



Reflexology

Foot and hand reflexology is a scientific art based on the belief that there are zones and reflex areas in the feet and hands corresponding to all body parts. The physical act of applying pressure using thumb, finger and hand results in stress reduction, causing a physiological change in the body.

Studies support the ability of Reflexology to reduce pain and enhance relaxation, sleep, and the reduction of anxiety and depression.



Reiki

A Reiki session is administered through the hands of a Reiki practitioner with the client lying fully clothed on a massage table. Reiki is given with a gentle placement of hands on the body over the various energy centers – head, heart, abdomen, knees and feet. This helps a person to relax and the energy to flow through them.

Studies support the ability of Reiki to reduce anxiety and pain, and suggest its usefulness to induce relaxation, improve fatigue and depressive symptoms, and strengthen overall wellbeing.



Massage Therapy

Massage is a manipulation by hand of soft body tissues and muscles to help muscles to relax, or to reduce pain in muscles and joints.

The client undresses to their comfort level for the massage therapy session.

Time to Relax

517.353.4660

Reflexology, Reiki, and Massage Therapy at Olin Health Center

Sessions are by appointment, and are 45 minutes long (plan on an hour-long visit).

\$50 per session (\$10 discount with student ID)

Payment can be made by cash, check, credit card or MSU Spartan Cash.

Fall 2014 Hours

Call 517.353.4660 to schedule your time to relax.

	Reflexology	Reiki	Massage
Monday	9 am – 1 pm	----	2-6 pm
Tuesday	----	----	2-6 pm
Wednesday	----	----	9 am – 1 pm
Thursday	8 am – 12 pm	----	2-6 pm
Friday	---	9 am – 1 pm	2-5 pm