

# Top 20 Ways your employees benefit from massage

## Using a massage chair regularly helps to:

- 1 Sleep better
- 2 Relieve tension & headaches
- 3 Relieve lower back pain
- 4 Improve balance
- 5 Reduce pain of osteoarthritis
- 6 Decrease stress & anxiety
- 7 Enhance athletic performance
- 8 Lower blood pressure
- 9 Promote relaxation
- 10 Reduce chemotherapy-related nausea
- 11 Reduce rheumatoid arthritis pain
- 12 Help relieve chronic neck pain
- 13 Reduce muscle tension
- 14 Increase flexibility
- 15 Help relieve fibromyalgia pain
- 16 Improve cardiovascular health
- 17 Temper effects of dementia
- 18 Help flush toxins from the body
- 19 Reduce anxiety
- 20 Decrease symptoms of Carpal Tunnel Syndrome

— Source: American Massage Therapy Association

Massage Can Help  
**MANAGE WORKPLACE STRESS**

WORKPLACE + WELLNESS  
**MASSAGE**

