



Better Day Massage



Better Day Massage is a new twist on massage. This is massage brought into the work place! Your employees can benefit from a 12-15min chair massage. It has been found to increase productivity and attendance on “Massage Day!” Want to try it for free? You Can! The first time I come into your office is completely free! So what are you waiting for? Schedule your massage day now! Contact Info:

E-mail: kristin.lasta@hotmail.com and Cell: (630) 740-0386



How does it work?

I (Kristin Lasta) would come into your work place for 2 hours at a time and give your employees a 12-15min chair massage. While I am there I can work on 8 people each time. There will be a sign-up sheet for each week so your employees can choose the time that works best for them. Payment will be received at the end of each month for the weeks before. The rate is \$40 an hour, \$80 each visit. If you choose to have massage every other week it would be \$80 each visit as well. However, if you choose to have me come in once a month it would be \$120 for the visit.