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**Metro Store to Offer Chair Massages Beginning April 10**

- Licensed masseuse to be available Tuesdays and Thursdays

(April 4, 2007) Tired? Tense? Stressed out? Well, help is on the way! Beginning April 10, the Metro Store will offer chair massages two days a week.

Every Tuesday and Thursday, from 9 a.m. until 3 p.m., licensed massage therapist Adrienne Montoya will be available by appointment, except when the store is closed for lunch from 12:30 to 1:30 p.m.

Employees can make reservations for the 10- or 15-minute massages by visiting the Metro Store on the Plaza level of the Gateway Building or by calling the store at 922-4740. Appointments must be on the employee's own time.

The massages, which can include back and neck, arms and hands, are priced at \$1.20 per minute – \$12 for 10 minutes or \$18 for 15 minutes. Clients will be expected to sign a waiver before the treatments.

"Chair massages reduce neck and shoulder pain and can improve concentration," says Danielle Boutier, director of Communication Services. "They help you relax, but at the same time, can energize you because you've gotten rid of the stress."

If the program is successful at Metro Headquarters, she says, it will be extended to the operating divisions.

There's no need for clients to alter their clothing when getting a chair massage. The massages will be given in a special area of the Metro Store that will afford privacy and a relaxing atmosphere, including soothing music. The masseuse will place a fresh paper covering over the face rest for each client and will clean the chair after each use.

Adrienne Montoya, a licensed massage therapist, is a graduate of Scripps College and also studied at the National Holistic Institute in the Bay Area and at the Massage School of Santa Monica. She is the owner of AbsoluteZen Bodywork.

Montoya has practiced for the past five years at local events and has worked with corporate and governmental clients. She is skilled in such massage techniques as shiatsu, Swedish, acupressure, sports massage and Thai massage, as well as in chair massage.

