



# What Corporate Managers Are Saying About Massage

There is no shortage of positive comments from companies who have tried chair massage. Here is what some managers have said.

*Tangible benefits [from on-site massage] are that employees like the service and appreciate it. That helps build loyalty and good relationships. Less-tangible benefits may be a more relaxed workforce and less stress to tired neck and shoulder muscles.*

—Phyllis Gabel, Human-Resources Director for  
Inland Northwest Health Services

*The employees are happier, have better attitudes about being at work, which has led to better performance.* —Nedra Johnson,  
Human-Resources Assistant with Barco Medical Imaging Services

From “Massaging Corporate America,”  
*Massage Magazine*, May/June 2004: 95-100

*Chair massage is a morale booster, it shows employees the company cares for them and there is a low-cost involvement on the part of the company.* —Bill Parkinson of the Boeing Company

From “Chair Massage Hits its Professional Stride,”  
*Massage Magazine*, March/April 1997: 38

*It’s the best perk we’ve ever offered; it probably outweighs all the bonuses we’ve ever given.* —Fredia Allen, Secretary Treasurer  
of Upshaw Insurance

*The cost [of chair massage] is more than offset by the benefits... people said aches and pains they had endured for an extended period of time were, if not eliminated, less of a problem.* —Lane Seliger,  
President of Lake Steel

From “Carving a Niche in Amarillo,”  
*Massage Therapy Journal*, Winter 2005: 74-81

*It’s challenging to come up with ways to recognize people. The employees really appreciate [chair massage], and tell me they feel so much more relaxed and ready for the next deadline.*

—Georgianna Marie, Owner of G. Marie Group, a Consulting Firm

From “Workers get the massage with on-site stress therapy,”  
*The Arizona Republic*, Dec. 22, 2004

*Not only does workplace massage help relieve stress, but it also helps our employees focus and do a better job. —Tamara Oliverio, Communication Center Specialist at Valassis, a maker of advertising flyers.*

*We promote anything that helps employees take care of themselves. Studies clearly show that if employees are healthy, they'll use less in health insurance benefits and be more productive.*

*—Kathryn Bishopric, Manager of the Behavioral and Collaborative Medicine Program at South Miami Hospital, speaking of the Employee Massage Program.*

From "Massage is in Business,"  
*Massage Therapy Journal*, Spring 2004: 55-63

*It can make the difference in employee retention and morale. —Dian Griesel, Chief Executive of The Investor Relations Group, speaking about job perks, including chair massage.*

From "Flexibility and Perks Sweeten the Job Pot,"  
*Crain's New York Business*, Feb 12, 2001: 40

*It was kind of a way to help people hang in there, and it became a great success. —Landon Y. Jones, Editor of People Magazine, speaking of the decision to begin weekly employee chair massage.*

From "Pressing the Flesh,"  
*New York*, January 12, 1998: 36

*Between 1988 and 1990, the costs Baxter bore for workers' compensation claims dropped by \$200,000. There's been a definite return for our money. —Helen Ayers, Health Services Supervisor for Baxter Pharmaceuticals, speaking of employee chair massage program.*

From "Rubbing employees the right way,"  
*Financial Times of Canada*, March 23-29, 1992

*Massages appear to have helped to improve morale and reduce stress, illness and absence. —Dennis Truskey, Vice President of Human Resources at Calvert Group, Bethesda, Maryland.*

From "Chair Massage Keeps Illnesses Down," *Productivity Up*, *Employee Benefit News*, May 2002, BenefitNews.Com