

On Site Chair Massage

Pitch 5:

Therapist: Lisa Kendal



Massage Therapy is specifically aimed at reducing stress and raising physical and mental well-being.

The treatment is non-invasive and clients remain fully clothed throughout. No oils are used. Therapy takes place in a comfortable, ergonomically designed chair and lasts approximately 12 minutes leaving you feeling thoroughly refreshed, re-energised, alert and ready to continue with your work.

These are just a few of the benefits that you may experience after getting a chair massage:

Chair massage:

Helps relieve muscle tension, pain, and soreness

Helps relieve stress and aids in relaxation

Helps relieve tension headaches and the effects of eye-strain

Strengthens the immune system

Improves circulation of blood and removal of toxins from the body

Creates body awareness

Fosters the ability to think clearly and creatively

Promotes a feeling of well-being