

BALANCED APPROACH

Enjoyable • Accessible • Sustainable • Innovative

Chair Massage - more invigorating than a 15 minute coffee break

I Could Really Use a Massage. Tell Me More About Your Services...

An on-site chair massage is convenient.
The therapist comes directly to your office or work-site, carrying easy to set up portable massage chair.

In the traditional one-hour massage, you remove your clothing, lie down under a sheet on a massage table, and the therapist uses oil. With our on-site chair massage, **no tables, sheets, or oils are used.** Your seated massage takes place directly through your clothing, ensuring modesty and convenience appropriate to the workplace.

The procedure won't disrupt your workday. More invigorating than a fifteen or twenty minute coffee break, on-site chair massage usually takes about the same amount of time and produces better results. It's easier to participate in than some other worksite wellness programs. On-site chair massage takes no special effort or training on your part. All you need do is relax and enjoy

Job Woes Got You Down?

It's impossible to get anything done. Your right wrist is stiff. You can't concentrate. Your lower back aches from moving heavy boxes. You're irritable and angry. You've been hunched over at your desk all day and your neck hurts.

Your job can make strenuous demands on your body.

Most of us perform certain tasks over and over throughout the course of the day. While heavy labor such as lifting, carpentry, or welding is an obvious physical stressor, even the simple repetitive motions called for in duties like typing, answering phones, or computer data entry can cause you many problems.

Accumulated stress and tension always diminishes your energy and vitality.

You may find the answer with on-site chair massage.



We provides our [clients](#) with a competitive edge by enhancing the performance & well-being of a company's most important asset - it's employees.

- Chair Massage is specifically suited to relieve stress in high-tension areas and promote a renewed sense of energy, well-being & vitality.
- Weekly, bi-weekly or monthly visits will keep your employees healthy, happy and stress-free.
- Chair Massage visits are also an effective way to ease tension and boost productivity during stressful periods.



As well as an on-site chair masseur, Mark Peters is a qualified Tai Chi Chuan instructor with the British Council for Martial Arts and Tai Chi Union for Great Britain. He is also a qualified clinical Hypnotherapist (British Society for Medical & Dental Hypnosis) and NLP practitioner (Society of NLP).

For more details and to book,
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Mark also runs regular Tai Chi sessions through the West Midlands.

See www.kaiming.co.uk