

DID YOU KNOW?

Many top companies offer workplace massage as an employee benefit. Here are just some:

Adobe Systems	Home Box Office
Allstate Corp.	Home Depot
American Express	Honda
ARUP Labs	International Truck & Engine
Baptist Health South Florida	JCPenney Corp.
BD Canada	Julliard School
Bertucci's Restaurants	Kimberly-Clark Corp.
Best Buy Co.	KLA Tencor
Calvert Group	Merrill Lynch
Cisco Systems, Inc.	Paychex
Clairol	PriceWaterhouseCoopers
The Container Store	Rainier Pacific Bank
Dollar General Corp.	Roche Palo Alto (pharmaceuticals)
EMC Corp.	S. C. Johnson
FedEx Corp.	Silicon Graphics, Inc.
First Tennessee National Corp.	Texas Instruments, Inc.
Gannett/USA Today	Valassis Communications
General Electric Co.	VHA Inc. (employee-sponsored benefits through Health Allies offers discounts on massage services)
Google	Yahoo!
Griffin Hospital	Yakima Valley Memorial Hospital
Guidant Corp.	
Hewlett-Packard Co.	

Massage

Reduces health costs, **Improve** productivity, **Improve** the you're bottom line, **Increase** in circulation of blood and lymph fluids, **Relaxes** nervous system and reduces stress, **Relief** of muscle spasm and tension, **Increases** joint flexibility and range of motion, **Promotes** deeper and easier breathing, **Reduces** blood pressure, **Increases** the excretion (via kidneys) of fluids and waste products; **Improves** digestion, **Relief** of tension related headaches and eye strain, **Nourishes** the skin, **Improves** posture and body awareness, **Speeds** recovery period from physical exercise by flushing the muscles of lactic acid, **Improves** the healing of pulled muscles and sprained ligaments; **Reduces** spasm, pain, swelling; **Reduces** formation of scar tissue, **Strengthens** immune system; **Helps** prevent disease, **Provides** nutrition for muscles, tissues and joints, **Helps** maintain health, **Helps** create a relaxed state of alertness, **Reduces** mental stress; **Creates** a calmer mind, **Sensitizes** one to the body; thus, creating a greater ability to monitor stress, signals and respond appropriately, **Increases** capacity for clear thinking. **Helps** to satisfy the need for caring and nurturing touch, **Creates** a feeling of well-being, **Helps** enable the ease of emotional expression, **Reduces** anxiety, **Increases** awareness of the body-mind connection, **Creates** a sense of being unified and in harmony, **Increases** energy flow at all levels.

To Schedule and Discuss How This Modality Will Help Your Business Contact:

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