On-Site Chair Massage Services

Tasman Campus
150 W. Tasman Drive, San Jose
Available Every other Thursday
10:00am to 1:00pm
Room: TAS-150116
(exception on 3/19/20: TAS-150121)

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.

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

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

Questions?
Please contact Amy Sardella at amy.sardella@prc.sccgov.org for any chair massage questions at this location.

Please visit www.sccgov.org/wellness/chairmassage