

Relaxation

relief/relaxation/reduction/improvement



Massage offers relief for ailments such as tension headaches, carpal tunnel syndrome, sciatica, tendonitis, arthritis, fibromyalgia, muscle tears, ligament tears, and lower back pain. Massage also acts as a preventative treatment for physical training and can provide an immune system boost.

It can also reduce anxiety, fatigue, and stress. It has also been known to enhance sleep quality, increase energy, improve concentration and circulation.

Pricing:

60 Minutes: \$50
90 Minutes: \$65

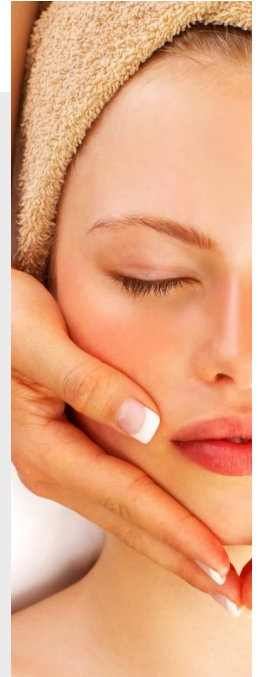
Packages:

Massage packages come in sets of 4, in either 60 or 90 minute increments.

60-minute Pack: \$170
90-minute Pack: \$221

30-minute massages are available for injury-related or spot-specific requests only, and must be confirmed by the massage therapist before scheduling.

Massage Therapy



Our Massage Therapists:



Sarah Coletta

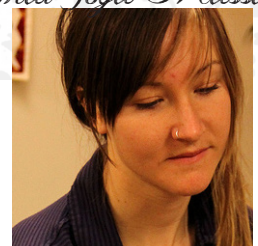
Sarah Coletta specializes in Facial Massage, Swedish Relaxation Massage, and Deep Tissue Massage, with experience in Acupressure, Trigger Point Massage, Pregnancy Massage, Hot Stone, Reflexology, and Lymphatic Therapy.



Jeffrey Cottrell

Jeffrey Cottrell specializes in Swedish Relaxation Massage, Sports Massage, Myofascial Release, Neuromuscular Therapy, Energy Work, and Asian Theory.

Thai Yoga Massage



Courtney Fitzpatrick

Courtney Fitzpatrick specializes in Thai Yoga Massage, which is an Eastern tradition that incorporates gentle pressure and passive stretching to increase flexibility, improve posture, and relieve stress.

Scheduling:

To schedule a massage, please go to our website: www.montana.edu/getfit and follow the links for scheduling a massage online through appointments-plus. If you experience any difficulties, please call (406) 994-5000.