Routine therapeutic massage can help elevate your daily routine by improving your health, your mood, and your life.

Beyond the enormous stress relieving benefits, massage improves circulation, joint mobility, and immune system functionality.

Fitness and sports enthusiasts can expect relief from tired and sore muscles, increased flexibility, and faster recovery from strenuous physical exertion.

Our skilled, professional massage therapists will help you select the modality that best fits your body’s individualized needs.

**Contact us today for an appointment.**

**About Us**
Our skilled massage therapists provide relaxing, restorative bodywork using a variety of techniques to address your specific needs. Athletes, seniors, parents and young adults all benefit from our philosophy...

EveryBODY in sync,
EveryBODY in balance.

**Contact Us**
615.343.4159
massagetherapy@vanderbilt.edu
vanderbilt.edu/recreationandwellness/wellness/massage-therapy/

**Book your appointment today!**

*First time clients, arrive at least 10 minutes prior to your appointment time.
*Therapeutic massage appointments, one hour or greater, include day use of the fitness center, towel service, and locker rental. Please bring ID for lock use.
* All appointments require a 24 hour advance cancellation notice with the therapist. Failure to cancel an appointment within a 24 hour period may result in liability up to 100% of the value of the scheduled appointment.
*Clients with severe medical conditions must seek permission from their doctor before receiving massage therapy services.
*Clients under 18 years of age must have a parent or guardian’s permission before receiving services.
Swedish Massage
Characterized by a smooth manipulation and kneading of the muscles with oils to promote stress relief, improve circulation, relieve muscle pain, increase flexibility, and induce relaxation.

Sports Massage
A deep massage of the muscles and foundation tissues used in athletic activities, often around the joints. It combines classical Swedish style with trigger point and compression techniques to reduce soreness. Perfect for preparing for sports activities or after a strenuous workout.

Prenatal Massage
Enhances the function of muscles and joints, improves circulation and relieves mental and physical fatigue. The gentle, noninvasive approach can ease discomfort associated with pregnancy and is only performed during the second and third trimesters.

Acupressure (30, 60, 90 min only)
 Ancient healing art using the fingers to gradually press key healing points, which stimulates the body’s natural self-curing abilities. Acupressure releases tension, increases circulation, and reduces pain.

Cranial Sacral
A gentle form of bodywork that focuses on the soft tissue surrounding the bones of head, spinal column, and sacrum. This modality helps to release compression and holding patterns to alleviate stress and pain.

Deep Tissue Massage
Deep work brings about realignment of postural distortions and restores proper range of motion by freeing congested muscle attachments. Muscle function and awareness are balanced, and elasticity is revived. (with trigger point therapy if necessary)

Lymphatic Drainage Massage (60, 90, 120 min only)
A type of gentle massage intended to encourage the natural drainage of lymph fluid. This type of massage is used for people who retain fluid due to surgery, injury, or poor circulation.

Muscle Activation (60, 90, 120 min only)
A technique that activates the inhibited muscle to restore full firing function of the muscle. Consultation is required before scheduling for this technique.

Mobile Massage
Reduce employee stress, lift morale, and increase job satisfaction without ever leaving the office. Includes relaxing music and all taxes and gratuities. Two-hour min. $75/hour/therapist

Gift Certificates
Give the gift of restoration and relaxation, perfect for any occasion. Gift certificates make it easy to say thank you to employees and clients, happy birthday to a family member, “I love you” to a special someone, and gift a stress relieving break for a friend.

Gift certificates available in 30, 60, 90, or 120 minute increments.