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On-Site Chair Massage

Our office massage specialists will help take care of you and your company.

The potential benefits of chair massage are quite broad and substantive, benefits that can make a real and lasting impact in your working environment. Whether you want to reward employees for that final push on the last big project or say thank you periodically for all their hard work, chair massage is a benefit that counts. Chair massage in the office has become commonplace. It's easy, fast and relatively inexpensive when compared with other employee benefits.

There are many scientifically studied benefits of chair massage as well as benefits to your business including:

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| <p>Workplace Chair Massage Will Help Employees:</p> <ul style="list-style-type: none"> -Decrease Aches and Pain -Reduce Stress -Lessen Anxiety -Increase Morale -Improve Immune Function -Decrease Chance of Injury and more! | <p>Help Your Business:</p> <ul style="list-style-type: none"> -Increase Productivity -Decrease Absenteeism -Improve Retention Rates -Elevate Morale -Motivate Employees |
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Each therapist is licensed and certified as required in each location and carries professional liability insurance. Along with office massage Inland Family Chiropractic Therapists provide chair massage in a variety of corporate, workplace, event and marketing venues.

Chair massage focuses on the neck, shoulders and back. Workers whose jobs require prolonged desk sitting, lifting, bending, standing in one place, or repetitive or one-sided motion will benefit greatly from chair massage. Because clients remain clothed and no oils or lotions are used, disruption to the work day is minimal.

We combine Shiatsu, Swedish and deep tissue techniques to meet individual needs. A ten to fifteen minute seated massage can:

- Increase alertness
- Improve performance and accuracy
- Help prevent injury from repetitive stress
- Ease muscle tension
- Improve ability to handle stress
- Renew energy
- Boost morale

More and more companies are beginning to offer on-site massage once a month (or once every other month) to interested employees. A massage chair is typically set up in the main lobby or in a conference or meeting room, and Alexis Assink and Kala Munroe, L.M.P. would be available for a predetermined period of time (generally between one and four hours) to provide 5- to 30-minute chair massages to employees, which could be paid for in one of two ways:

Option 1: Company pays for all massages

The cost for this service is determined by the total amount of time to be spent on the company's premises.

Option 2: Employee pays for massage

With this option, the company pays a base rate per hour to reserve massage services for a predetermined time, and each employee would be responsible for paying for their massage at the time of service

Employee Chair Massage Rates:

\$ 1.00 a min

- We can bill your HSA (Heath savings account) for chair massage.

Rates for Companies:

Single Therapist Rates

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| 1 Hour Onsite Chair Massage | \$80* |
| 2+ Hours Onsite Chair Massage | \$80* First Hour, \$60 Per Additional Hour(s) |

Multiple Therapist Rates

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|-------------------------------|--|
| 1 Hour Onsite Chair Massage | \$80* Per Therapist |
| 2+ Hours Onsite Chair Massage | \$80* First Hour Per Therapist, \$60 Per Additional Hour Per Therapist |

Payment will be expected prior to or at time of Chair Massage Services.

Call **509-926-9355** for more information or to make your appointment or visit our website at www.infamilychiro.com

*First Hour Rates include all travel, and setup time.