



# Chair Massage

CHAIR MASSAGE, ALSO KNOWN AS SEATED MASSAGE, IS A FORM OF MASSAGE TREATMENT THAT MANY COMPANIES ARE NOW PROVIDING AS A VALUABLE HEALTH BENEFIT TO THEIR EMPLOYEES.

- Reduces Stress
- Increases Productivity
- Fosters Creative Thinking
- Lasting Boost of Energy



I have ample experience in the field and I am pleased to offer chair massage services to companies regardless of their size.

A Chair massage session can be performed at the employee's workstation or in a conference room. The usual session lasts between 10 to 15 minutes and can be offered during the typical daily break. During the session, the recipient remains fully clothed and relaxes on a specially designed chair. Unlike table massage, no change in attire is necessary as no oils or perfumes are used.

If you are interested in providing this health benefit to your staff or coworkers please [contact me.](#) ▶▶▶



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