

Use Chair Massage for Your Next...

Corporate Gift

Health Promotion Program

Hiring Incentive

Sales Incentive

Trade Show

Research Results on Job Stress from the Touch Research Institute

Field, T., Ironson, C., Scafidi, F., Nawrocki, T., Gondlaves, A., Burman, I., Pickens, J. Fox, N, Schanberg, S., & Kuhn, C.

Massage Therapy Reduces Anxiety & Enhances EEG Pattern of Alertness & Math Computations

Journal of Neuroscience 86(), 197-205. 19*. Ref Type: journal

Abstract: Twenty-six adults were given a chair massage and twenty-four control group adults were asked to relax in the massage chair for fifteen minutes, two times per week for five weeks. On the first and last days of the study they were monitored for EEG₁ before, during and after the sessions. In addition, before and after the sessions they performed math computations, they completed POMS Depression and State Anxiety Scales and they provided a saliva sample for cortisol. At the beginning of the sessions they completed Life Events, Job Stress and Chronic POMS Depression Scales. Group by repeated measures and post hoc analyses revealed the following: massage group showed enhanced alertness and increased speed and accuracy on math computations while the control group did not change; anxiety levels were lower following the massage but not the control sessions, although mood state was less depressed following both the massage and control sessions; 5) salivary cortisol levels were lower following the massage but not the control sessions but only on the first day; and 6) at the end of the 5 week period depression scores were lower for both groups but job stress score were lower only for the massage group.

Cady, S. H. and Ions, G.E.

Massage Therapy as a Workplace Intervention for Reduction of Stress

Perceptual & Motor Skills 84(1), 157-158.2-1997. Ref Type: Journal

Abstract: This study evaluated the effectiveness of a fifteen-minute on-site massage while seated in a chair on reducing stress as indicated by blood pressure. Fifty-two employed participants' blood pressures were measured before and after a fifteen-minute massage at work. Analysis showed a significant reduction in participants' systolic and diastolic blood pressure after receiving the massage although there was no control group.

Fees:

Chair Massage at Your Site

We require a one-hour minimum to come to your site.

60 minutes _ _ _ _ _ \$80

* Gold: **Optional foot massage** with professional foot balm, and/or **aromatherapy** scents are available for an extra \$2 per person. Most clients prefer lavender or peppermint scents.

<http://www.ibodycare.com/osm.htm>

Table Massage in our Office

Half Hour _ _ _ _ _ \$45

1 Hour _ _ _ _ _ \$80

* Massage Therapy Packages offer table massage at discounted rates. We also work with many insurance plans. Visit our website for details, or ask for an insurance FAQ sheet.

* We offer corporate massage and health programs including discounts, incentives, and extra benefits to employees. Interested in a plan at your company? An account specialist will be happy to assist you in setting up a corporate massage program for your business.

http://ibodycare.com/massage_therapy.htm

Gift Certificates

Available for any occasion.

http://ibodycare.com/gift_certificates_and_packages.htm

Members
American Massage
Therapy Association



On-Site Massage Information



Promoting Positive Transformation...Person to Person

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What is On-Site Massage Therapy?

For anywhere from 5-30 minutes, chair massage offers relief and rejuvenation with participants fully clothed and seated in an impressively comfortable, cushioned fully ergonomic chair. This type of massage usually focuses on neck, back, shoulders, arms, and hands. It's especially useful for those that work at a desk or computer and those that travel or stand often.

Clinically proven. Clinical studies have shown just how effective this type of program can be—both as a one-time activity and as a regular health program. On-Site massage is used in many settings—including office breakrooms and board rooms, trade shows, job fairs, airport terminals, and parties for every occasion.

This is simply the best wellness benefit, incentive gift or program available today. People will remember the experience for a long, long time, and benefits are even better when chair massage is used consistently. It is an excellent addition to other wellness programs. Please inquire if you are interested in our stress reduction or ergonomics workshops as well.

Please ask for more information about scheduling and promoting your program!



Benefits of Chair Massage...

For the Participant

On-Site Chair Massage has been shown to:

- Lower Anxiety, Stress & Tension
- Decrease Symptoms of Repetitive Tasks
- Reduce Headaches, Back and Neck Pain, in most cases
- Help to Reduce Joint Ache/Stiffness
- Increase Mental Clarity
- Improve Circulation
- Relax and Rejuvenate
- Feel great!

For the Employer

On-Site Chair Massage has been shown to:

- Boost Morale in the Workplace
- Improve Participant Attitude & Outlook
- Improve Accuracy of Work & Productivity
- Lower Irritability, Anxiety, Stress, and Tension
- Reduce Work Days Lost Due to Stress
- Decrease Employee Turnover
- Cut Workers Compensation Costs

About Ishman BodyCare Center

A pioneer in on-site chair massage services since 1995, our client list includes such companies as IBM, Comark, Nicor Gas, the City of Naperville, District 203 schools, College of DuPage, Village Green Management, and Americast. Our focus is to bring the benefits of massage therapy and self-care to places where people gather, helping to integrate health, productivity, and prevention at home and at work.

More Information About Massage?

Please complete the following information and fax or mail it to Ishman BodyCare Center. We will be delighted to help you create the best plan for your own needs.

Fax (630) 355-5186

Have you ever had a therapeutic massage?

- Yes
 No
 Don't know

How soon would you like to use On-Site Massage?

- Within the next month
 Within the next 6 months
 More than 6 months away
 Just looking for file info

How are you considering using On-Site Massage?

- Business Event / Party
 Employee Program
 Personal Event
 Gift (Business or Personal)

Are you interested in related workshops or ergonomic adjustments?

- Yes, please also send info
 Yes, but I'll ask later
 No, thanks

Comments:

Email _____

Name _____

Address _____

Phone _____



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