

TimeOut®

Corporate World On-Site Massage

Unleashing Potential ★ Productivity ★ Profits

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Silicon Valley

Santa Cruz

Boston

Sarasota

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Since 1996

Why Massage?

In today's world, every business strives to gain a competitive advantage that will allow an organization to quickly achieve its highest business objectives. One approach is to capitalize on employees, the heart of every institution. Studies show that happy, healthy employees contribute more to a company's bottom line.

Why TimeOut?

As a result, *TimeOut's* on-site Chair Massage Clinics have moved from a mere indulgence to 'smart maintenance' as the global economy enters the new era of 'performance management'. In fact, according to Newsweek Magazine, scientists are now finding that massage can reduce blood pressure, boost the immune system, dampen harmful stress hormones and raise mood-elevating brain chemicals such as serotonin.

According to the Occupational Health and Safety News and the National Council on Compensation Insurance:

- Stress accounts for \$26 billion in medical and disability payments and \$95 billion in productivity loss.
- Stress keeps about one million people a day from going to work.

TimeOut's Team

TimeOut's certified, licensed and insured Massage Therapists perform massage on fully clothed recipients, focusing attention on scalp, neck, shoulders, back, arms and hands, relieving sore muscles and aching joints. Comfortable and ergonomically designed massage chairs, massage tables and *TimeOut's* special amenities are conveniently brought to your site.

TimeOut's Clinics

TimeOut's Premiere Massage Wellness Clinics are revitalizing 15, 20, 30 and 60 minute massage sessions. For the purpose of renewed inner calm, increased mental clarity and focused creativity, energy enhancing amenities (soothing music, nutritious snacks, Magnet Therapy, Aromatherapy and more) are combined with massage giving each beneficiary the unique lasting feeling of 'relaxed alertness' and overall nourished well-being.

Our Vision

To help people feel better! FOR A TRUE AND LASTING ESPRIT DU CORPS: *TimeOut* is dedicated to a global mission of revolutionizing the competitive edge by ensuring maximum health and peak performance of a company's most valuable resource and asset.... its Employees.

What is TimeOut?

Premiere Massage Wellness Clinics and Special Events

TimeOut is a national, award winning on-site Corporate Massage Company serving Silicon Valley California, Boston Massachusetts and the Greater Bay Area of Sarasota Florida.



Mindy Lederman Robinray R. Rowland
Co-founders

Meet Human Conservation Specialists

Premiere Services

TimeOut is a multi-faceted massage company which enjoys creating an atmosphere of calm restoration and rejuvenation, enhancing lives where they train and compete as well as where they work and play.

TimeOut's services menu includes

- *TimeOut's* Premiere Massage Wellness Clinics
- *TimeOut Is Here!!* Trade Shows and Special Events,
- *TimeOut For Giving Back* Fundraising Events
- *LifeWorks* Seminars and Workshops
- *Awakening* Personal Life Coaching
- Individual Massage
- Couples In-Home Massage
- Tandem Massage
- Gift Certificates
- Opportunities for Entrepreneurs

Our Mission

TimeOut's team of 50 certified, licensed and insured massage professionals are committed to increase job performance, reduce stress-related injuries and illnesses, reduce absenteeism and turnover by uniquely combining energy enhancing amenities with therapeutic massage. Our goal for boosting morale, productivity and strengthening your bottom line is easily achieved. *TimeOut's* Massage Wellness Clinics are fast, convenient, fun and a 100% tax-deductible onsite health benefit.

100% Tax-deductible Health Benefit When Gifted to all Employees

WHY **TIMEOUT** CORPORATE WORLD MASSAGE?

- Valued Employees Deliver Exceptional Service and Boost Sales and Revenue
- Improves Communication, Interpersonal Relationships and Morale
- Reduces Soaring Healthcare Costs and Compensation Claims
- Massage Wellness Programs Attract and Retain Key Talent
- Relieves Mental and Physical Fatigue, Anxiety and Insomnia
- Esteemed Employees Loyal Maintain the Competitive Edge

TESTIMONIALS from the companies

The level of appreciation and well-being among our employees is incredibly high after each *TimeOut* Wellness Event. They are definitely a service that more companies should use regularly.

-- Ro Carbone, Director of Human Resources, E-Loan

Thanks so much for your gracious help, intelligence and turn-on-a-dime response. Participants were raving about your service.

-- Sally Ward Smith, Events Coordinator, Garage Technology Ventures

"ProBusiness is known as a 'Great place to work'. We believe in rewarding our hard working employees with activities that are "outside the box" as in *TimeOut's* on-site massage, when it comes to real health benefits. *TimeOut's* services are over the top in quality work and professionalism. Their team has been a fine asset to our Wellness Program and Health Fairs for the past five years."

-- Kathie Hillier, Human Resource Administrator, ADP/ProBusiness

TimeOut's quarterly Massage Clinics provide the downtime to replenish our staff's creative energy that often leads to our next big innovation.

-- Gerard Furbershaw, S.R.V.P., Lunar Design

"At a three day conference, the biggest obstacle to success are travel fatigue, information overload and discomfort from sitting. Hundreds of my colleagues received massage and we were so thrilled to have *TimeOut* there to ease our sore aching muscles. Thank you! We felt truly revitalized!!"

-- Carol Nakomoto, Regional Women's Conference, Hewlett-Packard

When employees are asked, which perk would you most want, on-site meals or massage? The winner was off the charts... "Hey I say we forget the buffets in the future and opt for massages instead. That was great!! Thanks!

-- Leslie F., Sales Team, San Jose Mercury News

TESTIMONIALS from recipients

It's nice to feel appreciated and receive such a wonderful gift. I was feeling so fatigued, sore and tense and now I feel worlds better. Massage is fantastic for boosting morale. - Vicky J.

