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Moscow Police to Get Chill-Out Rooms to Relieve Job Stress

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Moscow police are set to get relaxation rooms to help them fend off the stress that comes with the job, online news site M24.ru reported Wednesday.

The rooms, which will differ depending on the district in which they are located, will feature massage chairs equipped with MP3 players and massage helmets created to treat headaches and other stress-related afflictions, the report said, citing an undisclosed source in the Interior Ministry.

The city's southwestern district already has plans to purchase eight massage helmets fitted out with MP3 players, the report said.

"The helmet should be designed for getting rid of headaches or dizziness, migraines, drowsiness, bags under the eyes, eye fatigue or swelling, high blood pressure and hair loss," M24.ru cited an internal police document as saying.

Police in the city's eastern district will get five light projectors that will play music to accompany projected images, including a waterfall scene, the report said.

"These devices will create a soothing lighting effect in the rooms for psychological relief and relaxation corners, and they will also serve as decorative lighting," the source was cited as saying.

The creation of the chill-out rooms is expected to cost the city budget about 1.5 million rubles ($32,000), according to the report.

In 2013, similar relaxation rooms were created for special forces stationed in Moscow, and firefighters are expected to get their own in the near future, M24.ru said.

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