On-Site **Chair Massage Services**

Parks and Recreation Department  
298 Garden Hill Drive, Los Gatos  
Available every other Tuesday - 11:00am to 1:00pm  
Raintree Conference Room

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**What is chair massage?**

Seated chair massage is provided on a specially designed chair by a certified massage therapist. The focus is on the upper body - head, neck, shoulders, back and arms.

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**What are the benefits?**

- Reduce physical and mental effects of stress
- Relieve physical problems related to repetitive tasks
- Improves mental alertness and ability to focus
- Ease headaches and stiff/sore muscles
- Lessen the effects from too much sitting

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**What is the cost?**

Cost is $1 per minute, minimum 10 minute appointments. Payment is collected through online link when scheduling your appointment.

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**Please visit**

www.sccgov.org/wellness/chairmassage

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**Questions?**

Please contact **Carrie Grisenti** at (408) 355-2240 for any chair massage questions at this location.