

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 programs 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 syndrome*. High stress is associated with many diseases and has been found to impair the immune system leaving workers more susceptible to colds and other 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 known for reducing the effects of stress and relieving aches and pains, is now available in convenient forms which can be brought to the workplace. On-site massage services, in fact, becoming a popular place wellness program.

On-site Massage

On-site massage is a convenient way of offering the benefits of massage to your employees in the workplace. During visits to the workplace, a trained and fully certified massage therapist can be given through relaxing and stress-reducing massage services to the upper back, neck, chest, arm, back and more.

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Therapeutic Massage

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