

Massage Services

Licensed Massage Therapist, Eric Peters will be providing massage services on the 3rd Thursday of every month in Health and Wellness Services (2nd floor of the MFFSC) beginning 3/22/2018.

Appointments are available for SNC students, faculty and staff. Appointment availability in the summer months will be contingent on the demand for the massage services offered.

Reasonable massage rates are available: ½ hour-\$25.00, 1 hour-\$45.00. Payments are made directly to Eric Peters at the time of the appointment by cash, credit card or check.

Massage style: Asian Bodywork Therapy is an Eastern style of massage that takes a holistic approach in helping the body heal. A variety of massage techniques are used to help reduce muscle tension and increase circulation. This technique can be performed in a therapeutic or relaxing nature. The therapeutic technique uses firm pressure aimed at breaking up muscle tension and increasing circulation; the relaxing technique uses lighter pressure and calming massage to increase the natural flow of energy in the body.

Both variations provide an opening to the natural flow of energy, in turn aiding the body's natural ability to heal itself. After receiving this type of bodywork, people feel rejuvenated with calming energy, physically centered, and mentally clear. Swedish Massage and Deep Tissue Massage are also available upon request.

Appointments can be made by calling Health & Wellness Services at 920-403-3266.