

Chair massage with Wayne Bodywork is a simple, stress-free way to bring wellness directly to your workplace. I arrive fully equipped, set up quickly, and provide relaxing, rejuvenating massages your team can enjoy without disrupting their day. All you do is book a day and I'll handle everything else.

Benefits of Chair Massage for Your Business

- Boosts employee morale with a quick, refreshing break
- Reduces stress and tension, improving overall well-being
- Increases productivity by helping employees feel focused and energized
- Enhances workplace culture by showing appreciation and care for your team
- Requires minimal space and zero hassle since setup and cleanup are handled
- Improves posture and reduces discomfort, especially for desk workers
- Offers flexible scheduling that fits seamlessly into your workday

Benefits for White-Collar Workers

- Relieves neck, shoulder, and back tension from long hours at a desk
- Eases mental fatigue and eye strain
- Encourages better posture and overall comfort during computer work
- Provides a quick reset that boosts clarity and creativity

Benefits for Blue-Collar & Construction Workers

- Eases muscle soreness from lifting, bending, and repetitive movements
- Relaxes overworked muscles and helps reduce job-related aches
- Improves range of motion and flexibility
- Supports injury prevention by loosening tight, stressed areas
- Offers needed relief during a physically demanding workday

Get in touch to book your appointment for your team and I will take care of the rest.