On-Site Chair Massage Services

Los Altos Library
13 S. San Antonio Road, Los Altos
Available 4th Wednesday - 12:00pm to 2:00pm
Small Conference Room

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

Please visit
www.sccgov.org/wellness/chairmassage

Questions?
Please contact Durga Jandhyala at: djandhyala@sccl.org for any chair massage questions at this location.