Bodi

LOCATED IN BATH

The 15 minute *neck release*

Suboccipital release for teams and leadership, brought to your office. I bring everything. You provide the space.

FOR

Teams and leadership

FROM

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CONTACT

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Your people carry the *pressure* in their necks

Stress and musculoskeletal strain are among the biggest drivers of lost working time in Britain. Long hours at screens, back to back meetings and a forward head posture load the base of the skull all day.

964,000

workers in Great Britain with work-related stress, depression or anxiety (2024/25)

22.1m

working days lost to work-related stress, depression or anxiety (2024/25)

62%

of all working days lost to work-related ill health came from stress, depression or anxiety

26%

of work-related illness is muscle, tendon and joint pain

THE COST

Estimated annual cost of work-related injury and new ill health to the UK economy: **£22.9 billion** (HSE, 2023/24).

What is *suboccipital* release?

A sustained, gentle release at the base of the skull, where the neck meets the head. You lie face up, fully clothed, while I support the weight of your head and work through the small muscles at the skull base (the suboccipitals).

WHY IT MATTERS

i These four small muscle pairs help steady the head and fine tune its position, so they work hard whenever we sit and look at screens.

ii They are richly supplied with sensory receptors, so tension here is easily noticed by the nervous system.

iii Upper neck nerves share pathways with those that carry sensation from the head and face, which is one reason neck tension is linked with headaches.

where the head meets the neck

15

MINUTES, HELD QUIETLY

What the *research* shows

i

Headache and neck pain

A systematic review of 13 randomised trials (745 people) found most studies showed significant benefits for pain and everyday function when suboccipital release was used for tension-type or cervicogenic headache and neck pain.

Source: AIFI Congress abstract, systematic review and meta-analysis

ii

Impact on daily life

In a 2022 randomised trial in chronic tension-type headache, four weeks of suboccipital inhibition with interferential current reduced the impact of headaches on daily life.

Small trial (25 people). Self-reported pain alone did not change significantly. Neurologia, 2022

iii

A calmer nervous system

Controlled studies of 10 to 15 minute seated massage report lower blood pressure and cortisol. A 52-person workplace study saw systolic and diastolic readings fall after one 15 minute session.

Sources: AMTA position statement; Perceptual and Motor Skills, 1997 (no control group)

The research is promising rather than conclusive. Studies are small and results vary. This is a relaxation and wellbeing service, not a medical treatment.

Fifteen *minutes*.

01

Fully clothed

No changing, no oils to wash off, no awkwardness.

02

Hair stays intact

Head massage is optional, so hair can stay exactly as it is.

03

15 minute slots

Easy to fit between meetings, and back at the desk straight after.

04

Private and quiet

A single treatment space, with calm and confidentiality.

What your team *gets back*

01

Energy and focus

A reset in the middle of a long day, for clearer thinking in the afternoon.

02

Tension relief

Less tightness at the neck and head, where screen work does the most damage.

03

Stress recovery

A quiet pause that gives the body a chance to downshift.

04

Retention and culture

A visible signal that leadership looks after its people.

A SMALL COMMITMENT

15 minutes per person.
A full day reaches
around **20 to 24** people.

One quiet room. Nothing
for your team to organise.

The return: a reset that supports focus, energy and performance, from the C-suite to every team.

For scale: one work-related stress absence averages **22.9 days** (HSE, 2024/25). *A day of care for the whole team asks far less.*

I bring everything. You provide the *space*.

1 Choose your day

Pick a date and share the schedule. A full day offers around 20 to 24 sessions in 15 minute slots.

2 Offer a private space

Any quiet room or private space with space for a massage table.

3 I arrive and set up

I bring the table and all equipment, run the day on time, and leave the space as I found it.

I BRING	YOU PROVIDE
Massage table	A room or private space
All equipment	*That is all.*
A calm presence	
Easy scheduling	

Built for busy *teams* and busier leaders

i

Teams

A genuine thank you that people feel in the body, not just read in an email.

ii

Leadership and C-suite

Private, calm and efficient. Fifteen minutes between meetings, then back in the room.

iii

Wellbeing weeks and away days

A practical, hands-on anchor for a wellbeing programme or team event.

Your comfort, *always*.

Consent first

Everyone chooses their own level of pressure, and can ask me to pause or stop at any moment.

A short check-in

A quick confidential health question before each session, so I can adapt or decline where needed.

Please tell me beforehand

If you have a recent neck or head injury, recent surgery, or a medical condition affecting the neck, check with your GP first.

Wellbeing, not medicine

This is a relaxation and wellbeing service. It does not diagnose or treat medical conditions.

FULLY INSURED WITH BALENS INSURANCE

Feel it *first*.

A fifteen minute session is the quickest way to judge the value for yourself. I can arrange a taster for you and your leadership group, so the decision to book a day for the whole team rests on first hand experience.

1 SHARE THE BRIEF

Your team size, location and the dates that suit you.

2 RECEIVE A PROPOSAL

A simple plan covering the number of slots, the price and the room I need.

3 I ARRIVE PREPARED

I bring everything. You provide the space.

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Sources

Health and Safety Executive, Work-related ill health and injury statistics 2024/25 (published November 2025), and HSE cost model estimate for 2023/24 (£22.9 billion).

Perez-Llanes R. et al. Effectiveness of suboccipital muscle inhibition combined with interferential current in patients with chronic tension-type headache: a randomised controlled clinical trial. Neurologia, 2022;37(9):717-725.

AIFI Congress abstract: systematic review and meta-analysis of manual suboccipital muscle release in adults with tensive or cervicogenic headache or neck pain (13 RCTs, 745 participants).

Massage therapy as a workplace intervention for reduction of stress. Perceptual and Motor Skills, 1997;84(1):157-158 (52 participants, no control group).

American Massage Therapy Association, position statement: Massage Therapy Can Relieve Stress.

This service is for relaxation and wellbeing and is not a substitute for medical advice.