

On - Site Massage Services for Hair Stylists



Hair Stylists often face stress from high paced environments, long work days and high expectations o their clientele. While the job can be incredibly rewarding, stylists often face burnout and chronic muscular tension. Massage is a great way to lower stress, correct improper body mechanics and prolong your career. by avoiding burnout!

Common Concerns for Stylists



Forward head posturing often results in neck/shoulder/upper back pain, headaches, nerve impingement, hypertonicity of muscle tissue and Thoracic Outlet symptoms.

RSI - repetitive strain injury (aka Carpal Tunnel Syndrome) of arms and hands as well as fatigue, joint pain and arthritis.

Low Back problems from standing all day, often in unsupportive footwear. Foot pain, swollen feet & calves, strained blood vessels.

Excessive jaw and facial tension, often leading to TMJ symptoms, from talking with clients all day long.



How Massage Can Help



Regular massage therapy has been proven to be one of the most effective treatments for the issues that arise in the career of a hairstylist.

As maintenance, it can prevent injury and facilitate a new level of comfort and mobility in the body. It is also an indispensable tool for the reversal of chronic pain and injury.

And massage is probably the most researched and validated tool available for decreasing stress and increasing overall well being.

Testimonials



“Working with Lara helped me correct the intense neck and hand pain that was getting in the way of my work. I think massage work is a necessity in this field.”

- Kerry L.

owner of KD Leonard Salon

“My staff loved having their weekly chair massage! It felt good to offer them that service since they work so hard everyday. And clients remarked at the change in moral. Everyone benefited!”

- Pam R.

owner Mirror Image Salon

“As a stylist working behind the chair for over 16 years, I know that it can certainly take it’s toll on the body. Getting massage on a regular basis not only keeps me on track physically, it’s great for the spirit as well! The benefits of massage over the years have been extremely valuable to my career!”

- Lee Ann M.

senior stylist/make-up artist/chief colorist
of 16+ years



Support your team of stylists in becoming as successful as they can be!

Massage days can be scheduled at your salon weekdays, weekends and evenings.

Rates vary depending on your unique salon's needs. Co-pay options between owner and stylists are available.

Call for a quote and to schedule your appointment today!

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