



TOES TO CROWN

Massage & Sound

CORPORATE WELLNESS

Francisco Amoscotegui is a wellness therapist with over 20 years of experience in massage and sound healing. His corporate wellness programmes combine relaxation, physical recovery, and sound therapy to enhance employee well-being, motivation, and productivity in the workplace.



Services

Chair Massage (On-Site Chair Massage)

- 15-20-30 minute sessions per person.
- Ideal for short breaks during the workday.

Group Sound Healing Sessions

- 60–90 minutes for groups.
- Includes gong, bowls, didgeridoo, flute, voice and more...
- Can be done in meeting rooms, auditoriums, or spacious office areas.
- Amplified Sound Healing sessions recommended for over 25 people groups.



Combined Programmes

- Tailored blends of On-site Massage, Sound Healing and Yoga
- Flexible according to the company's needs, number of people and available space.

Benefits for the Company & Employees

- Reduction of stress and fatigue.
- Increased focus, clarity and productivity.
- Improved employee motivation, morale & team cohesion.
- Enhanced employer branding as a company that values wellbeing.

On-site Massage Prices

(Custom quotes available upon request)

	1 Therapist	2 Therapist	3 Therapist
3 hours	£270	£540	£810
4 hours	£345	£690	£1,040
5 hours	£420	£840	£1,265
6 hours	£495	£990	£1,485
7 hours	£565	£1,135	£1,700
8 hours	£635	£1,275	£1,900

Sound Healing Sessions Prices

(Custom quotes available upon request)

	60 min	90 min
Sound Healing Acoustic Journey: Gongs, bowls, flute, chanting...	£450	£550
Amplified Sound Healing An immersive Experience: Sound System & effects	£600	£750



Flexible Options

- **Special Events & Wellness Days**
- **Regular Programmes** (weekly / monthly On-site visits).



Combination Packages

- On-Site Massage + Sound Healing
- On-Site Massage + Yoga + Sound Healing
- Yoga + Sound Healing

Contact Toes to Crown to tailor a programme to your company's needs.

Contact

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