

Massage Therapy

Take advantage of on-campus massage therapy provided by Licensed Massage Therapist, Eric Peters!



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.

Appointment Scheduling

Massage services are available on the 1st & 3rd Thursday of the month.

- Chair massages take place in the morning between 8:00 a.m. - 12:00 p.m. on the 1st Thursday of the month.
- Regular massages take place on the 3rd Thursday of the month between 8:00 a.m. - 4:30 p.m.

Appointments are available for SNC students, faculty and staff. To make an appointment call Health Services at 920-403-3266 or email health@snc.edu. Availability in the summer months will be contingent on the demand for the massage services offered.

Location

Massage appointments are held in Health Services located on the 2nd floor of the MFFSC.

Cost

Reasonable massage rates are available:

- \$25 - 30 minute chair massage
- \$25 - 30 minute regular massage
- \$45 - 60 minute regular massage

Payments are made directly to Eric Peters at the time of the appointment by cash, credit card, or check made payable to Balance From Within.