

The Health and Fitness Lab offers professional massage therapy services to the WKU campus and the Bowling Green community. We offer relaxation massages, as well as therapeutic treatments to help with muscle pain and injuries. Our rates are the most competitive in town, and we offer free parking.

Massage Types

Swedish Massage:

This system of massage employs movements that are slow and gentle. It affects the nerves, muscles, glands, and circulation while promoting health and well-being. Swedish Massage refers to a collection of techniques designed primarily to relax muscles, by applying pressure to them against deeper muscle and bones, and rubbing the same direction as the flow of blood returning to the heart. The goal of Swedish Massage is to speed the venous return of un-oxygenated blood and toxins from the extremities. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management.

Deep Tissue:

The term Deep Tissue Massage refers to various massage styles that are directed toward the deeper tissue structures of the muscle and fascia. In most deep tissue techniques the aim is to affect the various layers of fascia that support muscle tissues and loosen bonds between the layers of connective tissue. This system is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles.

Cupping:

Cupping can be added to any Deep Tissue or Swedish Massage for a flat rate of \$10. A silicone cup is placed over an area to be treated and a vacuum is created in the cup to draw the skin and underlying tissue toward the surface. The cups reverse pressure away from the body which pulls up on tight deep muscle tissue. Its benefits include promotion of blood circulation, faster muscle recovery time, reduction of inflammation, and calming of the nervous system.

Hot Stone:

Hot Stone Massage is a form of bodywork that involves the application of heated stones to the body during Swedish Massage. This system of massage stimulates the circulatory system, softens and relaxes muscles, helps to release toxins, induces a state of deep relaxation, relieves pain and muscle spasms, and creates a feeling of peacefulness.

Prenatal:

This is available for any woman who is 13 weeks or later into her pregnancy. Massage can relieve many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches, and edema (or swelling).

Massage Prices

Type	Duration	Students	F/S	Public
Swedish	30 Min.	\$25	\$32	\$40
	60 Min.	\$35	\$47	\$55
	90 Min.	\$50	\$67	\$75
Deep Tissue	30 Min.	\$30	\$37	\$45
	60 Min.	\$40	\$52	\$60
	90 Min.	\$55	\$72	\$80
Hot Stone	60 Min.	\$45	\$57	\$65
	90 Min.	\$60	\$77	\$85
Prenatal	60 Min.	\$40	\$52	\$60
	90 Min.	\$55	\$72	\$80

Packages (3 massages):

You can add cupping to your Swedish or Deep Tissue package for an additional \$30

Type	Duration	F/S	Public
Swedish	60 Min.	\$129 (\$43 per)	\$157 (\$52 per)
	90 Min.	\$184 (\$61 per)	\$217 (\$72 per)
Deep Tissue	60 Min.	\$144 (\$48 per)	\$172 (\$57 per)
	90 Min.	\$199 (\$66 per)	\$232 (\$77 per)
Hot Stone	60 Min.	\$159 (\$53 per)	\$187 (\$62 per)
	90 Min.	\$214 (\$71 per)	\$247 (\$82 per)
Prenatal	60 Min.	\$144 (\$48 per)	\$172 (\$57 per)
	90 Min.	\$199 (\$66 per)	\$232 (\$77 per)



CALL NOW TO BOOK YOUR MASSAGE!
(270)745-6531
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