UWEC Massage Therapy offers a number of different types of massage therapy to help alleviate stress and to bring powerful and natural pain relief.

### Scheduling A Massage

**Appointment Information**

- Early morning, evening, and weekend hours are available.
- Call 715.836.3377

- 30 minutes - $27.00
  - Concentrated work on one or possibly two areas.
  - For example: back, neck and shoulders.

- 45 minutes - $33.00
  - Deep tissue or relaxation work.

- 60 minutes - $39.00
  - A full body massage with concentration on one or possibly two body areas.

- 90 minutes - $56.00
  - For continuing clients only, with the prior approval of a therapist.

For more details, [www.uwec.edu/recreation/MassageTherapy](http://www.uwec.edu/recreation/MassageTherapy)

### Types of Massage Available

- Pregnancy
- Myofascial
- Chair
- Aromatherapy
- Swedish
- Sports
- Deep Tissue
- Trigger Point Therapy
- Craniosacral
- Reflexology
- Positional Release Technique

### Gift Certificates

Gift Certificates may be purchased at the Recreation Office for students, faculty, staff and their partners. Please note that appointment times may only be scheduled by the massage client.

### Cancellation / No-Show Policy

A six hour advanced notice is required to cancel your appointment without charge. If the appointment is canceled with less than six hours notice, and if we are unable to fill the appointment time, full payment will be required. Future appointments will not be scheduled until payment is received. Weekend appointments must be cancelled by 4:00pm the Friday before appointment. Only the person receiving the massage is eligible to schedule an appointment.

### Come as you are and Experience Recreation!

We respect and appreciate all people. We value the individual differences that make us unique and the similarities that bring us together.

### Individuals with Disabilities:

If a disability related accommodation is needed to participate in any of our programs, please contact Al Wiberg at (715) 836-5601.