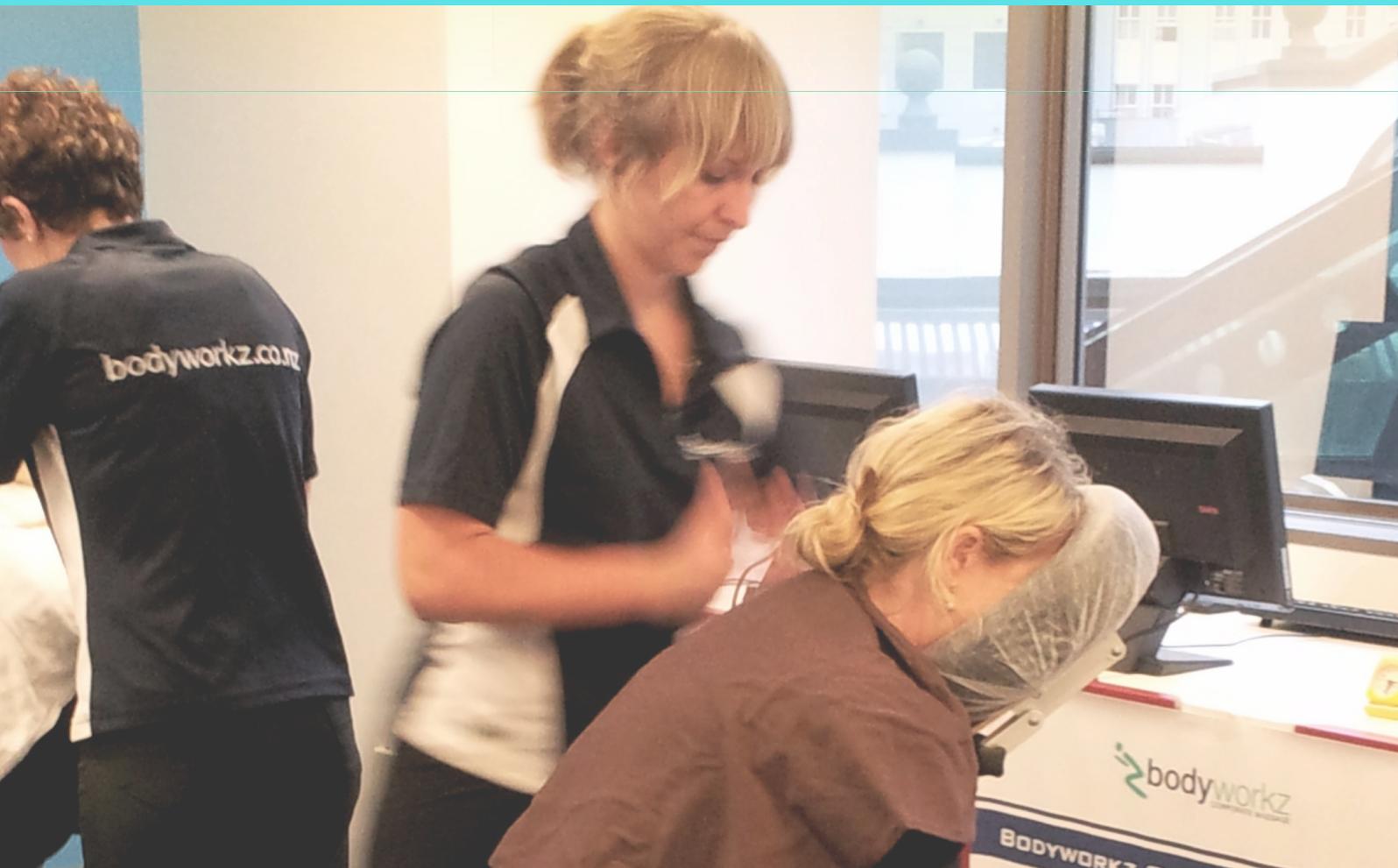


JUST ADD CHAIR MASSAGE



**7 WAYS TO BETTER UNDERSTAND CHAIR
MASSAGE AT WORK**



IT'S JUST MASSAGE RIGHT?

Are you one of the people who hears the word massage and immediately imagine a dimly-lit room with soft music, fragrant candles and a sense of deep relaxation and sleepiness?



So when people talk about bringing massage to work, you think, oh I don't want all that at my work? I can't fully relax there, I don't want to feel all sticky with massage oil, and I can't be away from my desk that long, and anyway, massage makes me tired.

WELL, LET'S LOOK AT THIS IN A DIFFERENT WAY...



Let me take you away from that dimly lit room and back to your workplace.

You're at your desk, churning through your to-do list, meeting deadlines, keeping busy.

Always busy.

Your back is slightly hunched in the chair and your shoulders are feeling tight and there a slight burning feeling at the base of your neck. The constant phone interruptions and the barrage of email notifications means that there is a lot of extra work clogging up your inbox. You know you should take a break, but if you push through, you might get it done on time...

You catch an email out of the corner of your eye. There will be a massage therapist coming into the office, and you can book for a 15-min session for a massage done over your clothes.

