School Stressing You Out? Consider the Benefits of Massage Therapy

If school work is weighing you down & stressing you out, think about making an appointment at the Student Health & Wellness Center for a visit with a massage therapist. Stress can greatly affect the body in many different ways causing not only emotional & behavioral symptoms, but also physical. Perhaps, it’s time to take a much needed break to relax & unwind.

- Stress Warning Signs & Symptoms
  - Memory problems
  - Inability to concentrate
  - Constant worrying
  - Aches and pains
  - Diarrhea or constipation
  - Nausea, dizziness
  - Chest pain, rapid heartbeat
  - Frequent colds
  - Depression or moodiness
  - Irritability or agitation
  - Feeling overwhelmed
  - Sleep problems
  - Independence
  - Procrastinating or neglecting responsibilities
  - Using alcohol or drugs to relax
  - Eating more or less

- Why massage therapy?
  - Loosens, relaxes, tones, & stimulates weak, tight, & atrophied muscles
  - Improves circulation of blood & lymph throughout the body by providing enhanced oxygenation to organs & tissues
  - Improves nerve function
  - Opens & balances energy flow
  - Promotes overall healing & improves immune function
  - Alleviates low-back pain & improves overall range of motion
  - May lessen anxiety & depression
  - Reduces muscle spasms & cramping

- Types of massage offered
  - Swedish Combination (relaxation massage)
  - Pregnancy Massage
  - Deep Tissue Massage

- Base prices ($10 extra fee for pregnancy & deep tissue massages)
  - 15 min $12.50
  - 30 min. - $25
  - 60 min - $50
  - 75 min - $70

Scheduling an appointment: Call the health center at 562-464-4548. Massages are available to students, faculty, & staff twice a month while school is in session. Dates & times are emailed about a month in advance. Cash & checks accepted only; for students we may bill your account. Gift certificates also available for purchase. Before your appt, you will also need to download & complete our massage therapy intake form found on our web page.