

All Your Chair Massage Questions Answered

1. What is a typical chair massage like? Chair massage is given in a specially designed ergonomic chair with comfortable support for the face, arms, legs and torso. The Massage Therapist generally will use various massage techniques such as compression, acupressure, shiatsu, stretching, & rhythmic tapping to relieve tension in the neck, shoulders, back, arms and hands.

2. How much space does chair massage require? Any empty space that is at least 5' X 6' should work just fine. The therapist just needs enough space to set up the massage chair and to be able to work around it.

3. Do the massage therapists use any oils? No. Chair massage is done fully clothed so there are no oils used.

4. Can pregnant women get chair massage? Absolutely. It can be very beneficial for pregnant women to get massaged. The therapist does need to know however that the recipient is pregnant so they can adjust to assure the safety and comfort of the pregnant massage recipient.

5. Will this disrupt the workplace? Not at all. Massage Therapists tend to provide a very quiet operation. Sessions can take as long as coffee break.

Jiva provides Massage Therapists onsite throughout Westchester, NYC, Manhattan, Brooklyn, Queens and more. Corporate Chair Massage, Trade Show and Convention Chair Massage, and Event Chair Massage. Request an appointment for a chair massage today with a Massage Therapist on www.jivawellness.com