

Massage Types Offered

Seated/Chair Massage - Convenient for treatments of the upper body. Excellent relaxation when time is a factor.

Swedish - Excellent for increasing circulation and relieving tired, aching muscles. This gentle yet relaxing massage uses light to moderate pressure.

Relaxation/Stress Reduction - Creates balance in body systems, release pinched nerves. Releases physical, emotional and spiritual trauma. Interrupts headache and migraine patterns.

Neuromuscular- Focus on specific areas and needs. This technique is excellent for athletes, pre and post events, and those who work out regularly. Aids active people in preventing injury and assisting in the recovery of muscles.

Appointment Scheduling

Appointments can be made 24 hours prior to appointment at the reception desk at the SRC, or by calling 650-3766.

Payment must be made when you make your appointment. Credit card payment can be made via the phone.

Please arrive 5 minutes early.

We accept cash, check, Visa, and MasterCard.

*A male or female massage therapist may be requested.

Cancellations & Missed Appointments

Cancellations must be made at least 24 hours in advance.

Please contact the SRC at 650-3766 if you wish to cancel and/or reschedule. (M-F 8am-5pm)

If an appointment is missed there will be no refund. We are happy to reschedule.

During the massage:

- If the massage is too light or too hard, ask to have the pressure changed. Some massage techniques are only light, but asking is appropriate.
- If you are uncomfortable, (need the heat turned up, less blankets, light moved) say something.
- Tell the practitioner where you hurt. This way the massage can focus on where you need it most.
- Often breathing deeply can help you get the most out of a massage. Breathe into every cell of your body.

After the massage:

- Drink lots of water. This helps the body remove toxins that you were able to release during the massage.
- Plan to take the first 20 minutes after a massage lightly. For example, go on a short walk or sit quietly. This allows the massage to settle into the body.
- After many massages, a nice warm bath is very refreshing.

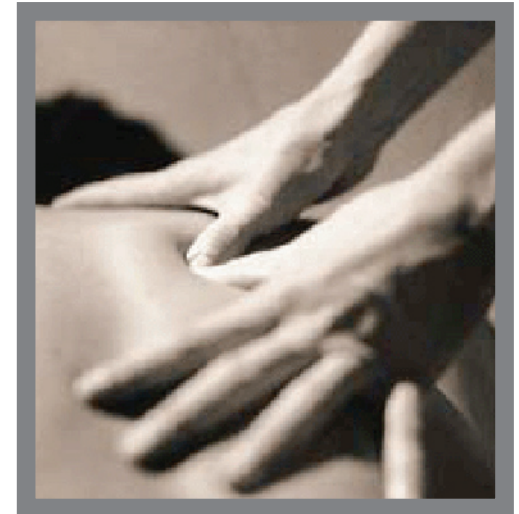
Prices

10 minute chair massage	\$10
20 minute chair massage	\$20
30 minute table massage	\$30
60 minute table massage	\$45
60 minute hot stone massage	\$55
90 minute table massage	\$65

**Massage therapy is only available to SRC members and membership eligible.*

Therapeutic Massage Services

At the Wade King Student Recreation Center



Wade King Student Recreation Center

516 High Street

Bellingham, WA 98225-9095

360.650.3766



WESTERN WASHINGTON UNIVERSITY

Introducing **therapeutic massage sessions** at the Wade King Student Recreation Center

Call 650-3766 for more
information.



Benefits of Massage Therapy Include:

- Reduce stress, tension, anxiety and depression.
- Reduce headaches, back aches and stiff necks.
- Enhance energy, vitality and quality of life.
- Create balance in body systems.
- Reduce or eliminate muscular knots.
- Release pinched nerves.
- Increase circulation - nutrients and oxygen in the blood.
- Release toxins.
- Enhance Body - Mind - Spirit relationship.
- Interrupt headache and migraine patterns.
- Alleviate aches and pains.
- May lower blood pressure.
- Increase job performance and productivity.
- Accelerate post-surgery healing time.
- Increase quality of life.

What to expect for your first massage

You will talk with your massage practitioner about your health in general and about anything currently happening in your body that massage might be able to help (e.g., tight shoulders, stiff neck, lower back pain, sore arms or calves, tension headaches, etc.) This helps to determine if there is a medical reason you can not have a massage. It also helps your practitioner tailor the massage to meet your current needs.

You will receive your massage in a private room, in a space your practitioner has set up to maximize your relaxation and comfort. This should be a calm and peaceful place, where there will very likely be relaxing music playing in the background.

You will be asked to undress to whatever degree is comfortable for you. Again, you will be doing this in a private space. You will be lying on a very comfortable table and you will be completely draped with a sheet during the entire time you are receiving the massage. Your practitioner will leave the room while you undress, and will give you a few minutes on the table to relax before he or she returns to begin the massage. Only one part of your body will be massaged at a time, and only that part (an arm, a leg, a foot, etc.) will be uncovered.

An unscented lotion will be used during the massage. These lotions will usually be very light and very absorbent, so you will be able to put your clothes back on without fear of staining them. If you prefer a different type of massage oil or creme, make sure to let your massage practitioner know. Remember, the time is yours. If at any

time you become uncomfortable, your practitioner will stop. If you want extra work on a particular area, you may request it. If you prefer that an area of your body not be touched, you can request that as well. If you want to talk with your practitioner during the session, that's fine. If you want to close your eyes and relax in silence, that's fine too. You know your body and your needs best. Your practitioner will respond to whatever you feel is right for you.

At the end of the session, your practitioner will tell you that he or she is finished, and will leave the room so you can get dressed. At this time, you will likely be in a deeply relaxed state, so you will be advised not to jump up too quickly from the table. Get dressed at a relaxed pace. Massage practitioners are aware that many clients experience some initial degree of shyness, nervousness, or anxiety over doing something new for the first time. Because of this, they strive to make your experience a calm, relaxing and peaceful one. Now that you know exactly what to expect, just relax and enjoy your massage.

