About Chair Massage:
Chair Massage is therapeutic massage performed in a specially designed chair that supports the body in a completely relaxed position. Massage is performed through the clothing and is very easy to participate in.

Specific techniques are applied to the body to help relieve tight, sore muscles, reduce stress, renew the mind and help restore balance to the mind and body. The benefits of massage are accumulative providing the experience to help manage stress, prevent injury and maintain balance.

Areas that can be addressed: Head, Neck, Shoulders, Arms and Hands, Mid to Lower back, Hips, Calves and Feet. Chair Massage has shown to have a positive effect on common complaints like headaches, stiff neck, rotator cuff (shoulder) pain, tennis/golfers elbow, carpal tunnel symptoms, discomfort along either side of the spine and low back pain.

Cost $1/per minute for 10-15 minute appointments.
Cash or check (made payable to A Personal Touch Spa)
20 minutes available for $30

Massages are given in Room 105C Strebel Student Center (A quiet, secluded room for your privacy)
Reserve your time ahead to ensure your favorite time slot.

{This program cannot continue without your participation}

Register at: https://www.utica.edu/hr/wellness/chairmassage.cfm?
Choose how many minutes you want from the dropdown box.

Questions? Contact Caren at cbsummers@utica.edu
You will be asked to pay for last minute cancellations or no-shows.

Weather forecast for Friday, January 22...
partly cloudy, but no snow

Perfect day for a chair massage!