



What is Seated Chair Massage?

A seated chair massage is a convenient, stress-relieving treatment focused on high-tension areas like the back, neck, shoulders, and arms. Conducted in a specialized ergonomic chair, sessions typically last 30 minutes although can also be performed in shorter sessions using less repetitions.

Effects and benefits of the treatment

- **Instant Stress Relief:** Quickly reduces everyday physical tension and mental anxiety
- **Targeted Pain Reduction:** Eases tight knots and stiffness in the back, shoulders and neck
- **Improved Mobility:** Helps restore flexibility and mobility to joints
- **No Prep Needed:** Performed fully clothed with no oils, making it ideal for workplaces, events, and quick breaks

Physical benefits:

- Lymphatic drainage is stimulated and increased, therefore waste materials from the body are eliminated more efficiently
- Improves circulation of blood
- Stimulates nervous system and helps to boost the immune system
- Relieves muscular tension and improves muscle tone
- Greatly helps to ease headaches and migraine, sinusitis congestion and many other symptoms
- Scalp massage relieves tension from the scalp and increases blood supply to the area, thereby improving the condition of the hair and increasing the rate of hair growth
- Revitalises the whole body
- Relaxing & soothing

Psychological benefits:

- Alleviates stress, anxiety and depression
- Helps the body to achieve a state of equilibrium - a balanced feeling of peace and harmony
- Clears the mind

Subtle benefits:

- Re-balances the flow of energy through the body
- Stagnant energy is released