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 a 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

Compliments Of:

Edie Richards, CMT
www.edieartsandwellness.com
edie@edieartsandwellness.com
(317) 796-6389
601 N 6th Street (I.S.U. Student Rec. Center)
Terre Haute, IN 47809

Massage Price List - *denotes Student fees
Swedish, Relaxation, Reiki
1/2 hour $32.50 - *$30.00
1 hour $55.00 - *$50.00
Therapeutic, Deep Tissue, Sports Massage
1/2 hour $37.50 - *$35.50
1 hour $65.00 - *$60.00
Chair Massage - 2 hour bookings for location
15 minutes $13.00 - *$10.00
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.

Techniques Used
Chair massage utilizes acupressure and Swedish massage to relieve tension. Though beginning at a slower pace, the work moves a little faster as the practitioner proceeds. The session ends with quick, revitalizing strokes in order to bring the client back to a state of full consciousness.

Safety
The practitioner will demonstrate the procedure for getting on and off the massage chair for those not familiar with its use. Positioning is very important and the practitioner should check regularly throughout the session to be sure the client’s alignment remains correct.