

# ON-SITE

## *Chair Massages*

Stress-Reduction Corporate Tool



### Are your conference attendees, employees and suppliers in need of relaxation?

Join our GIVE • GROW • GAIN corporate philosophy by offering guests and employees the healing benefits of a relaxing massage with our On-site Stress-Reducing Chair Massage Station: A five to ten-minute Chair Massage per person with special attention given to areas such as neck, shoulders and back performed by our caring Massage Therapists.

### SPA BREAK, not COFFEE BREAK!

Stress-relieving Chair Massages can help create lasting results by improving awareness, productivity and contributing to your company's well-being and success. Our On-site Chair Massage Station is a great way to GIVE • GROW • GAIN by investing on your employees and guests, showing you really care!

## BENEFITS OF

### *Chair Massages*

- Promotes total well-being
- Improves mental alertness
- Reduces stress, tension and anxiety
- Stimulates creativity
- Assists the immune system
- Improves self-esteem
- Increases cardiovascular efficiency
- Serves as a token of appreciation

ZEN  SPA

RETREAT

SHERATON PUERTO RICO HOTEL & CASINO

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