



# Massage Therapy

Health & Fitness Lab

## Massage Prices

TYPE	DURATION	STUD	F/S	PUBLIC
Swedish	30 Min.	\$25	\$32	\$40
	60 Min.	\$35	\$47	\$55
	90 Min.	\$50	\$67	\$75
Deep Tissue	30 Min.	\$30	\$37	\$45
	60 Min.	\$40	\$52	\$60
	90 Min.	\$55	\$72	\$80
Hot Stone	60 Min.	\$45	\$57	\$65
	90 Min.	\$60	\$77	\$85
Prenatal	60 Min.	\$40	\$52	\$60
	90 Min.	\$55	\$72	\$80

## Packages:

Faculty & Staff - Buy two at regular price and get the third at Student rate  
 Public - Buy two at regular price and get the third at F/S rate.

## Packages (3 massages)

TYPE	DURATION	F/S	PUBLIC
Swedish	60 Min.	\$129	\$157
	90 Min.	\$184	\$217
Deep Tissue	60 Min.	\$144	\$172
	90 Min.	\$199	\$232
Hot Stone	60 Min.	\$159	\$187
	90 Min.	\$214	\$247
Prenatal	60 Min.	\$144	\$172
	90 Min.	\$199	\$232



# Massage Therapy



**Health & Fitness Lab**



*The Health and Fitness Lab offers professional massage therapy services to the WKU campus and the Bowling Green community. We offer relaxation massages, as well as therapeutic treatments to help with muscle pain and injuries. The Health and Fitness Lab employs both male and female massage therapists. Our rates are the most competitive in town, and we offer free parking. We are also one of the few places around that offers the John Barnes method of Myofascial Release Therapy.*

## **Swedish Massage:**

This system of massage employs movements that are slow and gentle. It affects the nerves, muscles, glands, and circulation while promoting health and well-being. Swedish Massage refers to a collection of techniques designed primarily to relax muscles, by applying pressure to them against deeper muscle and bones, and rubbing the same direction as the flow of blood returning to the heart. The goal of Swedish Massage is to speed the venous return of un-oxygenated blood and toxins from the extremities. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management.

## **Deep Tissue:**

The term Deep Tissue Massage refers to various massage styles that are directed toward the deeper tissue structures of the muscle and fascia. In most deep tissue techniques the aim is to affect the various layers of fascia that support muscle tissues and loosen bonds between the layers of connective tissue. This system is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles.

## **Hot Stone:**

Hot Stone Massage is a form of bodywork that involves the application of heated stones to the body during Swedish Massage. This system of massage stimulates the circulatory system, softens and relaxes muscles, helps to release toxins, induces a state of deep relaxation, relieves pain and muscle spasms, and creates a feeling of peacefulness.

## **Prenatal:**

This is available for any woman who is 13 weeks or later into her pregnancy. Massage can relieve many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling).