

Benefits of Massage

Experts estimate upwards of ninety percent of disease is stress-related. And perhaps nothing ages us faster, internally and externally, than high stress.

Massage is an effective tool for managing this stress, which translates into:

- **Decreased Anxiety**
- **Improved Concentration**
 - **Reduced Fatigue**
 - **Greater Energy**
- **Enhanced Sleep Quality**
- **Increased Circulation**

Massage may also have the following effects:

- **Alleviate pain**
- **Increase range of motion and flexibility**
 - **Enhance immunity**
 - **Improve athletic performance**
- **Release endorphins, our body's natural pain killer**
- **Relieve migraines and frequent headaches**

Payment

Depending on what type of chair massage service you are looking for, there are different payment options available.

Option 1: The employer or host of the event can pay up front.*

\$50 per hour

Option 2: Individuals can pay for their own massage.*

\$1 per minute

* Regardless of payment option, a minimum of 1 hour of service must be booked.

Negotiations may be made for fundraising events or business promotions.

Chair Massage



Photo Courtesy of ABMP

Compliments of:



Andrea Linnes-Bagley, CMT
612-568-4486

www.healinghandstm.com
andrea@healinghandstm.com
ABMP Professional Member
Nationally Certified by NCBTMB

INVEST IN YOUR HEALTH!

What is chair massage?

Chair massage offers employees or guests at a party a convenient way of alleviating stress inherent in their jobs and daily lives.



Photo Courtesy of ABMP

The massage therapist will provide therapeutic massage in a seated ergonomic massage chair. No oils or lotions are used and the

recipient will remain fully clothed.

The chair is lightweight and portable, enabling it to be set up in any space.



Chair Massage for your business: Which is right for you?

Providing convenient chair massage for your employees or customers can have compounding effects.

A 1993 report by The International Labor Organization stated stress costs the U.S. economy roughly \$200 billion annually through diminished productivity, compensation claims, absenteeism, health insurance and medical expenses. Maintain stress-free staff and customers by offering chair massage.



Photo Courtesy of ABMP

Improve employee performance

A study done by the Touch Research Institute in Miami, FL showed the positive effects of chair massage.

- **Immediate effects: heightened alertness and better performance on math problems.**
- **Long-term effects: subjects reported reduced job stress and elevated moods.**



Photos Courtesy of ABMP



Reward a job well done

Reward your hard-working staff for meeting deadlines, increased sales, strong departmental performance or for an office celebration with a complimentary chair massage done in the convenience of the office.

Regardless of the reason, massage is a wonderful way to show gratitude to the people that make your business a success!

Increase business/sales



We all know that money doesn't grow on trees. Let's help each other boost business!



Offer your customers a complimentary chair massage based on individual sales.

Together we can increase our bottom line while promoting the benefits of massage.



Chair massage for parties

Do you love massage, and want to share its benefits with your friends and family?

Host a party!

Chair massage is a great addition to your special event.

- ~ Birthday party
- ~ Bridal or Baby shower
- ~ Book club
- ~ Spa day
- ~ Ladies night

You name the event!

When we're done, everyone will feel relaxed, rejuvenated, and ready for a wonderful time.