

# Benefits of Chair Massage

---

## For The Participant...

- Increases Relaxation
- Increases Mental Clarity
- Increases Circulation
- Increases Body Awareness
- Decreases Stress
- Decreases Symptoms Of Repetitive Tasks
- May decrease headaches, back and neck pain
- Reduces joint stiffness



## For the Employer...

- Boosts Morale
- Increases Accuracy Of Work
- Increases Productivity
- Decreases Employee Turnover
- Decreases Workers Compensation Costs
- Great Hiring Incentive
- Excellent Sales Incentive
- Makes Events Memorable

**Enjoy this chair massage at your upcoming health fair!**



**Ishman BodyCare  
Center & Institute**  
[www.ibodycare.com](http://www.ibodycare.com)