My co-workers and I love the calming atmosphere you create and the aromatherapy and goodies you bring. The whole event makes us feel very special and happy. Thanks for a wonderful and unique experience. - Tina N.

This service is absolutely necessary. It was an incredible experience and a huge benefit to my mind and body, perfect pressure and techniques. - Renee V.

ADDITIONAL **TIMEOUT PREMIER SERVICES:**

***LifeWorks* Educational Productivity Enhancement Workshops and Stress-Reduction Luncheon Seminars**

Innovative customized Wellness Events of massage and motivational speaking guaranteed to enrich and empower.

***TimeOut Is Here!!* Conventions, Trade Shows and Special Events Services**

This surefire marketing technique maximizes your success by greatly increasing your presence and visibility, keeping you ahead of your competition. Time-tested, the expertise of our on-site chair massage services is the most effective tool for drawing large enthusiastic crowds to your venue.

***TimeOut For Giving Back* Fundraising Services**

TimeOut offers 50% of its proceeds to every fundraising Event it serves. People love to be nurtured and rejuvenated by a great massage. Unite that with raising money for a worthy cause and we call that perfect chemistry for a hugely successful Event!

Awakening Personal Life Coaching

by Mindy Lederman CMT M.A.

Awakening Personal Life Coaching offers a safe, supportive and non-judgmental place to explore ways to make changes that will give you a greater sense of freedom, personal empowerment and meaning in your life.

Couples In-Home Massage

There's no place like home when it comes to spending quality time with your partner and receiving side by side, 75 Minute, Warm-Oil Swedish and Aromatherapy Massages. Two Therapists provide everything needed for a totally relaxing, nurturing and rejuvenating experience.



Tandem In-Home Massage

This is profoundly relaxing and deeply nurturing therapeutic wellness session is performed by two Massage Therapists working rhythmically together. An ideal treatment for maintaining a strong, youthful and vibrant body.

Beautifully Designed Gift Certificates

Perfect for every occasion under the sun, Birthdays, Anniversaries, Special Clients, and Get Well Wishes to Let's Party!

Opportunities for Entrepreneurs

Need Help Creating an On-Site Corporate Massage Company? *TimeOut* is happy to assist you.

A Perk Like No Other, Totally Cost Effective

Call **TimeOut:** Headquarters Phone: 941.266.5087 Silicon Valley Phone: 650.462.9452 FAX: 941.360.9646

What to Expect During An On-Site Chair Massage Upper Bodywork Session

Where will my corporate massage session take place?

Your corporate massage will take place in a quiet room, (i.e. conference room). You will sit on a massage chair that has been especially designed for your comfort or lay on a massage table. Soothing music will be played, and aromatherapy may be used to help you relax. After your massage you will be served garden fresh mint and lemon iced spring water.

Who will perform the corporate massage?

A bodywork professional that has received certified training, often in a variety of techniques and modalities, will conduct your corporate massage session.

Must I be undressed?

Massage sessions are traditionally performed with the client unclothed; however in the corporate setting the massage recipient is **always fully clothed**. It is best to remove jewelry and roll up your sleeves so that your Therapist can massage your neck, arms and hands with greater ease. Therapists carry small blankets for over your lap if your comfort requires it.

What parts of my body will be massaged?

A typical corporate chair massage session includes work on your head, neck, shoulders, back, arms, and hands. A typical corporate table massage may also include legs and feet.

Will a lotion be used?

A light lotion, which hydrates the skin and readily absorbs, may be used on your arms and hands. Please let your Therapist know if you have sensitive skin, if you are sensitive to fragrances or if you would prefer to be worked on without lotion. Your feedback is welcome and valuable.

Can I request work on specific areas of my body?

Absolutely! Your satisfaction is our utmost concern. The success of the massage session is a dual responsibility. Your Therapist will accommodate your requests and check in with you during the session to make sure the massage pressure and techniques are right for you. Please guide your Therapist and let him/her know if you would like more or less pressure in specific areas. The massage will be adjusted to your needs. Everyone's comfort level is different and your comments help him or her to give you a great massage.

How long will the corporate massage session last?

The average session lasts 20-minutes, but many companies choose 15, 30, and 60 minute sessions. Some people request double sessions for longer massage work. These sessions often alleviate feelings of extreme discomfort and pain due to long hours of muscle overuse, which commonly cause stress, migraine headaches, mental fatigue, eye strain and back pain.

Are there any medical conditions that would make corporate massage inadvisable?

Yes! Before you begin your session, your massage Therapist will ask you a few general health questions. It is very important that you inform your practitioner if you have any health issues such as cold or flu symptoms, injuries, arthritis, fibromyalgia, osteoporosis, carpal tunnel syndrome or tendinitis. Massage has been proven to be beneficial in these conditions and your Therapist will work in the most effective way. However if you have a fever, if you are less than seven weeks pregnant or are being treated for any illness, it is *TimeOut's* recommendation that you do not receive a massage. If you are under a doctor's care it is advisable that you receive a written recommendation before having your massage.

How will I feel after the corporate massage session?

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down for 15 to 20 minutes, people then often experience increased energy, heightened alertness, an overall feeling of well-being and greater productivity that can last for days

Are gratuities appropriate and if so, how much?

Companies who gift their employees with a *TimeOut* Event have already taken care of that. In other situations, Therapists graciously accept tips, but never expect them. A 15-20% gratuity is often offered for a job well done



Is it ok to ask for Therapist's business cards for a massage outside of work?

You bet! *TimeOut* encourages our Massage Associates to build their Private Practices by offering their services to those who express an interest.



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You'll Feel Better With Us.
We Guarantee It!

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Unleashing Potential ★ Productivity ★ Profits