



WWW.KYOHOLISTICS.CO.UK
07960 491 736
KYO@KYOHOLISTICS.CO.UK

What is Seated On-Site Massage?

Seated On-Site massage is an adapted variation of the Holistic Massage Therapy treatment.

It is specifically designed to focus on and relieve areas of tension and stress located in the back, neck & shoulder muscles of the body.

The massage is conducted in a specially designed massage chair which gives the therapist great access to the muscles.

The muscles can then be manipulated with:

deep multiple massage techniques & strokes, movements & sequences to break down clusters &/or lumps of stress held within the body

stimulating & relaxing percussive movements are also administered to stimulate the organs and body systems.

The aim of the therapy is to improve the health of the client by reducing the built up of tension held in these key muscle groups.



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The Treatment

The treatment will start with the therapist taking the current medical history of the client. After the relevant information has been obtained the massage will then commence and last 45-60 minutes.

Muscles are worked and manipulated by the therapist to:

- Disperse the stress adhesions and crystals found within the muscles
- Increase flexibility
- Soothe aching and fatigued muscles

The therapist will advise on future treatments (if applicable) and any factors which may contribute to the clients' wellbeing.

Clients are advised to wear loose fitting clothing to allow the therapist easy access to the limbs.



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Benefits of Seated On-Site Massage

Here are just some of the benefits of Seated On-Site Massage:

- Reduces stiffness and improves flexibility
- Fully clothed massage so quick and easy to conduct
- Decreases stress
- Improves sleep
- Improved physical and emotional wellbeing
- Stimulates blood flow
- Releases endorphins
- Decreases emotional tension
- Drug free and non evasive