

SAMPLE

- It's an easy health practice to take advantage of — little motivation needed
- It complements other wellness programs such as stress reduction and exercise
- It helps motivate you for other wellness practices
- It works for everybody — from the corporate offices to the warehouse to the mail-room

Bringing On-site Massage to the Workplace

There are many options for incorporating on-site massage into your workplace wellness program. Best results are achieved through regular sessions in an ongoing program. On-site massage can also be provided periodically for special occasions.

- Regular (weekly-monthly) on-site sessions for all workers
- Special occasions such as holidays, birthdays, and national secretary's day
- As a break during long training sessions or meetings
- As a reward for good work, reaching goals, or completing projects
- In times of special stress such as near deadlines or during peak work periods

The cost of an on-site massage varies with geographic location, and is usually much less than a regular massage. The sessions may be paid for entirely by the employer, entirely by the employee, or may be shared.

To get an on-site massage program started for your employees, contact a qualified massage practitioner to discuss the details of an arrangement for services. Ask for a demonstration, and experience for yourself the benefits of on-site massage.

On-site massage is convenient, time efficient, and relatively inexpensive - it offers a high return on your investment, and has proven to be highly popular in workplaces which provide it.

Benefits of On-site Massage written by Patricia J. Benjamin, PhD.
Revised by LauraAllenMT, BA, BCTMB

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AURACARE PRODUCTS

1702 Windsor Rd. #2413, Loves Park, IL 61132-7002
www.auracareproducts.com
815-624-8580

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On-site MASSAGE

Investment for a Healthy Business



THERAPEUTIC
MASSAGE

For a Healthier Life

On-site Massage

Investment for a Healthy Business

A growing number of businesses are providing wellness programs in the workplace. They believe that having healthy employees translates into increased competitiveness in the marketplace. Naturally, workers with high level wellness are more productive on the job.

Wellness goes beyond the old idea of health as the absence of illness. It implies a proactive stance towards achieving optimum physical, mental, emotional and spiritual well-being.

Prevention is an essential part of wellness - catching potential problems before they cause disease or disability. Workplace wellness pro-grams have been found to cut down on worker's compensation claims, and reduce time-off for employee illness and injury.

On-site massage is a convenient, safe, and cost-effective addition to a workplace wellness plan. It helps boost employee morale, and provides valuable health benefits too. All sizes and kinds of businesses from small offices to large companies can benefit from on-site massage services.

Workplace Health Problems

Some of the most pervasive and costly health problems in the workplace include the high level of stress experienced by employees, physical problems associated with sitting at workstations for long periods of time, and repetitive use injuries. High stress is associated with many diseases and has been found to impair the immune system, leaving workers more susceptible to illnesses.

The cost of these health problems to employers in lower productivity, lost work days, worker's compensation claims, and other health care expenses has become staggering.

Massage, a health practice long associated with reducing the effects of stress and relieving muscular aches and pains, is now available in a more convenient form which can be brought right into

the worksite. On-site massage, once considered novel, is fast becoming a popular addition to workplace wellness programs as more employers recognize the benefits.

On-site Massage

On-site massage is a revolutionary way of offering the benefits of massage in public spaces like the workplace. During on-site massage, the recipient is seated and fully clothed. Massage techniques which can be given through clothing are used, and the session focuses on the upper body - head, neck, shoulders, back and arms. Sessions usually last 10-20 minutes - the length of a typical work-break.



On-site Massage

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- ✓ Recipient is seated and fully clothed
- ✓ No oil is used
- ✓ Massage focuses on upper body — head, neck, shoulders, back, arms
- ✓ Usually lasts 10-20 minutes
- ✓ Addresses common problems of today's workers
- ✓ Can be given at the workstation or in any available small space

On-site massage does not require a private room, and can be given at the workstation, in an office or cubicle, or in any small space like the corner of a conference or workroom. The massage practitioner may use either a special chair designed specifically for on-site massage, a table-top adaptation of the massage chair, or chairs available in the office.

Benefits of Massage

Massage is an age-old health practice which enhances general well-being in many ways. It helps relieve the common aches, pains, and stresses that are part of daily living. On-site massage has been adapted to address conditions specific to the modern workplace.

- Reduces the physical and mental effects of stress, thus helps to prevent burnout and stress-related diseases
- Reduces the adverse effects of sitting for long periods of time in the same position, such as at a desk or other workstation
- Relieves physical problems associated with repetitive tasks; for example, computer work, sorting, filing, and assembly line tasks
- Improves alertness and ability to focus, an antidote for work slumps
- Helps relieve common problem conditions such as tension headaches, and stiff and sore muscles
- Increases employee morale
- Leaves employees feeling revitalized and ready to return to work

Why is it so Popular?

On-site massage is highly popular with employers and employees for a number of reasons.

- You feel better right away - immediate positive effects
- It requires no practice or effort on the part of the receiver