

# Chair Massage Series by Restorative Touch Massage Studio

Residents will enjoy a fully clothed chair massage on site. Massage is known to relieve stress symptoms such as muscle tension and sleep loss. Sign up sheets are provided for 10/15/20 minute slots.

*This program may be used only once per TAP member site.*

**Program Type** [Series](#)

**Time** 3 Sessions, 3 hours

**Audience Size** 6 min - 30 max

**Language** English

**Audience** Adults

**Season** All Year

**Topic** Wellness

**Region** Statewide

**Program Contact**

Pamela Chiasson, Restorative Touch Massage Studio

**Phone** [9788520270](tel:9788520270)

**Email** [pamela@rtmassagestudio.com](mailto:pamela@rtmassagestudio.com)