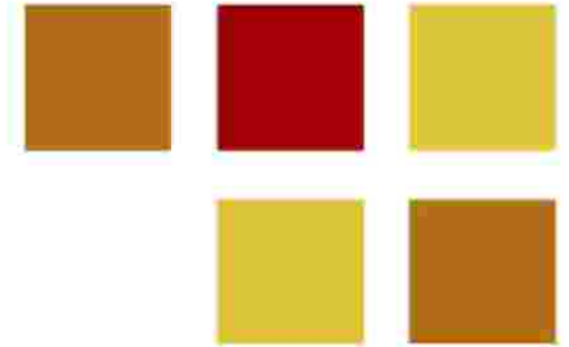
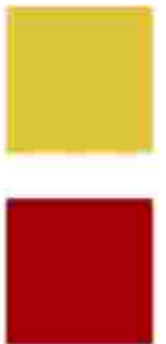
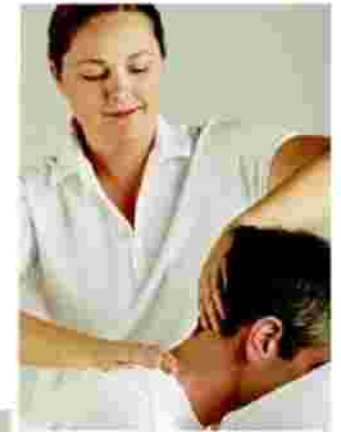


## Employee Reward

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 congratulations in the office newsletter after a strong fiscal quarter with a sign-up in the break room for a complimentary chair massage.



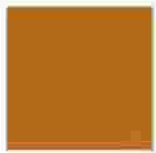
## Chair Massage





## 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.

## 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.



## 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.

## Pricing

Employer\Company Expensed - \$60.00 per hour

Shared Expensed - split in a variety of ways (from as low as 10% employer paid to as high as 90% coverage).

Individual Expensed - individual employees pay for their own Massage Therapy sessions at a cost of one dollar per minute for 15 minute incremental sessions. Discounts are available for governmental employees and multiple long term appointments.

## Contact

To set up an appointment or for more information contact Stephen Shortnacy.

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