



# WELLNESS SERVICES

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## STRETCH WELL PROGRAM

A guided, customized stretching program designed to improve flexibility, release tension, and restore balance to the body. Our practitioners combine assisted stretches, mindful breathing, and alignment techniques to help you move more freely, reduce stiffness, and enhance overall mobility. Perfect for athletes, desk workers, or anyone seeking a greater sense of ease and well-being in their daily life.

## THERAPEUTIC CUPPING

An ancient healing practice reimagined for modern wellness. Using gentle suction cups, this therapy increases blood flow, releases muscle tightness, and encourages the body's natural detoxification process. Ideal for relieving chronic pain, reducing inflammation, and supporting deep relaxation. Each session is tailored to your comfort level for a safe, restorative experience.

## THERAGUN PERCUSSIVE THERAPY

Target deep muscle tension with advanced percussive therapy. The Theragun uses rapid, controlled pulses to relieve soreness, break up tight fascia, and accelerate recovery. Excellent for post-workout recovery, releasing stubborn knots, and revitalizing tired muscles-leaving you feeling recharged, restored, and ready to move with freedom.

## NORMATEC COMPRESSION SLEEVES

Boost circulation and recovery with our NormaTec dynamic air compression system. Designed for athletes and anyone needing leg rejuvenation, these sleeves use gentle, wave-like compression to reduce swelling, enhance lymphatic drainage, and refresh tired muscles. A relaxing, restorative treatment that feels like a deep tissue massage without the pressure.

## THERAPEUTIC BODYWORK

A deeply personalized session blending massage, stretching, and mindful touch to restore balance to body and mind. Our practitioners address muscular tension, postural imbalances, and energetic flow, tailoring each treatment to your unique needs. Whether you're seeking relief from pain, stress reduction, or enhance mobility, therapeutic bodywork provides a holistic path to healing and renewal.

## SCRAPING

Scraping is a therapeutic technique designed to enhance muscle recovery by promoting blood flow and reducing inflammation. This method involves using a specialized tool to gently scrape the skin, which can help alleviate soreness and improve overall mobility.

## MEDITATION SESSION

Experience a rejuvenating 30-minute meditation session designed to promote relaxation and mental clarity. This focused practice will help you reduce stress and enhance your overall well-being.

## PHYSICAL THERAPY CONSULTATION

Meet one-on-one to discuss pain, mobility issues, or injury recovery. Learn personalized exercises and strategies to improve movement, prevent injury, and enhance overall wellness.

## NUTRITION CONSULTATION

Nutrition Consultation offers personalized dietary guidance tailored to individual health goals and lifestyles. Our expert nutritionists assess your nutritional needs and provide actionable strategies for improved health and well-being.

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TO SCHEDULE YOUR ONE FREE  
SESSION A MONTH!**



SHAWNEE STATE UNIVERSITY

# LOUNGE

## SELF SERVICE OPTIONS

**Neck Heat/Massager**

**Foot Massager**

**Ice Packs**

**Massage/Heating Chair**

**Heating Pads**

**Headache Compression Caps**

**Exercise Balls**

### **NormaTec Sleeves**

A powerful percussion massager that relieves muscle soreness, improves circulation, and speeds up recovery

### **Acupressure Mat**

Grounding mat for stress, back and neck discomfort

### **Red Light Therapy**

Uses gentle red and infrared light to support healing, reduce inflammation, and boost recovery

### **Vibration Plate Exercise**

Low-impact workout tool that activates muscles and promotes overall wellness

### **Theragun**

A powerful percussion massager that relieves muscle soreness, improves circulation, and speeds up recovery