



Everything you ever wanted to know about Massage but haven't asked yet!

Here is some information to help you get ready for your massage event. If you have any other questions, please don't hesitate to call us or send an email. We will happily answer your questions and add them to our FAQ.

What is chair massage? Chair massage is a short relaxation massage done over the clothing to key tension areas in the back, neck, shoulders and arms. The massage is done in specially designed portable massage chairs.

Will I fall asleep? Massage does have a reputation for being very relaxing. However, our massage is designed to refresh and reenergize. Rather than slowing employees down, research has shown that chair massage improves performance dramatically. In one study for example, workers who received chair massage over a period of time were able to do math tests twice as fast and with half as many errors as a control group. If you do grab a power nap – Great! Power naps during massage will have you feeling even better.

How long before my appointment should I show up: Please be ready a couple of minutes before your massage time. This always ensures that no massage time is wasted. We always keep right on the schedule to respect everyone's valuable time.

Who provides the massage? The Wellness Edge collaborates with the very best Registered Massage Therapists and Chair Massage Practitioners across North America. All of our team is fully certified, or registered/licensed and insured with experience serving our clients in a multitude of environments. Our team members are not only chosen for their skills, but also for their outstanding customer-service.

How should I dress for massage? Comfortable clothes are always best. You can be wearing business attire or casual and you will always be very comfortable on our ergonomic chairs.

Will it hurt? Of course not! Our specially trained teams will check in to see if you're comfortable with that level of pressure and adjust it to suite you. Always know that we want to provide you with the best massage so please do always communication whenever you would like more or less pressure.

What do we need to supply? Space and people who want to feel better! Our teams bring all of their supplies and equipment with them. If you would like us to bring music suitable for the day please let us know.

Do you provide receipts people can use with my insurance claims? Yes we do. When you are in need of an RMT please let us know in advance. Health history form will be sent for massage with RMT's.

How do I know if massage will aggravate any pre existing condition I have? Please always let the therapist/practitioner know of any pre existing conditions, pain or recent injuries.

How often should I have massage? Besides helping to ease muscle strain and reduce pain, relaxation massage helps reduce stress and allows us a chance to really 'feel' relaxation, keeping us healthier and happier. A regular schedule, weekly, bi weekly or even monthly helps us as another reminder to relax.

Find out more about massage, and our other tools and programs to help you get fit from the inside out, e: carrie@thewellnessedge.ca, or call: 416 704 8545

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