour safety measure

Sedentary work posture increases the risk of problems in the back, neck and shoulders, often resulting in headache and pain in the affected areas, and, eventually, leading to loss of concentration. Freshening massage is one the best available prevention methods which can be simply fitted in the working day.

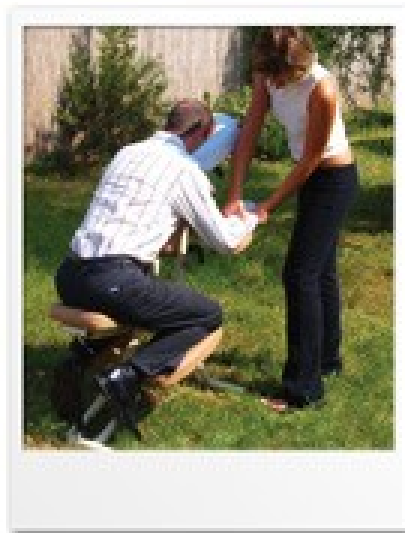
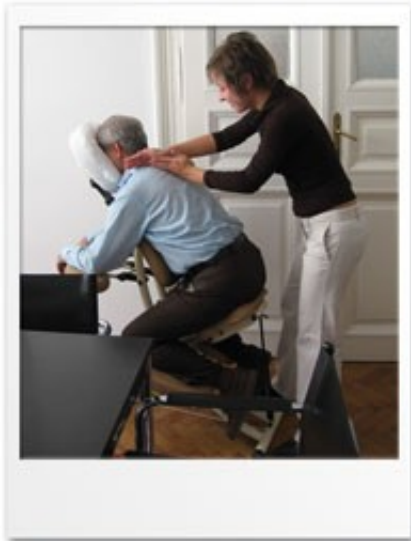
Office massage quickly refreshes strained body parts, greatly improves blood circulation and prevents organ problems. Using unique techniques and a specially designed chair, office massage relaxes constantly used muscle groups.

- Relaxes the muscles
- Improves one's general condition
- Improves blood circulation, which increases concentration and performance
- Dissolves stress
- Reduces the undesired effects of improper posture and a sitting position



The Office Massage in practice:

The “patient” sits on a specially designed chair, which makes massaging the neck, shoulders and back through the clothes possible. In order to reach the best possible results in 20 minutes, in office massage we combine Swedish, Thai, and Tibetan massage elements.



Office massage cannot replace sport but it is one of the best alternatives that can be offered at the workplace.

Office massage and financing

One of our qualified colleagues visits your company at a pre-scheduled time and massages the employees. Ideally, office massage is provided weekly. Although it does not require any preparations, a separate room or partitioned-off corridor section is desirable.

Office massage takes about 20 minutes/person and costs 1,500 Ft + VAT.

(Financing through private health insurance fund or by employee : VAT is 0%)

Financing possibilities include:

- payment by employer,
- payment by employee,
- shared payment by employer and employee,
- financing through private health insurance fund.

We have a contract with the following private health insurance companies:

- Allianz Hungária Egészségpénztár
- Credit Suisse Life & Pensions Önkéntes Egészségpénztár
- Dimenzió Egészségpénztár
- Generali Egészségpénztár
- K&H Medicina Egészségpénztár
- Medcover Egészségpénztár
- MKB Egészségpénztár
- OTP Országos Egészségpénztár
- Patika Egészségpénztár
- Tempo Egészségpénztár
- Uniqa Egészségpénztár

Should your private health insurance company not be listed above, please let us know and we will contact them.

Massage at events and conferences

We accept invitations to events and conferences to provide 15-minute freshening massage for guests.

Please call us for a quote, which depends on the location of the venue and the size of the event.

References

British Embassy, Budapest - *Brit Nagykövetség, Budapest*
Budapest Mayor's Office - *Budapest Főváros Főpolgármesteri Hivatal*
GVA Robertson
ICAS
Leo Burnett
Magyar Telekom
National Development Agency - *Nemzeti Fejlesztési Ügynökség*
Richter Gedeon Részvénytársaság
QBE Atlasz Insurance
SPE Bank Zrt.
SunGard
Várkert Kaszinó Kft.

We sincerely hope you have found this brochure interesting. Please do not hesitate to contact us for further information.

Contact:

Dalmácia 2000 Bt.

1146 Budapest, Szabó József utca 8/a.

Ms Henriett Révbíró

+36 (30) 606 2474

www.frissitomasszazs.hu