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# YOUR WELLNESS SIMPLIFIED

Office Number: (646) 565 - 0711  
[www.bodyworksforyourhealth.com](http://www.bodyworksforyourhealth.com)

# Menu of Services

## Corporate Chair Massages

>\$175/hour per massage therapist

## Educational Talks (DEI Speakers/Mental Health/Nutritional Workshops)

>Duration 1 hour  
>Virtual \$750+  
>Onsite \$1500+



## Pamper Yourself Spa Day:

Chair massages, Manicures, Medical Aesthetics  
>\$2,500

## Self Defense Class:

Improve awareness, Boost confidence, and teach you how to protect yourself and others

>\$2,500



## Health Fair:

Chair Massages, 6-8 Wellness Vendors,  
Smoothie Samples, Fun Giveaways & Raffles

>Duration 2 hours

>\$2,500



## Employee Appreciation Days \*Mini Health Fair\*

2 massage therapists

2-3 wellness vendors

>Duration 2 hours

>\$1,500

## **Webinars**

>Duration 1 hour

>Virtual \$750

>Onsite \$1500

## **Team Building**

Employee Challenges,  
Team Trivia)

>\$500+



## **Social workshops**

Wine & chocolate night, cocktail mixing)

>\$1500

## **Corporate Wellness Subscriptions (Monthly and Yearly options)**

>Silver Package: \$1000/month

>VIP Premium Package: \$1500/month





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**CONTACT  
US TODAY**

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