



Massage Therapy



FREE CHAIR MESSAGES FOR FINALS WEEK

Free 15 minutes chair massages are offered during Fall and Spring finals weeks courtesy of Health Services Licensed Massage Therapist Eric Peters.

ASIAN BODYWORK THERAPY

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 aid the body's natural ability to heal itself.

*Swedish and Deep Tissue massage are also available upon request.

PROVIDED BY

Licensed Massage Therapist, Eric Peters

WHEN

Effective January 2022, massage offerings will be expanded to two full days a month from 8 a.m. to 4 p.m.

WHERE

Health Services (second floor of MFFSC)

RATES

30 minutes - \$25.00

60 minutes - \$50.00

90 minutes - \$75.00

Payment Options: Cash, Credit Card, or Check payable to: Balance From Within

BOOK

Appointments can be made by calling Health Services at (920) 403-3266.

[SNC.EDU/WELLNESS/MASSAGETHERAPY](https://www.snc.edu/wellness/massagetherapy)