

Onsite Seated Chair

*“Only the person who is relaxed can create, and to that mind
ideas flow like lightning”*

-Cicero

Investment in Wellness

Workplace stress results in lower productivity, increased absenteeism, and job-related accidents. Businesses and corporations are realizing that preventative measures are needed in our current environment of increased workload, increasing competition and skyrocketing healthcare costs.

As a result, many companies are investing heavily in wellness programs for the workplace. Documentation shows that for every dollar a company spends on wellness, it receives a minimum \$5.00 return. Many companies are discovering that on-site massage is an important part of a wellness program.

*“We’ve tried stress workshops in the past, but employees here prefer the massages.
Massage has proven to be the best way to open the door to the whole stress issue.
Better than classroom workshops.”*

*Colleen Higgins
Wellness Manager
Reebok, International*

Stress Affects All of Us

Your job can make strenuous demands on your body, mind and emotions; (even if you are one of the lucky ones who love what they do for a living). Additionally, with the American workplace changing dramatically in the last several years, more tasks are being performed by fewer employees, adding to an already stressful environment.

Our bodies react automatically to situations we find threatening or stressful. Not surprisingly, this is called the “stress response”.

Constant or frequent stress can damage or inhibit normal bodily function. This can lead to discomfort and even pain. Stress contributes to and can ultimately manifest itself as a disease process. Some examples might be:

- High Blood Pressure
- Ulcers
- Headaches (chronic and acute)
- Hypertension
- Colitis and Irritable Bowel Syndrome/Spastic Colon
- Heart Disease
- Lung and Breathing Problems
- Reduction of Immune System Function
- Chronic Fatigue and Fibromyalisa

“Accumulated Stress can reduce energy and productivity.”

The Antidote to Stress:

This is called the “**relaxation response**” (yes, really!) and is a direct counteraction to the stress response. There are several ways to activate the **relaxation response**: exercise, deep breathing, meditation, hatha yoga, and massage therapy.

Massage can dramatically reverse the damaging physiological effects of stress by helping to:

- Lower Heart Rate and Blood Pressure
- Improve Circulation
- Helping you Breathe more Easily and Fully
- Alleviate Headache Pain
- Improve Metabolism
- Activate your Immune System
- Assist in Removal of Toxins
- Reduce Anxiety

Research has shown that Massage Therapy helps raise your level of awareness, increase accuracy, and heighten your sense of well-being. Massage helps you and your colleagues feel alert, refreshed, calm and ready to get back to the job.

*“Massage is emerging as America’s favorite antidote to stress.”
-Time Magazine*

On-site Massage is Convenient:

We go to you.

- You are fully clothed, seated in a specially designed portable massage chair, in your own space.
- The massage is usually anywhere from ten to twenty minutes in duration – about the same as a coffee break!

On-site massage raises productivity, morale and is a high return investment in wellness and your business.

Call us to book you event or series today, 612-288-0488. We look forward to hearing from you!