

## Employee Reward

Reward the winning department of a team competition to a fifteen-minute massage. After a stressful and demanding project, contract for a day of chair massage to show your appreciation for a job well done, or substitute a congratulations in the office newsletter after a strong fiscal quarter with a sign-up in the break room for a complimentary chair massage.



Compliments Of:



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# Chair Massage





## Convenience

Chair massage is performed in the workplace. Your employees will be seated upright on a special massage chair and will remain fully clothed. No oils are used, so there is no need for them to be concerned about stains on clothing. The session generally lasts from ten to twenty minutes. The chair is lightweight and portable, enabling it to be set up in virtually any office or break room.



## Are Your Employees Overstressed?

From manufacturers to hospitals to auto dealerships, companies across the country are using seated massage services to make work less of a pain in the neck for employees. Chair massage provides hard-working employees with a convenient method of alleviating the stress inherent in these competitive times.

Slouching at a desk for prolonged periods often results in lower back pain. Repetitive motion injuries, such as carpal tunnel syndrome, are common among office workers. A ten to twenty minute stress-buster massage relieves tension in neck, back, and shoulder muscles, reducing irritability and increasing productivity.

## Benefits

Studies by the Touch Research Institute in Miami, Florida, show that the benefits of chair massage have quick results. Immediately after massage sessions, the subjects experienced a change in brain waves in the direction of heightened alertness and better performance on math problems (completed in less time with fewer errors).

At the end of the five-week study period, subjects reported reduced job stress and elevated moods. This was in addition to the usual benefits of massage, relief of muscular tension, revitalized energy, and a stronger immune system.

The study's findings are significant in that the International Labor Organization stated in its 1993 World Labor Report that job stress costs the U.S. economy \$200 billion annually through diminished productivity, compensation claims, absenteeism, health insurance, and direct medical expenses.

## Techniques Used

Chair massage utilizes acupressure and Swedish massage to relieve tension. Though beginning at a slower pace, the work moves a little faster as the practitioner proceeds. The session ends with quick, revitalizing strokes in order to bring the client back to a state of full consciousness.

## Safety

The practitioner will demonstrate the procedure for getting on and off the massage chair for those not familiar with its use. Positioning is very important and the practitioner should check regularly throughout the session to be sure the client's alignment remains correct.