

Bring practical recovery to your team.

Each client receives 20 minutes of treatment plus a separate 5-minute changeover for dressing and preparing the next client. Oil-based massage is performed directly on skin: clothing is removed from the treatment area, underwear stays on, and towels cover the rest of the body. A private room is required for changing and treatment. All available recovery options are included; see below.

PACKAGE	SESSION BLOCK / TEAM	AT THE BRANCH	AT YOUR WORKPLACE
Mini Recovery Day	2h 30min / up to 6	R1,200 R200 per employee	R1,450 Includes R250 travel per visit
Half-Day Recovery	5 hours / up to 12	R2,280 R190 per employee	R2,530 Includes R250 travel per visit
Full-Day Recovery	8h 20min / up to 20	R3,600 R180 per employee	R3,850 Includes R250 travel per visit
Monthly Business Partner	5h monthly / up to 12 6-month contract	R1,999/month About R167 per employee	R2,249/month Includes R250 travel per visit

A simple workplace setup

01
Choose a package

Tell us your team size, location and preferred date.

02
We plan the flow

FitNest confirms timing, privacy, space and suitable treatments.

03
Employees opt in

Each participant completes private consent and screening before treatment.

INCLUDED	GOOD TO KNOW
- Equipment, massage oils, clean towels and therapist time - 20-minute treatment + 5-minute changeover - Private consent and basic health screening - Simple attendance summary for the organiser	- Workplace travel: R250 per visit - Private room for changing and treatment, with space for a massage table and therapist access - Employee participation is voluntary - Wellness service; not medical diagnosis or treatment

Request a workplace quote
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fitnest.sa@gmail.com

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Branch visits have no travel charge. Workplace totals add R250 travel per visit. Workplace address and travel arrangements are confirmed before booking. Prices are fixed; per-employee rates assume full capacity.

Monthly partner: 6-month contract, one 5-hour visit each month. Branch R1,999/month (R11,994 total); workplace R2,249/month (R13,494 total including six travel charges).

Blocks reserve 25-minute client slots: 20-minute treatment + 5-minute changeover. Setup and breaks require extra time. Allowances assume one station; final staffing and schedule must fit operating hours and are confirmed before booking. Prices include VAT where applicable.

Recovery therapy options included

Sports, deep tissue and Swedish massage techniques; cupping; leg compression; TENS; percussion.

Package prices include these available options. Each employee receives a 20-minute session using selected suitable techniques after consent and screening, not every therapy at once. Treatment choices and equipment are confirmed before the visit.