



Working Well Chair Massage at Whole Foods Market™

**Cost:
Only \$1.00 Per Minute**

Whole Foods Market Locations:

Gold Coast Location

30 W. Huron, Chicago, IL 60610

Chair Station in SouthEast corner of store. In cafe,
near restrooms.

South Loop Location

1101 S. Canal St, Chicago, IL 60607

Chair Station in NorthWest corner of store. Near
Wine and Beer checkout, at Entrance to Mall

Hours:

**Monday-Sunday,
Noon-8p.m.**

Contact Us:

Phone: 773.206.9676

E-mail: info@workingwellmassage.com

Website: www.workingwellmassage.com

**Call us for quotes on
corporate chair massage or for
parties and special events!**

**Working Well
Massage, Inc.**



Feel Better... in Minutes!

**with a quick, relaxing and
affordable therapeutic chair
massage at Whole Foods Market™**



“The massage therapist was a master...a sense of relief, coupled with complete calm, were my rewards... I didn't want the massage to end! I could use one of these every day, especially with the convenience of walk-in appointments... it doesn't get any better than great hours at a great location with a highly skilled massage therapist!”

**- Jill Willman
Whole Foods Shopper**

How Long Should My Massage Last?

Quick Fix: In 5 minutes we can quickly work your neck and shoulders. 5 minutes gives you an idea of a therapist's style. It's great if you are in a hurry. (Minimum length of time for chair massage is 5 minutes.)

Short Stop: In 10 minutes we can relax your back, neck, shoulders, and scalp and focus on a few knots.

Mellow Moment: In 15 minutes we can work your arms, neck, shoulders and back or we can focus on specific problem areas.

Complete Retreat: In 20-30 minutes we focus on specific trouble areas, give you a totally relaxing massage and work on getting major knots out.

Availability

Chair Massages at Whole Foods Market™ are performed on a walk-in basis. Our hours are Monday-Sunday, Noon - 8 p.m. There is no need for an appointment. If you do not see a therapist in the booth during normal hours, he/she may be in the rest room. If the therapist does not return shortly, he/she may be absent due to an emergency or illness.

We make all efforts to have therapists in the booth during posted hours. However, emergencies do occur. Feel free to call us to inquire about therapist's availability at 773-206-9676.

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Why Chair Massage?

It's quick and convenient! You can receive a chair massage in as little as 5 minutes, and you will receive your massage while sitting on a specially designed, portable massage chair that can be adjusted to fit just about anyone - so there's no need to undress, and no need for an appointment! Some other great benefits of massage are:

- It can help ease tension headaches.
- It is a quick, easy and effective way of relieving pain and stress.
- It can help aid the recovery process for those who have had muscle injuries.
- It warms your muscles up on a cold day.
- It releases tight knots and soothes sore areas of the neck, back, shoulders, arms, hands, and scalp.

How it Works

No need for an appointment! Just stop by the booth during our business hours and speak with a therapist. If someone is already receiving a massage, sign in on the sign-up sheet.

When it's your turn, your therapist will help you get seated in the chair and begin the massage. Tell the therapist how long you'd like your massage to last and if you have any problem areas. Also, be sure to tell the massage therapist if you have a heart condition, untreated high blood pressure, or a fever before you begin.

During the massage, don't be afraid to let your therapist know if the pressure needs to be adjusted. We welcome your feedback. It helps us give you a better massage!

When you are finished, your therapist will help you out of the chair and give you any feedback you may need about stretching or follow up. Please pay your therapist at this time. Cost is only a \$1.00 per minute! Tipping is always appreciated but not required.

Our Mission

The mission of WWM is to give people relief from pain and stress using massage and wellness education. We aim to provide people with the benefit of massage by connecting a variety of quality massage therapists with people who need bodywork. Our ultimate goal is to give you the highest quality alternative health care.

About Our People

Your massage will be administered by a licensed, professional massage therapist who has studied anatomy & physiology as well as therapeutic massage techniques. Our massage therapists are certified by accredited massage schools and are licensed and insured. We are allied with quality acupuncturists and chiropractors to give you the best possible resources for alternative health care.

Each therapist has his or her own unique style of massage. Try out several therapists to determine which style fits you best! Many of our massage therapists also have their own practices in different parts of the city, so if you enjoyed your massage feel free to make an appointment for a table massage in his or her office. (Please note: each therapist charges different rates for massages at their studios or for house calls.)

Our History

Working Well Massage was established by Sue Shekut, Licensed Massage Therapist, in 2000. She opened the Working Well Massage Station at Whole Foods Market Gold Coast location in 2001 and the South Loop location in 2007. These stations provide shoppers with easy access to quick, affordable massage, and massage therapists with a means to meet new clients. After great success with the chair massage station, Working Well has expanded to bring chair massage to the workplace and at special events, working with scores of Chicago-area companies that want to help their staff combat stress and muscle pain.