

# CHAIR MASSAGE

MASSAGE THERAPY  
A CAMPUS RECREATION PROGRAM  
UNIVERSITY OF NEBRASKA-LINCOLN



## UNL CAMPUS RECREATION MASSAGE THERAPY CHAIR MASSAGE

Massage therapy is an excellent choice for relaxation, relieving stress and muscle tension, or assisting injury recovery.

Besides traditional table massage, UNL Campus Rec Massage Therapy also provides on-site chair massage services. Chair (or seated) massage events offer 5- to 15-minute mini-massages to allow the greatest number of individuals to get a quick dose of rejuvenating therapy during your event.

### CHAIR MASSAGE IS PERFECT FOR:

- Staff appreciation events
- Residence hall study breaks
- Career fairs
- Tradeshows
- Marketing events
- Church Socials
- Donor & fundraiser events
- School functions
- Health fairs
- Alumni event & reunions
- Sports events
- and MORE!

### BOOK US FOR YOUR NEXT EVENT!

# OF THERAPISTS	1 HOUR	2 HOURS	3 HOURS	4 HOURS
1	\$50	\$80	\$120	\$160
2	\$100	\$160	\$240	\$320
3	\$150	\$240	\$360	\$480
4	\$200	\$320	\$480	\$640

Campus Rec massage therapists are allied health care professionals licensed by the State of Nebraska and trained in Swedish, Deep Tissue, Sport Massage, Neuromuscular Therapy, and other advanced techniques that focus on full-body stress relief or site-specific injury prevention and recovery.

MASSAGE THERAPY  
UNL Campus Recreation Center  
(402) 472.0738  
roh1son2@unl.edu

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RECREATION

UNL CAMPUS RECREATION WELCOMES PERSONS WITH ALL ABILITIES. PLEASE INQUIRE ABOUT THE AVAILABILITY OF ACCOMMODATIONS FOR SPECIAL NEEDS. THE UNIVERSITY OF NEBRASKA-LINCOLN IS AN EQUAL OPPORTUNITY EDUCATOR AND EMPLOYER WITH A COMPREHENSIVE PLAN FOR DIVERSITY.

<http://crec.unl.edu>