

SEATED ACUPRESSURE MASSAGE

This versatile form of massage incorporates traditional sports and Swedish massage with acupressure and shiatsu techniques combined producing an amazing, stress busting massage. It is the most popularly requested type of massage, due to its adaptability and visually it is very striking, which provokes immediate interest.



The chair massage treatment includes a variety of pressure techniques to the back, shoulders, neck, arms, hands and scalp promoting a feeling of rejuvenation, being refreshed and revitalised.

Plus, this massage is very beneficial where a more remedial approach is required. Deep tissue massage techniques are used to release muscular tension or pain whether sports related, stress related or simply put down to poor posture. Overall it is an energising massage which directly relieves aches, pains and daily stresses.

No oils are used and the recipient remains fully clothed whilst seated in an ergonomic massage chair which provides excellent support as it is completely adjustable. Consequently, this treatment is ideally suited for the workplace or similar environments, as each treatment can be adapted to suit the individual, so that even “mini” 5 to 10 minute sessions are extremely beneficial.