



Release Massage Therapy offers on-site massage therapy to organizations on a one-time, occasional or regular basis.

BENEFITS OF MASSAGE

Massage, particularly in an office setting, has been shown to reduce stress; increase productivity, energy, focus and employee satisfaction with work and workplace; reduce absenteeism and illness; address physical strain from sitting for long periods of time and using a computer or phone. It is a great way to give back to your employees and to reward them for their hard work.

TYPE OF MASSAGE

Massage can be provided on a table or massage chair. In either case, the recipient of the massage will remain fully clothed. Our massage therapists are well-trained in Swedish/Relaxation massage, Deep Tissue, CranioSacral and Reflexology. Massages are tailored to the specific needs and goals of the individual. Chair massage is best for work on upper back, shoulders, and arms while Table massage allows work on back, shoulders, neck, legs, and chest muscles. We are happy to discuss the trade-offs and help you choose which types of massage would be best for your facility.

SPACE

If possible, it is best to have a space for massage that is removed from the busier areas of the office and could be closed off to provide a relaxing and restful environment. We will provide all other set-up and supplies.

RATES

Our fee is \$85 per hour plus a \$15 travel/setup fee for each therapist. We ask for a minimum of 1 hour per visit.

Massages may range from 15-30 minutes. Chair massage has a maximum of 15 minutes, while table massage can range from 15-30 minutes.

Some companies cover the full fee for their employees, while others will pay part of the fee or ask employees to cover the full amount. An option that works well is

to pay for a portion of the massage and give the employee the opportunity to add additional minutes as desired.

OTHER WELLNESS SERVICES

If you are interested in additional education or wellness services for your employees, we would be happy to discuss other possibilities that we can provide. We offer educational sessions on nutrition, exercise & stretching, stress-reduction, what makes up a good wellness practice, how to bring more balance and consciousness to your lives, etc. We'd be happy to review ergonomics of work stations and make any suggestions to improve the physical comfort of your employees. And, we could provide written materials, as well, on any of the above areas as well as ways to work smarter at your desk or in an office setting.

ABOUT US

Release Massage Therapy, LLC is a full-service massage therapy practice located in Grayslake, IL. We are dedicated to helping our clients sustain an active lifestyle. We see clients out of our studio as well as at their home or office locations. We currently staff 6 licensed massage therapists with over 75 years of cumulative experience in a variety of modalities.

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