

We Also Offer:

- Swedish Massage
- Deep Tissue Massage
- Sports Massage
- Shiatsu Massage
- Trigger Point Massage
- Hot Stone Massage



Prior to your massage, you will be asked to fill out a personal health form asking questions about your general health. This information is confidential and is designed to help the therapist understand your physical condition prior to beginning the massage.

Please feel free to discuss any concerns you have about the session. It is important that you are comfortable during the massage and that you know your options. Scheduling staff will do their best to accommodate your needs.



This brochure is designed to answer the most frequently asked questions and make your first visit as comfortable and productive as possible. If you have more questions, feel free to call Campus Recreation.

Massage Therapy

Colvin Recreation Center

F.I.T. First

Campus Recreation
Colvin Recreation Center

Telephone : 405-744-5510

Massage Therapy at the Colvin Recreation Center

Whether seeking relief for a medical condition, searching for a method to help deal with the stresses of daily life or wanting to maintain good health, more and more people are turning to therapeutic massage.

Massage doesn't just feel good. Research shows it reduces the heart rate, lowers blood pressure, increases blood circulation and lymph flow, relaxes muscles, improves range of motion and increases endorphins.

The Colvin Recreation Center has a quiet, relaxing space for your massage. We employ licensed therapists to effectively meet your needs.

Massage Prices for Members:

30 min. massage—\$35

60 min. massage—\$55

90 min. massage—\$80

60 min & 90 min. hot stone massages are available for an additional \$10. Series sale packages are available for 4 /60 min. massages for \$180 and 4/ 90 min. massages for \$280. Those can be purchased in 101 or at the Customer Service Desk and can be charged to your bursar. Non-members may purchase a massage at the above price + the Colvin guest fee.

Late & Refund Policies Any guest who is more than 10 min. late may have their appt. cancelled by the therapist. The appt. will end at the originally scheduled time to allow the preparation time for the next client. No refunds are given for cancelled appointments. Money will be refunded provided the request is made a minimum of 24 hours prior to the scheduled appointment and during open hours of the business office. The request can be made by calling 744-5510 or coming to the business office and filling out a refund form.



To get the most out of your massage:

- Be on time!
- Be an active participant in the session!
- Ask questions of your therapist!
- Make your wishes known!
- Let the therapist know if you are uncomfortable at any time!

Above all, enjoy your massage!

F.I.T. First

Campus Recreation Department
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Oklahoma State University

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<http://campusrec.okstate.edu/fitfirst>