

WHAT IS CHAIR MASSAGE?



Chair massage is a massage of the back, shoulders, neck, and arms in which the massage recipient sits comfortably and fully clothed in a specially designed massage chair. The therapist kneads, lifts, and stretches the muscles and soft tissues using a variety of Swedish, Shiatsu and trigger-point therapy techniques. No oils are used and no clothing is removed. A chair massage can be anywhere from 5 to 30 minutes long: the basic 10-minute routine consists of: “Bilateral Warming” as the therapist works from the bottom of the neck to the shoulder blades several times. Then moving onto the shoulders, the therapist will follow one of two variations; “Mountain Climber” or “Wiper Blades”. Continuing on to the lower back using “Open Palm, Cross Connection or Loose Fit” the therapist will work back to the neck ending with an overall relaxing rubdown.

The list of benefits is astounding. Many are obvious but many may be new to you....

- **Reduce Stress:** the overall session is designed to reduce mental and physical stress, therefore increasing work productivity.
- **Reduce Tension Headaches:** Many times the cause of tension headaches is due to tightness in the neck and shoulder muscles. By reducing or eliminating this tightness many times the headache will disappear.
- **Increase Circulation:** Increasing blood flow has many healthful effects on the body. These range from better resistance to illness to a better metabolism.
- **Reduce Anxiety:** Sometimes our hectic lives take an emotional toll on our bodies, which leads to physical problems. Our sessions give an effective way for high stress people to take time out.

EVEN MORE BENEFITS

- *Lowers heart and blood pressure*
- *Provides relief of muscle tension and stiffness*
- *Enhances joint flexibility and range of motion*
- *Promotes sense of well-being*
- *Stimulates release of the endorphins (your body's own pain killers)*
- *Helps relieve chronic headaches*
- *Improves circulation*

Some Frequently Asked Questions

Do you use oils? No oils are used in chair massage. Sometimes lotion is during hand massage. Please let your therapist know if you prefer no lotion.

Do I have to remove my clothing? Chair massage is done fully clothed. At most, you will be asked to remove any jacket or obstructive jewelry during the massage.

I'm sensitive to fragrances, Can I exclude the aromatherapy? Just let the therapist know. The aromatherapy diffuser can be easily removed.

Will I be tired afterwards? It's easy to mistake a sense of relaxation for fatigue. In our experience, however, after a few minutes needed to "re-adjust" to the surroundings - massage recipients are more alert and focused than ever.

What if I want more or less pressure? Just ask! The therapist will check in with you during the massage, but never hesitate to let them know your preference.

What can I expect in a 10-minute massage? During the 10-minute session, the therapist will focus on relieving muscle tension in your neck, shoulders, and back. If you'd like work on your arms and hands please let them know, but keep in mind that this will mean less time on the other areas.