

Relax and unwind in your lunch hour for National Stress Awareness Day

Submitted by: The PR Room

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Greater Manchester, England, 22nd October 2012: This year, the theme for National Stress Awareness Day (<http://www.isma.org.uk/national-stress-awareness-day/>) on the 7th November is "Defining Outcomes for Wellbeing at Work." With work hours becoming longer and expected response times getting shorter, the workplace can be a stressful place - and it can be tricky finding the time to relax and de-stress. According to recent research by Insurance Company AXA, stress levels have doubled in 4 years.

Relax at your desk with the Beurer Shiatsu Office Chair Cover

The key to de-stressing during the workday is to take advantage of your lunch hour - and enjoy a massage from the comfort of your office chair! The Beurer Shiatsu Office Chair Cover (<http://www.amazon.co.uk/Beurer-MG290-Shiatsu-Massage-Cover/dp/B005H0N8UM>) is the perfect way to get a spot of relaxation while you enjoy your lunch, and can help ease those hunched shoulders and aching back muscles.

The Beurer MG290 Shiatsu neck and back Massage Seat Cover is designed to fit the contours of your body perfectly, with a bucket seat design. It has 5 in 1 massage styles to suit your needs and mood, including a powerful Shiatsu massage for a tough day, spot massage to reach particular parts, rolling and vibration for general massage and a heat function to add to the therapeutic effect. The two rotating Shiatsu massage fingers and four Shiatsu massage heads can rotate and roll all the way up and down your neck and back, for a full massage. Finally, you can choose from 2 speed settings and 3 individually selectable massage regions, making a massage in a Beurer Shiatsu neck and back Massage Seat Cover a truly customisable de-stressing technique.

The Massage Seat Cover can be adjusted to the height of your seat, and is suitable for any seats with sufficient depth and a back rest. Once you're done de-stressing, you can hang it up out of the way using the inbuilt hook and carry on with your work day.

The Beurer massage seat cover is available from Amazon (<http://www.amazon.co.uk/Beurer-MG290-Shiatsu-Massage-Cover/dp/B005H0N8UM>) and Argos (<http://www.argos.co.uk/static/Product/partNumber/4481247.htm>) for £269.99 and comes complete with a 3 year guarantee, so you have one less thing to stress over!

Beurer have a wide range of shiatsu massage products which can be found on the Beurer website (<http://www.beurer.com/>)

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Press Contact

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About Beurer

Beurer is the No.1 health and wellbeing brand in Europe and has developed an excellent reputation for design, style and innovation.

Beurer was founded in 1919 in Ulm and is synonymous with health and wellbeing. The company started with the first heating pads in Germany, and has gone on to expand into a range including a wealth of products for the health and wellbeing, beauty, baby care, sports and medical diagnostic and prevention sectors. These include electric blankets, heating pads, blood pressure and blood glucose monitors, nebulizers, clinical thermometers, personal and kitchen scales, foot baths and air humidifiers, Shiatsu massagers, baby monitors, heart rate monitors and cosmetic mirrors. The family run company operates a global distribution network in more than 80 countries and currently has a workforce of 350. You can find more information at www.beurer.com