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 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

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

Please visit
www.sccgov.org/wellness/chairmassage

Questions?
Please contact Rosa Espinoza at: (408) 201-0542 for any chair massage questions at this location.