

Corporate Chair Massage Therapy

Amy Horvath, NCTMB

Total Massage Essentials

535 Southlake Blvd, Richmond VA 23236 • (804) 897-6130

I would like to invite your company to join the many corporations already taking advantage of the host of benefits enjoyed by employee corporate chair massage.

Researchers have found that when participants received a fifteen-minute chair massage just twice a week, their anxiety levels were lower, their brain waves proved they were more relaxed and alert, and their stress levels were measurably reduced. The study also showed improved speed and accuracy on math computations.

Additionally, research has found that massage is helpful in decreasing blood pressure in people with hypertension, alleviating pain in migraine sufferers and cancer recovery, and improving alertness and performance in office workers. (Ref: University of Miami School of Medicine's Touch Research Institute). An increasing number of research studies also show massage reduces heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion, increases white cell



activity (enhancing immunity) and releases endorphins (enhancing medical treatment). *All of which can help keep employees healthy and, in turn can help keep insurance benefit's cost lower.*

Corporate Chair Massage Rates:

\$95/hour for one therapist

\$145/hour for two therapists

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Additional Benefits of Employee Chair Massage Therapy

- Reducing stress, improving mental clarity, and enhancing work performance.
- The time per employee investment is minimal: short five-, ten- or fifteen-minute sessions can often do the trick. Studies show what chair massage enthusiasts have known for some time: even a short massage can help relax tight muscles and remind the body to breathe.
- a chair massage during an afternoon break proves beneficial, particularly when you need to be energized, so you can better focus for late-day meetings or evening responsibilities.
- More and more companies are offering chair massages for their employees. The increased productivity and employee appreciation are just a couple of the benefits acknowledged by management.
- A great reward for production increase &/or completed projects
- A great morale booster
- Available for company health fairs, annual benefit enrollment meetings, corporate events

The health benefits of massage can help forestall illnesses and lost work time

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About the practitioner: Amy Horvath, NCTMB

The quality of care you receive is dependent on the proper training of the provider which is why I am certified by the Virginia Board of Nursing and the National Board for Therapeutic Massage and Bodywork. My education, national certification and continuing education requirements support my skills and experience to practice safely, competently and ethically.