

Release
and
Refresh



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OFFICE
CHAIR
MASSAGE



HEALTH & PRODUCTIVITY

Healthy Work Environment

Work related stress and back pain is the cause of almost 50 % of sick day off. The World Health Organization (WHO) recommends organizations to provide practices such as Office Chair Massage to create healthy work environments which on its' turn increases productivity.

Clinical Studies

Here are the conclusions of some clinical studies which have proven the benefits of Office Chair Massage on your health and productivity:

- "the chair massage performed in the workplace is an effective method for prevention of musculoskeletal overstrain related to prolonged sitting posture"
- chair massage in the workplace proved to be effective (...) in prevention of physical and mental work-related overload."



Main Benefits for Your Organization

- **LOW COST STRATEGY:** No transportation or additional costs. Cost-effective meaning low cost with high return on investment;
- **IMPROVED FOCUS:** Office Chair Massage releases stress immediately, what improves your focus and alertness;
- **IMPROVE HEALTH & PRODUCTIVITY:** Regular Office Chair Massage keeps mind and body healthy and balanced. The Office Chair Massage has a refreshing and revitalizing effect and keeps you stress-free, contributing to higher levels of productivity.

How it works

Based on your organizations' needs we can make a package ranging from 5 to 30 minutes per person with weekly or monthly sessions. Most recommended is the weekly 15 minutes session for best results.

Investing in the Office Chair Massage service is the most practical, efficient and cost-effective program to improve health and productivity among workers in your organization.

*Improve health
and productivity
with just a
simple office
chair massage.*