

## What people are saying...

"Everyone in the office looks forward to massages from Healing Hands. ...afterwards we feel relaxed which helps us work without stressing out so much. It also makes a good impression on our members."

**Danica Robertson, Vancity Credit Union**

"From the moment Healing Hands came into our office, we were hooked. Working in front of a computer all day creates tension in my neck and shoulders, and a 15-minute massage does a world of good." **Heather Aked, Branch Administrator, Canaccord Capital**

"I've used on-site chair massage for a few months now and noticed great change. I feel fantastic afterwards and ready to take on the afternoon. I can see my posture improving from the deep tissue work."

**Martine Whittal, District Parking Coordinator, BCBC**



## Stimulates performance Boosts your bottom line

Chair massage helps stimulate positive employee performance, allowing for a better quality and quantity of work. It helps prevent anxiety, and soothes away job and life stresses. Chair massage also:

- reduces sick leave
- improves productivity
- enhances creative thinking
- creates a positive workplace atmosphere.

An average of 7.4 days is missed per employee, per year. For a company of 1,000 employees, salaried at \$190 a day, this means \$1,400 per employee, per year with a total cost to the company of \$1.4 million.

*Statistics Canada, 1997 Labour Force Survey*

## Pricing & Options

For a 15-minute session, the fee is only \$20 with your choice of one of the following payment options:

- employee pays for their own massage
- company pays hourly rate
- employee and company each pay a percentage.

## Find out more

Call us now for your free on-site demonstration **250-383-4300**

E: [info@healinghandsmassage.ca](mailto:info@healinghandsmassage.ca)  
[www.healinghandsmassage.ca](http://www.healinghandsmassage.ca)

Healing Hands professionals are fully insured for liability.



# Healing Hands CHAIR MASSAGE

FEEL BETTER WORK BETTER



# massage for the workplace

Imagine your workday. Deadlines loom. The phone keeps ringing. The flow of clients and customers never ceases. Then, in the midst of it, your chair massage professional arrives to soothe your tensions away. For 15 minutes, you can leave it all behind without ever leaving your office. This could be your reality with Healing Hands. Our team of certified chair massage specialists brings on-site, soothing chair massage to you.



## Soothes away stress Enhances workplace wellness

Healing Hands' professionals use specially designed massage chairs and concentrate on reducing tension and increasing circulation in areas most affected by work-induced strain – the back, shoulders, neck, arms and hands.

You remain fully clothed. No oils or lotions are used.

Our staff are certified to perform a meridian-based, accupressure form of chair massage.

We accommodate any size office or event, including:

- conferences
- conventions
- workplace wellness initiatives
- staff appreciation events
- lengthy training sessions.

## Increases morale Makes economic sense

Stress decreases productivity, affects morale and increases absenteeism. In fact, 50% of days lost from work are stress related.

Progressive companies are increasingly choosing on-site chair massage to:

- relieve stress and anxiety
- reduce muscle tension
- improve concentration
- reduce chronic pain
- prevent repetitive injuries
- increase feelings of wellness
- alleviate fatigue.

