



Chair Massage

Chair Massage is a 10 to 15 minute massage to the muscles of the head and neck, the back and shoulders and the arms and hands. This is done while the client is fully dressed sitting in a specially designed chair that facilitates the therapist being able to give the client a soothing, relaxing and therapeutic massage. Great for those who have only a few minutes.

I also provide Chair Massages on site, either at your office or special event. A two hour minimum, please.

Benefits of On Site Chair Massage for your office



- A chair massage program demonstrates the employer's active commitment to the health and well being of their employees
- Chair massage is quite affordable to most employers and actually can save the employer money
- One company reported a 25% reduction in time off from work-related injuries and a major drop in compensation claims paid after starting a massage therapy program. (Financial Times, 1992)
- A chair massage revitalizes employees in only 15 minutes while leaving them relaxed but alert
- Studies showed job stress and anxiety were reduced while alertness and performance on math tests was increased following in-chair massage therapy. (International Journal of Neuroscience, 1996)

The massage is done using a specially designed chair that the therapist brings to your site and requires very little space

- Used as part of your wellness program, the chair massage requires little or no motivation and promotes better productivity from your employees
- The results of the chair massage are felt immediately.
- Chair massage relieves muscle tension and fatigue, which can cause headache and soreness, and works to break the repetitive motion cycle that produces injuries such as carpal tunnel syndrome.