That's different, but you think, what the heck, I got nothing to loose, and book your session.

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MASSAGE DAY



You walk to the room where the massages are being done, and a real-life Massage Superhero, aka your massage therapist, smiles at you and invites you to sit in the massage chair.

You think the chair looks a bit weird and are unsure how it works, but the massage therapist explains that this is an ergonomically correct kneeling chair and show you how to sit in it.



They adjust the chair to your height and size and when you ask if you must take any clothes off, they respond “no you don’t, not at all”, and continue to cover your back with a thin material of some sort (spoiler: it’s small sheet or pillow case).



The chair is comfortable and as the massage start, you feel your shoulders and neck relax for the first time that day, maybe even all week or even month. The therapist checks in with the pressure, ask if you want less and more, and continues to massage your shoulders, back arms and neck, all the places where the tension is.

It feels good but before you know it, your 15-minutes are up. You sit up and stretch and notice that your shoulders feel looser, and funnily enough you’re not sleepy, just relaxed.

You take a deep breath, and feeling re-charged you're ready to get back to your desk and get back into your work.

And that is chair massage in a nutshell, short sharp and to the point!



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7 WAYS TO BETTER UNDERSTAND CHAIR MASSAGE AT WORK.



REASON 1:

WE WORK ON THE AREAS MOST AFFECTED BY A DESK-BOUND POSTURE.



You will be receiving a seated, restorative, and relaxing massage over your clothes.

The techniques we use are all under the heading of Swedish Massage, some of them adapted to be performed over the clothes.

Swedish massage is sometimes called a classic massage and works to improve circulation, relieve muscle tension, and reduce emotional stress.

The routine we use has been designed especially for desk-bound employees, and our massage techniques are specially designed to be effective through a layer of clothing as well.

We work on the muscles that are most affected from a desk-bound posture, muscles that easily get tired, fatigued, achy and sore from sitting in the same position.

REASON 2:

OPTIMIZE YOUR TIME.



We keep our sessions short on purpose, so you don't spend too much time away from your desk.

This means you can have either a 15, 20 or 30-min massage session per person. The most common session is the 15-min session, with the 20-min session not far behind.

In that short time a massage therapist can make a big difference to your muscles and general wellbeing. With these short sessions there will be no deep relaxation, tiredness, or sleepiness, rather a calming of the nervous system and muscle relaxation.

Our massages are so efficient, they only take 15-minutes to energize and work their magic. That's probably less time you take for a morning tea break.



**REASON 3:
CONVENIENCE – WE COME TO YOU.**

Yes, we are fully mobile, and will travel to your workplace, event or conference.

The massage therapist will be bringing their massage chair, along with any equipment they may need, usually a small bag where they keep the things they need for the day; hand gel, wipes, food / snacks, water etc.



The massage chairs are portable and sets up easily anywhere. They don't take up a lot of room, say about a cubic meter all in all. You don't need to provide anything other than a space for us to set up and turn up when it is your turn in the chair.

**REASON 4:
QUALIFIED MASSAGE THERAPISTS – QUALITY MASSAGE.**



Our Massage Superheroes are fully trained health professionals with current first-aid certificates, NZQA training and a can-do attitude.

Each has also been trained especially in our Bodyworkz chair massage techniques as well and adhere to a strict Code of Ethics (as set out by MNZ – Massage New Zealand).

**REASON 5:
FLEXIBILITY; TAILOR-MADE SESSIONS BASED ON OUR EXPERIENCE.**



We have been doing this for a long time, and understand that one size does not fit all, and neither does one type of service. Therefore, we will tailor a massage package that suits the needs and circumstances of your workplace, including making sure it fits your budget and size of the workplace.

Got a budget? Try shorter sessions. Got offices in multiple locations? We got therapist teams all over New Zealand. Staff will pay for their own sessions? Use our booking calendar to pre-book and pre-pay.

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REASON 6: NO MESS NO OIL OR STICKY CLOTHES.

We don't use any massage oil, and always put a light cover over your clothes when we work to avoid messing up your clothes or hair.

No sticky feeling or smelly oils staining your clothes. Our therapists are trained in the compression techniques we use that works best over a layer of clothes.



REASON 7: BE THE COMPANY THAT GIVES BACK WHEN OTHERS ARE CUTTING BACK.



Chair massage is the gift that keeps on giving. You get to give back to your hardworking team members and say thank you for a job well done! It makes you, the boss, look good, and the company as well.

Corporate massage helps you and your business by keeping your staff happy and healthy, which increases productivity and performance, and saves you money.

WHEN EMPLOYEES ARE THRIVING, BUSINESS THRIVES AS WELL!

So, if you're looking to create a positive workplace and want to feel less stressed at work and have more energy in life, chair massage might be the piece that is missing in your workday!



Bodyworkz is a national provider of on-site chair massage. We have teams of dedicated therapists all around New Zealand, providing chair massage to workplaces just like yours. Have a chat with us today see if we are the right fit for you and your workplace!

Email: info@bodyworkz.co.nz Phone: 0800 263 996 or (09) 390 2639