**Escape Haven Spa**

**Chair Massage Sign-up**

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What is Chair Massage?**

Chair massage is a short 15-30 minute session that focuses on the high tension areas of the neck, back, shoulders, arms & hands. The massage is done fully clothed in an ergonomically designed chair that supports the body in a relaxed position.

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**Some Benefits Include:**

* Relieves physical and emotional stress
* Lowers anxiety
* Reduces muscle fatigue and tension
* Boosts your immune system and resistance to illness
* Lowers blood pressure
* Relieves muscle pains and headaches
* Improves thinking and awareness
* Improves your sleep
* Encourages better posture
* Generates more flexibility
* Boosts energy, alertness, and productivity
* Increases Circulation
* Helps prevent Repetitive-Stress Injuries
* Relaxes and rejuvenates

Please sign up below for a 15min. session for $15 dollars or a 30min. session for $30 dollars.

***Cash ONLY please.***

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| --- | --- | --- |
| **Time** | **Name** | **Contact # or Email** |
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Arrive 1 to 2 minutes before your scheduled time to begin promptly. Thank you.