



### What is a chair massage?

Chair massage is a brief massage which:

- \* Is done while you sit in a chair, or in a specially designed portable massage chair.
- \* Is given by a professional massage therapist.
- \* Lasts from 5 to 30 mins.
- \* Uses no oils, lotions, or gels, and takes place with you fully clothed.
- \* Usually covers head, neck, shoulders, back, arms, and hands, and can be adapted to your needs.
- \* Leaves you feeling relaxed and rejuvenated.

Today stress is a fact of life. The effects of stress are cumulative, and without time to relax and recharge, can lead to:

- \* Headaches, backaches, eyestrain, neck pain.
- \* Repetitive use injuries such as tendonitis or carpal tunnel.
- \* Listlessness, poor concentration, anxiety, depression, irritability, or anger.
- \* Lowered resistance to colds and infections, high blood pressure and heart disease.
- \* Physical and emotional exhaustion, also known as "burn out."



Energize your day with a relaxing chair massage, brought directly to you in the workplace



### Availability:

Daily by appointment or  
Lunch hour Special: Monday - Friday  
from 11:00am-1:30pm TAKE \$5.00 off



## **Prairieland's Chiropractic Clinic**

300 W. Broadway, Suite 712

in the Omni Centre

Council Bluffs, IA 51503

(712) 256-2561

[www.Prairieland'sChiropractic.com](http://www.Prairieland'sChiropractic.com)

# Chair

# Massage



In as little as 5-15 minutes, a chair massage can dramatically reduce tension and increase a feeling of physical relaxation and mental renewal.



## Chair Massage Rates

\$1.00 per minute

## Individual Chair Massage Lunch Hour Special:

Monday - Friday from  
11:00 am - 1:30 pm

30 minutes for \$25.00



## On-Site Chair Massage Group Rates

\$65 per hour at 2 hour minimum  
\$25 Travel Fee per event  
10 mile radius

## How does this work?

We offer several payment options that can be tailored to meet your needs:

1. Company-sponsored: The company pays 100%.
2. Co-pay: The company and individual employees split the cost.
3. Employee-sponsored: Employees pay for their massages.

Simply choose the plan that fits your business.



## Benefits:

- ◆ It's convenient. No need to change clothes, shower, or leave work to participate.
- ◆ Results are immediate. Most wellness programs take months to show results.
- ◆ It's easy and safe. No special fitness level or training is required to receive a massage.
- ◆ Effects are cumulative. Consistent use reinforces the benefits.

- ◆ People enjoy it. You avoid two common problems: spending more selling a program than on the program itself, and then having it used most by employees who need it least.
- ◆ It encourages other steps to wellness. Regular massage helps people feel better and can motivate them to take care of themselves with diet, exercise or other lifestyle changes.

## Facts:

- Stress accounts for \$26 billion in medical and disability payments and \$95 billion in lost productivity per year.
- Over 50% of lost work days are stress related.
- 40% of job turnover is due to stress.
- Chair massage calms the nervous system and increases circulation, which boosts energy and alertness.
- Chair massage provides a complete change of pace so the body and mind can relax and renew energy reserves.

## Relaxation:

- Research indicates that a 5 to 15-minute chair massage results in decreased stress, increased alertness and increased speed and accuracy on computational tasks.
- Office workers who receive massage regularly are more alert, perform better and are less stressed than those who do not.