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

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