

ON-SITE MASSAGE

Job Woes

Your job can make strenuous demands on your body.

Most of us perform certain tasks over and over throughout the course of the day. While heavy labor such as lifting, carpentry, or welding is an obvious physical stressor, even the simple repetitive motions called for in duties like typing, answering phones or computer data entry can cause many problems.

As if that weren't enough, your job can strain your emotions, too.

The face of the American workplace has changed dramatically in recent years. As a result of corporate downsizing, more tasks are performed by fewer workers, adding to an already stressful work environment. When deadlines are pushing down on you and keeping up with new technologies is overwhelming you, where can you turn for relief?

You may find the answer with on-site seated chair massage.

Investment in Wellness

Workplace stress results in lower productivity, increased absenteeism, and job-related accidents. Realizing that preventative measures are needed in today's environment of skyrocketing health care costs, business and corporation are investing heavily in wellness programs for the workplace. Many companies are finding that on-site chair massage can be an important part of a successful wellness program.

Why On-Site

An on-site seated, chair massage:

- is convenient. The therapist comes directly to you with the portable massage equipment
- involves no tables, sheets, or oils. Your seated massage takes place directly through your clothing
- won't disrupt your work day. The massage is usually about fifteen to twenty minutes in duration – about the same as a coffee break
- is an easy wellness program in which to participate. All you need to do is relax and enjoy!

Easing your Stress

Accumulated stress and tension always diminish your energy and vitality. The rejuvenating effects of a massage in the middle of your workday may surprise you. The therapist touch can:

- invigorate you as it loosens your tense muscles and stimulates your circulation
- enhance your ability to think and concentrate as the circulation of oxygen-rich blood to your brain and body is increased
- help you to feel alert, refreshed, and ready to get back to the job
- help you to get in touch with your body, educating you about where you store stress and tension and how it affects you

- alleviate some of the pain of chronic job-related conditions such as carpal tunnel syndrome. Your massage therapist can address your specific problem areas

The Versatile Treat

On-site massage isn't just restricted to the workplace. There are many other locations and events where you might use it to show your appreciation, raise money, or get your product or business noticed.

- sporting events
- shopping malls
- fundraisers
- parties
- waiting rooms
- health fairs

On-site massage can be a healthful, fun, and invigorating addition to your plans. Be creative!