

Cloud 9 Massage Spa Eustis

352-308-8941

www.cloud9massagepaeustis.com

MM35490

Massage in the Workplace

Studies have shown that happy, healthy employees contribute to the success of an organization. Research shows that a 15-minute chair massage has been proven to decrease stress-related illnesses and increase job performance and mental alertness resulting in improved accuracy. Massage has not only gone mainstream, its' gone corporate. Big and small companies alike have discovered the benefits of massage and how to use it to attract and keep employees. This leads to reduced absenteeism, workers' comp claims and less cost to employers. It is my goal to help your organization maintain the health and well-being of your employees.

Implement Chair Massage

- ✦ Offer massage as an employee benefit, staff incentive or monthly reward.
- ✦ Customize a regular schedule for weekly, bi-monthly or monthly sessions without disrupting work flow.
- ✦ Sessions from 5 to 20 minutes per employee.
- ✦ Uses no oil and is applied directly over clothing.
- ✦ Addresses tension primarily in the upper body (scalp, neck, shoulders, arms and back).
- ✦ Leaves employees refreshed, energized and ready to return to work.

Effects of Stress

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Stress on or off the job costs U.S. workplaces an estimated \$200 billion a year in reduced productivity and increased accidents, compensation claims, absenteeism, employee turnover, health insurance and medical expenses. This cost amounts to more than the after-tax profits of Fortune 500 companies and more than 10 times the cost of ALL strikes combined.

Recent studies have shown:

- Close to 90% of all visits to Primary Care Physicians are for stress-related complaints.
- Up to 80% of industrial accidents are due to stress
- 40% of workers say stress caused them to quit or change jobs in the previous two years
- Stress accounts for \$26 billion in medical and disability payments and \$95 billion in lost productivity per year.
- Over 50% of lost work days are stress related which keeps about 1 million people per day from attending work.