

Positive Touch – Chair Massage

• Benefits to the Individual

The benefits of chair massage are similar to those of regular couch massage but it is different in terms of its flexibility and its being more accessible to many more people (you can experience chair massage in almost any given environment!). It is also an ideal introduction to massage for people who have never experienced its benefits before. For everyone, it is a perfect way to encourage taking responsibility for your own health and wellbeing.

Chair massage requires no preparation by the client except for ensuring that you have eaten on the day that you receive. After a massage you are only expected to benefit from your massage and to drink a couple of glasses of water. Almost everyone can benefit from a chair massage, only those who are pregnant or attempting to become pregnant may not participate. Almost all other medical conditions are workable. It is important to know that anyone looking for medical treatment for a specific physical, or psychological condition or disease should not look to chair massage for a 'cure'. Having said this, it is also important to note that most medical and psychological conditions do benefit from the affects described below as do people who identify as healthy! Hence, massage at work can prove to be a cost-effective solution to escalating absenteeism and work related illness figures. It has been proven to both increase productivity and self-awareness alongside the many physiological benefits described below.

Increased productivity

the massage has been scientifically demonstrated to increase alertness and attention to detail and accuracy

Increased circulation

Massage encourages blood and hence oxygen and nutrient circulation around the body. This assists the work of the cardiovascular system (organs relating to the heart), the respiratory system (organs related to the lungs) and the body's own defence mechanisms. It also stimulates the release of toxins and other waste products from the body.

Increased sensation

Increased circulation also means increased sensation. This can represent a real breakthrough to people as it increases body awareness and can make the body more efficient.

Increased mobility

Massage stimulates all muscle, including those that may not be used frequently. The increased circulation described above helps to prevent and relieve pain that may be experienced in association with lack of use or overuse of muscle groups. For example,

repetitive strain injury and back pain. As a consequence of these effects on muscle, the skeletal system also benefits from massage. It benefits from both the increased circulation of blood and nutrients to the bone as well as the relaxation of the muscles which support and mobilise it. The results of this can be seen in the reduction of stiffness and associated pain.

Relaxation

How often do we take 'time out' to just 'be'? A chair massage will never take more than 20 minutes out of your day. During which time, you will experience the professional touch of your practitioner, which is both comforting and invigorating. Chair massage alleviates some of the aspects of a traditional couch massage which many people find uncomfortable. For example, you are clothed and hence can maintain personal boundaries. By sitting still and having your aches and pains soothed, and taking the time to slow down, your breathing will become calmer and hence your heartbeat will slow down and you can literally feel any stresses and strains drifting away. Recipients of chair massage at work leave the chair feeling relaxed yet invigorated.

Maintains homeostasis

The physiological affects of massage described above, alongside the relaxation associated with taking 'time out' for a massage, assists the body to find it's equilibrium (balance). Massage 'puts your body back together again', which is both good for the body and good for the soul!