

# Zen Zone Seated Chair Massage

15 minutes: \$15;



An efficient, fully clothed massage that improves circulation, stimulates muscles and reduces tension in the back, neck and shoulders.

Acupressure, is a hybrid of the ancient Oriental massage arts of Anma and Shiatsu. It is a meridian based therapy in which thumb, finger, elbow and knuckle pressure are used over many of the acupressure points on the 12 major meridians accessible on the back, arms, hands, neck, head and legs.

This technique helps to stimulate and balance the flow of energy or life-force throughout the body. In turn this stimulates the circulatory, muscular, nervous, immune and lymphatic systems and promotes the release of endorphins and important mood-regulating neurotransmitters, leaving the client feeling good in a relaxed, but energised and clearly focused frame of mind.

Seated Acupressure massage is gentle and non evasive so it is suitable for everyone.

## **BENEFITS OF SEATED ACCUPRESSURE MASSAGE**

- Backache.
- Repetitive Strain Injury.
- Asthma.
- Headache.
- Migraine.
- Toothache.
- Fatigue.
- Sinus Problems.
- Eyestrain.
- Anxiety.
- Irritability.
- Insomina.
- It stimulates lymphatic drainage.
- It can help to boost immune system.
- It can help to remove toxins.
- Can reduce stiffness and improve flexibility.

## **STATISTICS**

In 2006/7 an estimated 30 million working days were lost through self-reported work-related illness.

Stress, depression, anxiety and musculoskeletal disorders accounted for the majority of these working days lost, with a combined total of 24.4 million.