



HEALING HANDS

Corporate Wellness

Massage

WHY IT'S BENEFICIAL

Massage has been around for thousands of years. It provides a host of health benefits and has been proven to do the following:

- Lower anxiety and stress
- Increase circulation
- Boost immune responses
- Lower blood pressure
- Relieve muscle pains and headaches
- Increase energy

HOW IT WORKS

There are three ways we can incorporate massage into an employee's workday:



KIND OF MASSAGE	DURATION	EQUIPMENT USED	MAIN AREAS WORKED	OTHER DETAILS
Chair massage	5-20 min	massage chair	Back, neck, shoulders, arms, hands	Client is clothed; no oils or lotions used
Table massage (clothed)	15-30 min	massage table	Back, arms, legs	Client is clothed; no oils or lotions used
Table massage (with lotion)	30-60 min	massage table	Entire body (time permitting)	A non-greasy lotion is used