

Definition of Chair Massage--

AKA Corporate Massage or On-Site Massage. Chair massage is done while the client is fully clothed and seated in a specially designed chair. Work is done over the clothing, on the neck, back, shoulders, and sometimes arms and hands. Sessions usually last between 5 and 20 minutes, with 10 minutes being the most popular length of time requested.

Many private businesses will hire a massage therapist to provide chair massage for the employees. Some offer this service once a week or once a quarter, or as part of a celebratory period to thank the employees for reaching a goal, or for Wellness Day. Sometimes the company picks up the cost, and sometimes the employees pay the therapist directly, and sometimes the cost is split. You'll also often see chair massages at airports, malls, and stores such as Whole Foods Market. Elementary schools will hire a therapist during teacher in-service days.

Studies have found that employees who receive regular chair massages at their job have greater morale, take fewer sick days, have less turnover, and return to their desk with less muscle tension and have greater productivity.

I love going into businesses and helping employees feel better! Give me a call or email me the liaison's name to set up an afternoon at your business or school!