

Corporate Massage

THE BENEFITS OF CORPORATE MASSAGE Studies have shown that happy, healthy employees contribute to a company's success. Decreasing Stress and Increasing Energy has positive effects that reverberate throughout the entire organization. Our job is to help your company keep it's competitive edge by ensuring the well-being and health of your employees. Did you know?

- Research indicates that a 15-minute chair massage results in decreased job stress, increased alertness and increased speed & accuracy on math computations. (1)
 - Office workers massaged regularly were more alert, performed better and were less stressed than those who weren't massaged. (1)
 - Up to 90% of all visits to primary care physicians are for stress-related complaints. (2)
 - Stress accounts for \$26 billion in medical and disability payments and \$95 billion in lost productivity per year. (2)
 - Over 50% of lost work days are stress related which keeps about 1 million people per day from attending work. (2)
 - Health care expenditures are nearly 50% greater for workers who report high levels of stress. (3)
 - 40% of job turnover is due to stress. (4)
- Corporate Massage offers benefits for:
- Companies
 - Employees
 - Increases Employee Retention
 - Relieves fatigue
 - Improves Productivity
 - Lowers anxiety & hostility
 - Enriches corporate culture
 - Enhances creative thinking
 - Decreases Absenteeism
 - Improves problem solving
 - Helps Recruit top Talent
 - Strengthens Immunity
 - Improves Job Satisfaction
 - Helps Prevent R.S.I.
 - Improves overall company Health
 - Lowers Muscle Tension & Pain

You can hire our exceptional massage therapists to come to your site. Massage is a real treat to boost morale or reward employees for a job well done. Many companies promote this type of relaxation weekly. It's easy, relaxing and a great break during working hours.

Chair massage, also known as seated massage, is fast becoming one of the most popular ways in which to practice. Generally, chair massage is administered onsite at various locations, including health fairs, airports, shopping malls and in corporate settings. Clients remain fully clothed and treatments generally last from 15-30 minutes. Chair massage is usually limited to the back, neck and arms.

1. Field, Ironson, Pickens et al. (1996). Massage therapy reduces anxiety and enhances EEG pattern of alertness and math computations. *International Journal of Neuroscience* 86, 197-205
2. Occupational Health and Safety news and the National Council on compensation Insurance (U.S.A.) 3.. *Journal of Occupational and Environmental Medicine*
4. American Institute of Stress