



The Balanced Sole

# Corporate Serenity

- Revolutionize your culture
- Elevate Productivity
- Make an Impact

With Corporate Massage and  
Foot Zone Therapy



## THE BENEFITS

- Increases Energy and Focus
- Improves Employee Morale
- Increases Productivity and Creativity
- Decreases Stress and Anxiety
- Relieves Aches and Pains
- Reduces Headaches/Brain Fog
- Creates loyalty and retention

## WHY CHOOSE US?

Having 35+ of the most passionate and therapeutic massage and foot zone practitioners, we are ready to serve - whatever your size - whatever your goals - whatever your desires.

## BOOK US NOW

Scan here to learn more



## WHAT IS IT?

You are familiar with massage but not Foot Zoning? It is a powerful ancient technique that uses the ability of the body to heal itself by triggering acupuncture points found on the feet which correspond with all body systems. Similar to reflexology, it opens the flow of energy, helps to release stress and pain, and supports the body returning to a state of balance physically, mentally and emotionally.

## OUR VISION

To inspire employers to provide a culture that supports the productivity, creativity, and health of their most important asset - their employees.

To empower individuals to make self-care a vital part of their journey - that it critically influences their mental and physical well-being - which impacts the vitality, effectiveness and enjoyment of their lives.

## MY STORY - MIA MERRILL

As a double certified Foot Zone Therapist, I have seen the impact reflexology and massage has on my client's emotional and physical well being. Knowing worksite stress is the highest rated source of stress, I feel passionate about expanding into the corporate world - to make a greater difference in the wellness of those in my community.

[www.thebalancedsole.com](http://www.thebalancedsole.com)

435-241-8469



# ★ Five Star Fans! ★

## **KATY REES | SALES RABBIT**

"The Balanced Sole arrived in a timely, professional and friendly manner to provide massages and foot zoning to our team of 75+. They ran a perfect event that every participant raved about. Having our team being able to leave their computer screens, truly relax and enjoy pampering during the work week, was a great perk appreciated by all."

## **KIRRA METCALF | FACEBOOK DATA CENTER**

"The Balanced Sole came to the Facebook Data Center as part of a health fair we held onsite and blew the employees away! Mia and her team were incredibly easy to work with and beyond friendly and accommodating. Our employees raved about Mia's services nonstop and can't wait for them to come back. We will definitely be repeat and regular customers of Mia's!"

## **NICKY RODRIGUEZ | MERCATO PARTNERS**

"Our experience with The Balanced Sole for our corporate massage day was exceptional. Coordinating with Mia was effortless, making the entire process smooth and efficient. Opting for the corporate chair massage was perfect for our office. Each 20 minute session offered a great balance of relaxation without disrupting the workday; boosting our team's morale and productivity. Highly recommended for any corporate wellness initiative."

