

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 (Meadowmont (919) 966-5500 and NW Cary (919) 957-5900). If you have specific questions the Front Desk will have a therapist or massage manager contact you. 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. The form is also available online at www.uncwellness.com/programs/massage-therapy/.

Payment

Payment is expected in advance and all payment related issues are handled at the front desk. Non-members must provide a credit card to hold the appointment, when scheduling.



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 high 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.

Fertility Massage

Focuses on opening, cleansing and balancing the body in preparation for conceiving. Specific massage techniques are used to support relaxation and conception goals. In this 90 minute session, work is focused on the abdomen, back, pelvis, feet and head.

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 fully clothed 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.

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

All massage therapists are licensed by the NC Board of Massage and Bodywork Therapy



Rates:

Regular Massage: Swedish, Deep Tissue, Reflexology, Medical Massage, Fertility, and Diabetic Massage

1 Hour	Member	Non-Member
1 Session	\$77	\$87
3 Sessions	\$220	\$248
6 Sessions	\$425	\$480
12 Sessions	\$832	\$940

1.5 Hour	Member	Non-Member
1 Session	\$108	\$123
3 Sessions	\$308	\$350
6 Sessions	\$596	\$679
12 Sessions	\$1166	\$1328

30 min ^(add-on)	Member	Non-Member
1 Session	\$45	\$55

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

1 Hour	Member	Non-Member
1 Session	\$87	\$97
3 Sessions	\$248	\$276
6 Sessions	\$480	\$536
12 Sessions	\$940	\$1048

1.5 Hour	Member	Non-Member
1 Session	\$123	\$149
3 Sessions	\$350	\$425
6 Sessions	\$679	\$822
12 Sessions	\$1328	\$1609

30 min ^(add-on)	Member	Non-Member
1 Session	\$50	\$60