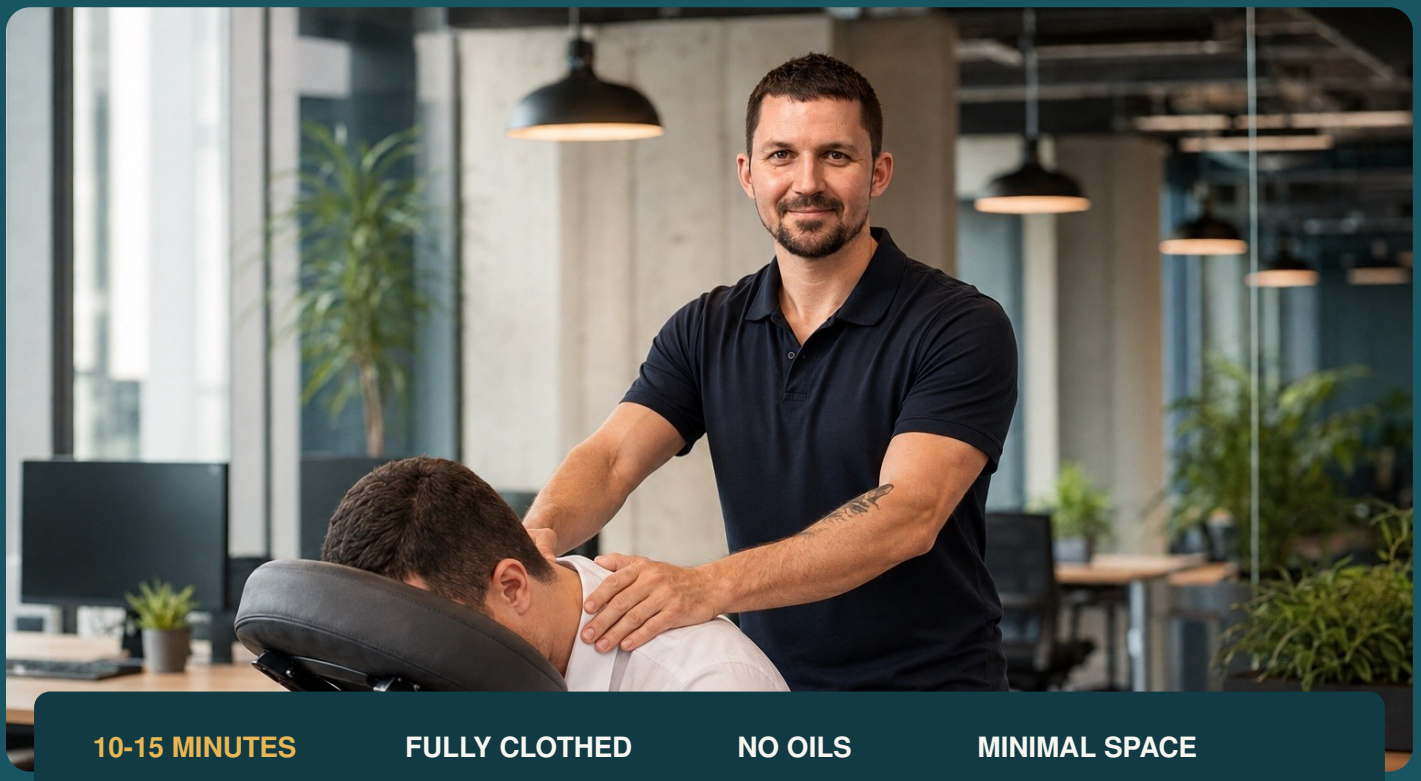
CORPORATE WELLNESS

A practical recovery break inside the working day

Short chair-massage sessions at your office. Employees stay fully clothed and return to work in 10-15 minutes.



10-15 MINUTES | FULLY CLOTHED | NO OILS | MINIMAL SPACE

Easy for employees. Simple for HR.

MAX brings the equipment, runs the sessions and adapts the schedule to your team. Participation is always voluntary.

DESIGNED FOR

- SHARED OFFICE DAYS
- WELLNESS WEEKS
- TEAM EVENTS
- MANAGER RECOVERY

HOW IT WORKS

A measured pilot before a regular programme



ON-SITE CORPORATE MASSAGE WITH THE EU-STARTUPS TEAM, BARCELONA

Simple to organise

We agree the date, participant numbers and session length. MAX brings the equipment and manages the on-site flow. Employees choose their own time slot.

Useful feedback for HR

After the pilot, HR can receive a short summary of participation, anonymous tension scores before and after, overall rating and willingness to repeat.

COMPLIMENTARY INTRODUCTION

30-45 minutes for a People, HR or Office Manager and selected colleagues

€0

Up to 3 short sessions. No commitment. If the format fits your team, the next step is a paid office pilot.

PACKAGES AND CONTACT

Corporate massage formats

Clear pricing with equipment and on-site coordination included

OFFICE PILOT

€150 *+ IVA*

Up to 2 hours
8-10 employees
Chair massage
Short follow-up summary

TEAM WELLNESS

€280 *+ IVA*

Half day, 4 hours
From 15 employees
Chair massage
Short follow-up summary

CORPORATE DAY

€450 *+ IVA*

Full day, 7-8 hours
From 30 employees
Chair and table options
Short follow-up summary

All prices are shown before VAT (IVA), which will be added at the applicable rate.

From €15 per employee, depending on programme duration and frequency.

TRUSTED BY TEAMS IN BARCELONA

Housing BCN, Restaurant KINZA, Interlux Travel, EU-Startups

"Professional approach and attention to detail - we decided to make corporate massage a monthly benefit."

Natalia, Office Manager, Housing BCN

Max Tarasov

Founder and Certified Massage Therapist

8+ years, 10,000+ sessions
English, Spanish, Russian

Complimentary introduction

A simple 30-45-minute introduction at your office. Experience the format first, then choose whether a paid pilot makes sense for your team.

LET'S DISCUSS YOUR TEAM

+34 603 245 331 info@maxmassagebcn.com maxmassagebcn.com

SCAN FOR CORPORATE ENQUIRY