



# The Performance Health Centre

## Corporate Chair Massage



Happier, Healthier employee's increases productivity  
and decreases stress in the workplace!



Employee's who feel better, work better!

CALL 416-538-BACK(2225) or [info@tphc.ca](mailto:info@tphc.ca)

# Corporate On-Site Massage

## What is On-Site Massage?

On-Site Massage (Seated Acupressure Massage) is a quick and effective treatment performed over clothing on an ergonomically designed chair. The massage focuses on the upper body and is usually given at the workplace. No oils are used.

The 15 minute treatment promotes a sense of well-being, leaving the employee calm, relaxed but alert and clearly focused, ready to tackle the rest of the day with renewed enthusiasm. Due to the portable massage chair, this massage can be performed practically anywhere, at the workplace or “on-site”- conferences, exhibitions, shows, business meetings etc.

## Why On-Site Massage?

More and more companies world wide are using relaxing on-site massages as a beneficial and cost-effective way of increasing productivity and reducing stress in the workplace. Stress is the main contributor to long-term absenteeism, a costly and non-productive situation.

# The Benefits of Chair Massage

- Lowers workplace stress
- Relieve muscle pain and tension
- Improve morale
- Improves productivity
- Lowers absenteeism
- Benefit to employee hiring and retention
- Increases circulation, which boosts energy and alertness
- Offers a proactive and preventative approach to wellness
- Leaves you feeling relaxed, and energized
- Increases physical, mental, emotional well-being