



Physical Benefits:

- Relaxes your body
- Calms your nervous system
- Lowers blood pressure
- Reduces chronic pain
- Relieves tired and aching muscles
- Increases flexibility and range of motion
- Reduces tension headaches
- Strengthens your immune system

Mental / Emotional Benefits:

- Reduces stress
- Promotes better sleep
- Improves concentration
- Lowers anxiety
- Facilitates creativity
- Provides a feeling of well being

Benefits From A Business Perspective:

- Reward your team for a job well done
- Revitalize your work force
- Manage stress during deadlines
- Offer workplace massage as an employee benefit
- Create a positive work environment
- Show your staff you care
- Reduce absenteeism at work
- Offer gift certificates for your clients
- Offer massage for your hotel guests

323.933.9320
www.LABodyworx.com



We specialize in on-site massage at your location. Whether you need a single massage therapist, or an entire massage team, we offer the perfect solution tailored to your needs.



- *On-Set Massage*
- *Conventions*
- *Office Massage*
- *Trade Shows*
- *Events*
- *At Home*

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LA BODYWORX comes to your location!

Chair massage is performed by a professional massage therapist, or team of therapists. The client remains fully clothed and the massage includes the neck, shoulders, back, arms and hands, and can be adapted to special needs. The therapist provides the portable chair and no oil is used.

Our services are suited for your business and lifestyle.



Office: Have you been sitting in front of your computer all day? You probably feel it in your neck and shoulders. Take a 15 minute chair massage break in the convenience of your office. Great for neck and shoulder release. It will make your day!



On-set: Are the long demanding hours on-set draining you? Our massage therapists will revitalize your crew and talent, so your team can perform at an optimum level. A massage break will help maintain a positive and creative environment.

A massage technique for everyone

At LA Bodyworx we offer many different massage techniques to suit your personal preference:

- Acupressure
- Swedish
- Deep Tissue
- Trigger Point Therapy
- Sports Massage
- Cranial Sacral
- Thai Massage
- Shiatsu
- Yoga Classes

"The 15-minute chair massage really makes a big difference in my day. I feel more relaxed and creative. It is as if I have more space in my body."

Michael Kross
Composer & Musician,
E Entertainment
Los Angeles



Find out more at www.LABodyworx.com or call us at **323.933.9320**