

WELCOME TO THE Massage Chair

How you spend your next 2 minutes can affect the quality of the rest of your day.

While you wait for the massage chair get yourself comfortable and rest for a moment.

- Rest your back against the back of the chair and soften your shoulders
- Eyes closed or softly focused
- Feet flat on the ground
- Rest soft hands on your thighs
- Breath. Breath in slowly through your nose, and out through your mouth
- If available and if you are in the mood, use an aromatherapy cotton ball