



absolute energy

Healthy people means healthy business



On-Site Seated Acupressure Massage

On-Site Seated Acupressure Massage is based on a 1500 year old Japanese sequence.

It works specifically on stress release points on the neck, head, shoulders, arms and back where the majority of tension and aches and pains is manifested. It is designed specifically to reduce stress in the workplace.

Unlike other forms of massage, no clothing is removed or oils used and the receiver relaxes into a specially designed chair.

The treatment only takes 20 minutes and as well as easing aches, pains and tension it leaves the client feeling full of vitality and clarity of thought.

The sequence works to improve the flow of energy throughout the body. The practitioner eases tension and increases circulation in key muscle groups using a combination of massage, stretching and acupressure points to leave you relaxed and calm, yet energised and alert