

THE PROGRAM

Our Purpose

To provide therapeutic massages that alleviate pain and facilitate relaxation. We provide treatment for specific tense or painful areas of the body as well as relaxation massages to help loosen muscles, increase blood flow, and provide relief to the whole body.

Making an Appointment

Appointments can be scheduled by calling the Front Desk at the appropriate location. If you have questions or are seeking treatment for a specific injury or medical condition, please inform the Front Desk and one of our staff therapists will call you prior to your appointment to ensure that they are best prepared for your session.

Please plan to arrive 15 minutes before your scheduled appointment time if you are new to the massage program, as you will be asked to fill out a health history form (available on our website).

Payment

Payment is expected in advance and all payment related issues are handled at the front desk. Non-members must pay for services when making an appointment.



Cancellation/No-Show Policy

Your appointment is reserved for you. We appreciate your understanding that in order to keep our schedule working for all of our clients, we need at least 24 hours notice for all cancellations. No-shows and cancellations with less than 24 hours notice will be charged the full fee.

We do not file insurance claims, but we are glad to provide you with a receipt of our services. Our professional staff of therapists is committed to providing quality treatments in a peaceful and relaxing environment.



WELLNESS CENTERS
MEADOWMONT

100 Sprunt Street • Chapel Hill, NC 27517
(919)966-5500 • www.uncwellness.com



WELLNESS CENTERS
NORTHWEST CARY

350 Stonecroft Lane • Cary, NC 27519
(919)957-5900 • www.uncwellness.com



MASSAGE THERAPY PROGRAM



Mission:

To provide the highest quality of skilled therapeutic massage in a professional setting. To foster relaxation, healing and recovery from injury and disease, and to assist in the management of pain.

MASSAGE

services and rates

Swedish

This traditional relaxation massage is great for improving circulation and flexibility; helps to reduce stress and muscle tension.

Deep Tissue

Chronic patterns of tension in the body are released through slow, deep, stretching strokes while directing pressure to contracted areas.

Reflexology

Involves pressure to the feet, hands and ears that reflect a map of the body and influences change in those related areas.

Pre-Natal Massage

Designed for women in all stages of pregnancy. Wonderful for relieving muscle tension, fatigue, and discomfort.

Facial Wellness Massage (MM)

A truly luxurious and deeply conditioning treatment for the skin of the face, neck, and décolleté. It hydrates, moisturizes, and gently exfoliates, restoring radiance to skin in need. Included is massage to the hands, feet and scalp.

Manual Lymph Drainage (MM)

MLD is a cornerstone of effective lymphedema therapy. This gentle technique stimulates the movement of lymphatic fluids, reducing pain and inflammation.

Medical Massage

After surgery or injury, medical massage may be used to aid the body's natural healing process and enhance recovery goals: reduce pain, swelling, muscular guarding and to increase range of motion.

Thai Massage

Thai massage is an ancient healing modality that uses light stretching, muscle compression and gentle pressure to increase flexibility, relieve muscle and joint tension, and balance the body's energy systems. Sessions are done on a floor mat. Wear loose fitting clothing.

Diabetic Lower Extremity Massage (NWC)

Diabetics often have circulation issues which can lead to nerve damage, numbness and painful feet. The purpose is to increase circulation and sensation to the feet and legs. The therapist will focus on increasing range of motion in the foot and ankle, resulting in notable changes in skin and nails.

Healing Touch/Reiki

A natural technique for stress reduction which involves light touch on or slightly above the body. Works well with therapeutic massage to support well-being and aid in recovery.

Couples Massage and Infant Massage Instruction available in NWC

individual or group instruction is available. Please see website for more details.

** Your massage therapist may incorporate Hot and Cold Therapies and Aromatherapy depending on what may best enhance your treatment.*



Rates:

Regular Massage: Swedish, Deep Tissue and Reflexology, Facial Wellness Massage, Manual Lymph Drainage and Medical Massage

1 Hour	Member	Non-Member
1 Session	\$75	\$85
3 Sessions	\$213	\$243
6 Sessions	\$414	\$468
12 Sessions	\$810	\$918

1.5 Hour	Member	Non-Member
1 Session	\$105	\$120
3 Sessions	\$300	\$342
6 Sessions	\$579	\$663
12 Sessions	\$1134	\$1296

30 min ^(add-on)	Member	Non-Member
1 Session	\$40	\$45

Specialty Massage: Hot Stone Therapy, Pre-Natal, Thai

1 Hour	Member	Non-Member
1 Session	\$85	\$95
3 Sessions	\$243	\$270
6 Sessions	\$468	\$525
12 Sessions	\$918	\$1026

1.5 Hour	Member	Non-Member
1 Session	\$120	\$145
3 Sessions	\$342	\$414
6 Sessions	\$663	\$800
12 Sessions	\$1296	\$1566

30 min ^(add-on)	Member	Non-Member
1 Session	\$45	\$50