

## 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 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.

Marquette University Rec Plex  
915 W. Wisconsin Ave.  
P.O. Box 1881  
Milwaukee, WI 53201  
Phone: (414) 288-7778

# Massage Therapy



Marquette University  
Rec Plex

Division of Student Affairs  
Department of  
Recreational Sports

915 W. Wisconsin Ave.  
Milwaukee, WI 53233  
(414) 288-7778

## Meet our Therapist

### **Kurt Hjertaas, LMT**

Kurt has been practicing bodywork since 1991. He is a graduate of the Chicago School of Massage Therapy and currently specializes in deep-tissue therapy and Myofascial Release techniques for lower back pain.



## Services Provided

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.

## Fees

Marquette Student  
Marquette Faculty/Staff  
Rec Plex Member  
**\$26 ~ 30 minutes**  
**\$42 ~ 60 minutes**  
**\$68 ~ 90 minutes**

Community/Non-member  
**\$37 ~ 30 minutes**  
**\$53 ~ 60 minutes**  
**\$90 ~ 90 minutes**

*Gift certificates are available.*

Cash, check, traveler's check or credit cards accepted. Gratuities are to be given directly to the therapist and cannot be paid with your massage payment. Thank you.

## Cancellation Policy

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

## Scheduling a Massage

This service is available to anyone. However, fees are based upon your affiliation with the University. To schedule appointments, call the Marquette University Rec Plex, 414-288-7778.

## Introductory Procedures

Your scheduled time is for you. Please come to your appointment 15 minutes early to complete a short health questionnaire and shower. Our Massage Room is located on the 1<sup>st</sup> floor off the Main Office. Participants will use the locker rooms located on the lower level. Please bring a robe, sweatsuit or other comfortable clothing to wear between areas. 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 relax completely with slow, deep breaths. Let the therapist know of any problems during your massage: temperature, music volume, pressure too hard, etc.