

On-site acupressure massage

This is a form of bodywork specifically designed to be given in the workplace.

It deals with the stressful effects of prolonged sedentary, repetitive, high pressure work coupled with the many demands of our domestic lives today.

In only twenty minutes tight tense muscles and ligaments will be eased, mind and body relaxed and the whole system generally toned.

An ideal way to take care of our body, mind and spirit in the middle of busy working schedules, it takes very little time and causes very little disruption to the working environment and schedule. The client is left refreshed, revitalised and ready for anything.

Whilst seated, fully-clothed on the ultra-comfortable, ergonomically designed chair the client receives stimulation of a carefully selected range of acupressure points combined with gentle stretches of the back, neck and arms from a fully qualified practitioner.

How does it work?

It works through similar principles to acupuncture. Energy flows in the body along meridians. Our meridian system can become blocked or depleted by many influences, internal, external and miscellaneous.

This creates imbalance and eventually leads to disease. From the principles of Chinese medicine, stimulating specific points along the meridians with positive pressure balances the energy flow and tones the body. The whole body/mind spirit system is encouraged to heal itself before disease arises.

The gentle massage and stretching techniques also stimulate blood and lymph flow, dispersing blocked energy and easing the tense tight muscles which give discomfort and pain.

History

The ancient origins of OSM go back 5000 years to the Japanese bodywork system called Anma, literally meaning press and rub. More recently in the 1980s entrepreneur David Palmer began giving short sessions to employees at Apple computers. It was so successful that he went on to have the chair specifically designed.

Now there are over 7000 practitioners in the USA and the UK is fast catching up. OSM is benefiting many companies here including Telewest, British Geological Survey and the Scottish Funding Council for further and higher education.

The Benefits of regular treatments

- Lowered blood pressure
- Lowered pulse rate
- Reduced muscle tension
- Relaxed and calm mind and body
- Increased energy
- Focused concentration
- Creation of a sense of well-being by balancing the systems of the body
- Can increased productivity and decreased absenteeism with regular use