

# Back in Touch

## Quiet Zone: Massage in Session

You too can experience the *blissful effects* of a Thai chair massage.



Chair massage means more than feeling great right now. It's an investment in your future wellbeing.

Contact [Chuckie Fong, LMT](#) at 510-331-3306 or [chuckiefong@gmail.com](mailto:chuckiefong@gmail.com) to schedule an appointment. You'll be glad you did!

### Benefits of Chair Massage

- Loosens tight muscles
- Relieves tired and aching muscles
- Increases flexibility and range of motion
- Reduces chronic pain
- Calms nervous system
- Assists in recovery from injuries and illness
- Improves concentration
- Reduces stress and tension headaches
- Aids in mental relaxation