



Massage Health & Healing *Energies*, LLC

Benefits of Workplace Massage

Massage is popular with employers and employees for a number of reasons. It has immediate positive effects, since recipients usually feel better right away. Some of the benefits are:

- ✓ Reduces the physical and mental effects of stress, thus helps prevent burnout and stress-related diseases
- ✓ Reduces the adverse effects of sitting for long periods of time in the same position, such as at a desk or while driving
- ✓ Relieves physical problems associated with repetitive tasks, such as computer keyboard use, sorting, filing and assembly-line tasks
- ✓ Improves alertness and ability to focus, a possible antidote for low productivity
- ✓ Helps relieve common problem conditions such as tension headaches and stiff and sore muscles
- ✓ Improves immune system functioning for better general health and resistance to colds and other illnesses
- ✓ Revitalizes employees and makes them ready to return to work

Massage may alleviate some of the physical aches and pains developed from sitting long hours doing deskwork. In contrast to other wellness practices, massage requires no practice and little effort on the part of the recipient. It complements other health practices such as exercise and stress reduction programs. Massage programs help increase good feelings about the workplace and loyalty to the business that shows concern for their employees' wellbeing. Massage programs boost productivity and can be taken advantage of by most workers.

Preparing for Seated Massage:

Seated massage is simply massage given to a recipient in a seated position. The special massage chair offers the best support and positioning for seated massage applications. Seated massage sessions focus on the upper body. Areas addressed include the neck and shoulders, upper and lower back, forearms, wrists, and hands. It's done through the clothing, no lotions or oils and only takes 15 to 20 minutes.

Our goal at Massage Health & Healing *Energies*, LLC is to help you and your body heal from the daily stress and strain that today's lifestyle places on you.