



HEALTHY HOUR™ · THE GUEST EXPERIENCE

This is your five minutes.



You won't stand in a line. Check in, go back to your conversation, and we'll text you when it's nearly your turn. The only part of your day this takes is the five minutes you're in the chair.

The problem with being offered wellness

You've been offered the same three: the lunchtime yoga class, the meditation app subscription, the fruit basket in the break room. You meant to use them. None of them found you where you already were, and none of them asked for only five minutes. A Healthy Hour™ comes to the room you are already in. Five-minute chair sessions, seated and fully clothed. No appointments, no sign-up sheet, and nothing to buy.

Choose one

01

ARRIVE™

Hand reflexology.

02

RESET™

Spine and lower body.

03

RECONNECT™

Head, neck, and shoulders.

ARRIVE™ means nobody has to opt out. You can be fully cared for without being touched anywhere but the hands — so if you are guarded, sore, self-conscious, or simply not sure, you still get to sit down and receive something. Nobody is left watching, and nobody has to explain why.

You do not have to be a massage person.

Most people at any given Healthy Hour™ have never booked one in their lives. You stay dressed, you stay in the room you're already in, and you can stop at any point without saying why.

What to expect

- **You stay dressed.** Five minutes, seated, fully clothed. No oils, lotions, or creams, so you go back to your day exactly as you arrived.
 - **You choose what happens.** Three options, and you pick. Tell the therapist what you'd rather they left alone, and they will.
 - **You keep your afternoon.** Check in, carry on with what you were doing, and we text you seven minutes before your turn.
 - **You can stop at any point.** No explanation, no awkwardness. It is your five minutes.
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A licensed therapist and an operations host bring everything — chairs, signage, beverage service, and check-in. The room can be an office, a lobby, a clubhouse, a community space, or a home. You bring nothing.

How to take part

1

Scan the QR code to complete your intake, liability, and release waiver. It takes under a minute.

A dashed blue rectangular box containing the text "QR CODE" in a sans-serif font.

QR
CODE

2 Check-in opens fifteen minutes before Healthy Hour™ begins.

3 Reconnect with others, or return to your day.

4 Check your place in line anytime, using the link in your text.

5 We'll text you seven minutes before your turn.

What it costs you

Nothing. Your host or sponsor has arranged and paid for the day. There is nothing to buy, nothing to sign up for afterward, and nobody will ask you for anything.

LEARN MORE <https://mobilemedmassage.net/healthy-hour>

A photographer may be present; photographs are taken only with guest consent, captured at check-in. Licensed, insured therapists. Mobile MedMassage provides restorative wellness experiences supporting relaxation, mobility, and well-being. We do not diagnose, prescribe, or provide medical treatment. Healthy Hour™, ARRIVE™, RESET™, and RECONNECT™ are trademarks of Mobile MedMassage. © 2026 Mobile MedMassage · Care That Fits.