

FAQ's for Chair Massage

J. May 3/27/07

Q: What are the benefits and effects of CM?

A: There are many benefits of chair massage for both the participant and the employer. Chair massage has been shown to lower anxiety, stress and tension and boost morale in the workplace and more! See the brochure for a list.

Q: Has there been any research to prove benefits?

A: Clinical studies have shown the benefits of chair massage as a one-time activity and as a regular health program.

Q: Are there any side effects for chair massage?

A: Mild side effects may occur. The therapist is responsible understanding the medications that may affect the massage. Such as HRT, muscle relaxers and cardiac meds. It is also very important to remind the client to consume the proper amount of water following a massage.

Q: Can I pay for CM out of my medical savings or flexible spending programs?

A: Yes, for most programs, they can also be called cafeteria programs.

Q: How does Ishman BodyCare Center insure quality?

A: The Ishman BodyCare Center has a top of the chart-training program keeping quality and customer service the main focus.

Q: How do businesses use chair massage?

A: Businesses use chair massage as a memorable gift, incentive or wellness program.

Q: Do the participants need to wear necessary clothing?

A: Clothing that prohibits movement may prevent proper treatment. Such as tight and or short skirts are difficult to straddle the chair in, and blazer and thick sweaters are difficult to palpate through and stretch the muscles completely. If the clothing articles are layered the client may want to take the top layer off.

Q: Why is it necessary to fill out a health form?

Do I need to fill it out every time?

A: It is important to fill out a health form for every new therapist. Massage can be very effective and at times intense, the therapist needs to know if there is any medications that might change sensitivity and blood pressure. It is also allows the client to understand and sign a disclaimer explaining that the therapist does not diagnose or treat illnesses or injuries. If this is the same client you have had before you may need the client to remind you of the medications and stressed areas.

Q: I don't think I have gotten fifteen minutes, I thought this is a fifteen minute massage.

A: Yes and no, for a 15-minute chair massage we do about 13 minutes of massage. Two minutes are figured in for client turn over, sanitizing the chair and hands, signing health form, explaining how to sit on the chair properly and self-help techniques. Our focus is to offer good quality, educating the clients about themselves through massage.

Q: Do you charge for travel time?

A: No. But for large events with more material we charge a small amount for set up and take down. Within the Naperville area we estimate 15-minute set up and take down and outside of the Naperville is estimated at a 30 minute set up and take down. These times are included in the invoice.