



AMMA CHAIR MASSAGE IN YOUR OFFICE

Seated massage in the workplace is an effective way to fight stress at work.

Very easy to put on, it is given on an ergonomic chair, directly on the clothes and lasts between 15 and 20 minutes. It brings relaxation and well-being in record time!

Head, neck, shoulders, arms, back... all the areas of tension are worked on in order to untie knots and thus regain lightness, energy and concentration.

All I need is a quiet place. I travel with all the necessary equipment: massage chair, hygiene equipment, music, ambient decoration to create a cocoon favorable to relaxation.

Seated massage can be scheduled on a regular basis, at any time of the day, or occasionally during "Health at Work" days / weeks.

For further information on this service, please contact me via the details below. I am already looking forward to our future cooperation. See you soon!

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