BENEFITS OF MASSAGE THERAPY

PREVENTION OF NEW INJURIES
Massage therapy can assist in preventing new injuries by relaxing stressed, tired or tight muscles caused by physical activity, workouts and everyday activities.

POSTURE
Massage releases restriction in muscles, joints and surrounding connective tissue, allowing your body to return to a more natural posture. Massage can also relieve pain caused by spine curvatures such as scoliosis.

PAIN REDUCTION
Massage can help relieve many types of muscle tightness or discomfort, from a short-term muscle cramp to tight shoulders or pain caused by a habitually clenched jaw. Massage has the ability to release muscle tension by manipulating the muscles and surrounding connective tissues.

STRESS REDUCTION
Massage is one of the best known remedies for stress. It relaxes the body, increases circulation to the organs, improves mood, increases energy and promotes natural healing.

MUSCLE TENSION RELIEF
Tense muscles restrict blood flow and nerve function to the arms and legs. When this happens, you can experience a tingling sensation in the hands, fingers, feet or toes. This tightness can also reduce the blood flow to the brain and cause light headaches or dizzy spells. Manipulating the muscles can reduce tension and restore healthy blood flow.

Wellness & Fitness
Fitness & Wellness

MASSAGE THERAPY SUITE
Craddock Wellness Center
Located in West Halls
Craddock A1
Phone: 903.468.8128
WellnessCenter@tamuc.edu

MASSAGE THERAPY
at the Craddock Wellness Center
**GENERAL INFORMATION**

**APPOINTMENTS**
Massages are available by appointment only. To schedule an appointment, contact the MRC Business Center at 903-468.8128.

A 30-minute massage consists of:
- 10-minute consultation, undressing and dressing | 20 minutes of hands-on massage

A 60-minute massage consists of:
- 10-minute consultation, undressing and dressing | 50 minutes of hands-on massage

Appointments are held at the Massage Therapy Suite located at the Craddock Wellness Center in West Halls.

**PATRON REGISTRATION**
Massage Therapy does not replace the need for medical attention, and massage therapists do not diagnose medical problems or manipulate bones. All clients must fill out an Assumption of Risk, Medical Release, and Indemnification Form as well as a Client Intake Form prior to receiving services; this information will be kept on file under HIPAA guidelines. Please refer to our Client Intake Form for more information.

**CHOOSE A MASSAGE**
We offer several modalities of massage but highly encourage you to discuss your needs with your therapist to determine which modality will help you achieve your goals. The availability of services is subject to change. For more information on modalities and specific benefits, please see the “Types of Massage” section.

**PAYMENT**
Clients may pre-pay with cash, check or card at the MRC Business Center, open 7 a.m. - 7 p.m., Monday through Friday.

Payments at the time of service are accepted at the Craddock Wellness Center– card or check only. All payments due at time of service.

**GIFT CERTIFICATES**
Give the gift of massage therapy! Gift certificates are available for purchase at the MRC Business Center.

- All gift certificates expire six months after date of purchase.
- Gift certificates are priced at the rate of the purchaser’s membership category.
- All cancellations within 24 hours of appointment or no-shows will result in forfeiture of certificate.

**RATES & PAYMENT**

**MASSAGE RATES**

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<tr>
<th>Duration</th>
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<tr>
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**Faculty / Staff**

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<td>60 minutes</td>
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<td>90 minutes</td>
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**Add-ons**

- $5 | half hour
- $10 | hour

Includes deep tissue, therapeutic and hot stone massages.

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**THERAPEUTIC MASSAGE**
This technique focuses on chronic pain, restricted or painful movement, and injuries. It promotes healing through specialized techniques that address trigger points, restricted tissue, and working out the “knots.”

**SPORTS MASSAGE**
Sports massage is beneficial for anyone who trains, uses weights, participates in sports and aerobics, or is very athletic. It helps maintain good muscle function and range of motion during training or intense activities.

**SWEDISH RELAXATION**
Swedish massage uses smooth, long, flowing motions that incorporate light to medium pressure. This full body treatment melts tension, restores health, releases circulation, reduces stress, increases brain function and supports normal body function.

**CHAIR MASSAGE**
Chair massage is a great addition to meetings, parties and special events around the A&M-Commerce campus. It provides the benefits of a table massage in the easily transportable and accessible form of a chair. Clients are seated in a massage chair with comfortable and sterile face cradle. No oils or lotions are used as the head, neck, shoulders and back are massaged over the clothes. Chair massages are a great way to provide a few moments of complete relaxation to a large number of people.

Please contact us at the MRC Business Center at 903-468.8128 if you would like to reserve chair massage for your event.