Massage Therapy

Massage Therapy is the manipulation of soft tissues by a licensed massage therapist. Using touch, the therapist is able to relieve sore muscles, ease tension and reduce stress. In our fast paced, stress-filled society, massage is the perfect antidote to relax your body, calm your mind and soothe your soul.

Benefits of Massage Therapy

Physical benefits that lead to a better sense of well-being include deep relaxation, reduced stress, relief of muscle tension, stiffness and spasm, increased flexibility, increased range of motion, improved posture, improved circulation of blood and lymphatic fluids, relief of chronic pain and headaches, and more fully nourished skin.
Meet our therapist

Kurt Hjertaas, LMT

Kurt has been practicing bodywork since 1991 and for over 10 years at the Rec Plex. He is a graduate of the Chicago School of Massage Therapy. Kurt is experienced in deep tissue massage, myo-facial release and many other therapy techniques. We can’t say enough about his skills!

Rates

Massage appointments can be arranged for the following:

30 minutes - Concentrated work on one or two specific areas. For example, back, neck, and shoulders.

60 & 90 minutes - A full body massage which includes back, legs, face, and arms.

Marquette Student/Faculty/Staff Rec Plex or Rec Center Member

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$28 - 30 minutes
$45 - 60 minutes
$73 - 90 minutes

Non-members

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$40 - 30 minutes
$57 - 60 minutes
$97 - 90 minutes

Cash, check, credit cards, and MU Cash accepted.

Cancellation Policy - 24 hour notice is required for all cancellations. If less than 24 hours is given, 100% of the massage fee may be assessed. We reserve the right to ask for prepayment of future scheduled appointments when the cancellation policy is not observed.

Introductory Procedures

Your scheduled time is for you. Please arrive and check in at the Main Office for your appointment 10 minutes early to complete a short health questionnaire and standard liability waiver.

Our Massage Room is located on the 1st floor off the Main Office. Our staff will show you to the room.

The therapist will be very happy to discuss any questions or concerns you may have. Massages are given on a massage table and you will be covered at all times except for the area being worked on. Your comfort and modesty will be respected. Oil or lotion is used on your skin for lubrication. You should allow yourself to completely relax with slow, deep breaths. Let the therapist know of any problems during your massage: room temperature, music volume, pressure too hard, etc.