

What is Massage Therapy?

Massage Therapy is an excellent tool to be used for relaxation, relieving stress and muscle tension, or assisting in rehabilitating an injury. All HLS Facility massage therapists are allied health care professionals licensed by the State of Florida.

First Massage Experience?

If this is your first massage session, your massage therapist will explain the procedures, techniques, and expectations. We want you to be as comfortable as possible. Feel free to ask any questions to your therapists before you begin your session.

Events & Presentations

BOOK US FOR YOUR NEXT EVENT!

We offer:

Chair massage services
Stress management seminars
"Learn to Massage" seminars

Chair Massages are perfect for:

1. Staff appreciation events
2. Residence Hall study breaks
3. Health fairs
4. School functions
5. Donor and fundraiser events
6. Sports events
7. Marketing events
8. Alumni events and reunions

Event rates typically start at \$50.00/hour and vary based on requests and requirements. Call (850)474-2814 for details and scheduling.

For More Information,

**Please Call:
(850) 474-2580**

Visit our Website:

uwf.edu/recreation/FitnessWellness/Massage.cfm

Stop by the HLS Facility, Building 72



**RECREATION
& SPORTS SERVICES**

Massage Therapy



**To Schedule an Appointment,
Call: (850) 474-2580**



Cost

1/2 Hour Massage \$25

1 Hour Massage \$40

Appointments are made on an individual basis. All appointments must be pre-scheduled with the massage therapist.

Gift Certificates Available

Massage Therapy makes a great gift! Surprise your friends, coworkers and family for their birthday, graduation, special occasions, achievements, and incentive prizes—or just reward yourself! Gift certificates can be purchased for any specified amount and are available at the HLS Facility Customer Service Desk.

Late Policy

Individuals showing up late will have the remaining time of the appointment. However, an appointment is considered a no-show 10 minutes after the start time of the appointment if the massage therapist has not heard from the client.

Cancellation Policy

All appointments must be canceled with 24 hours notice. Any no-show appointment will be charged a cancellation fee of \$15.00.

***Massage Therapy Services are only available to HLS Facility Members.**

Molly Warren Massage Therapist

Molly's Hours

Monday	1:30-5pm
Wednesday	1:30-6pm
Thursday	9am-2pm



Molly has an NCTMB national certification and has been a certified massage therapist since June 2005.

Molly specializes in the following massages:

Deep Tissue	Swedish
Medical Massage	Pregnancy

Ricky Perry Massage Therapist

Ricky's Hours

Monday	7-9pm
Wednesday	7-9pm



Ricky has been a licensed massage therapist since September 2006.

Ricky specializes in massages that contain a balanced blend of deep tissue and relaxation work to help relieve stress, tension and muscle pains.