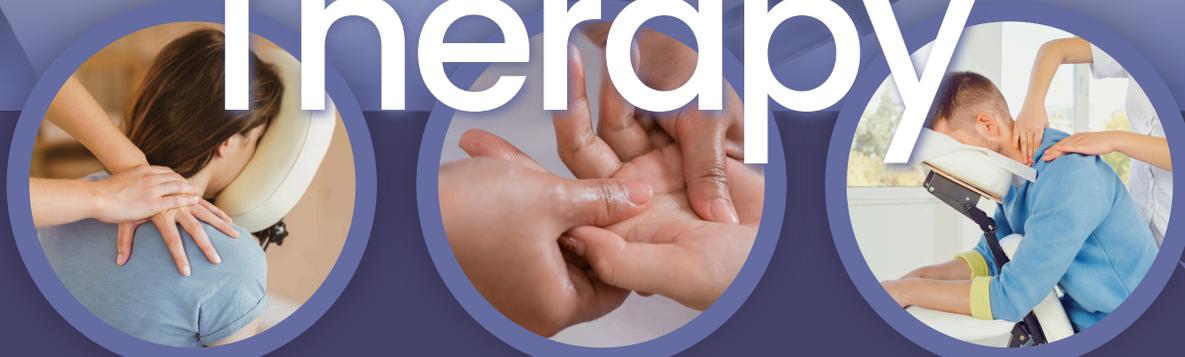




# Chair Massage Therapy



## WHAT IS IT?

A convenient, on-site workplace service offering short (10–20 minute) sessions in a portable ergonomic chair. Employees stay fully clothed (no oils/lotions needed), with focus on relieving tension in the neck, shoulders, back, arms, and hands.

[BOOK NOW](#)

## WHY SHOULD YOU OFFER IT?

- **Reduces stress** and lowers cortisol
- **Relieves muscle tension** and pain in common desk-work areas
- **Boosts focus, energy, and productivity** for better performance
- **Improves morale and job satisfaction**, fostering motivation and positive culture
- **Lowers absenteeism and turnover** by supporting well-being