



Just 15-20 minutes of chair massage has been shown to reduce blood pressure and stress-related cortisol levels.

Source: American Massage Therapy Association

15 min. Customized Chair Massage Sessions

20 min. Customized Chair Massage Sessions

Book as a weekly company offering or as a special event.

> *Cathy provides a relaxing massage and friendly conversation that allows me to get back to work refreshed.*
>
> *—Rachel Park, AutoLoop employee*

Benefits of Corporate Chair Massage:

- reduces stress & anxiety
- relieves body pain & headaches
- improves circulation
- boosts immune system
- increases work productivity
- builds morale & wellbeing
- and much more…

LOOKING FOR A NEW PERK TO OFFER YOUR EMPLOYEES?

(at no cost to your company)

FOR MORE DETAILS:

727.504.0344

TampaBayMobileMassage@gmail.com

Serving greater St. Petersburg/ Tampa



About Cathy Kamhi, RN, LMT

Cathy obtained her Massage Therapy License (LMT) in 2011 after working as a Registered Nurse (RN) for 30 years. She gravitated to massage because of its ability to enhance wellness naturally.

Specializing in office chair massage for corporate clients, as well as private, full-body, deep-tissue therapeutic massage for clients in-home.

LICENSED & INSURED

Bodies in Balance
MASSAGE THERAPY