

JENNIFER



Jennifer is a Public Health major and a Pilates instructor at ODU. She has been practicing massage since 2010, when she graduated from the Cayce/Reilly School of Massotherapy. The school was founded by a physiotherapist and based on the mind, body, and spirit connection combined with drug-free therapies. Previously employed in the healthcare field for many years, Jennifer was inspired to do massage therapy in order to help patients in a more holistic way. Massage has a long list of benefits including decreased anxiety, lower stress levels, increased focus, better quality of sleep, and helping sore muscles. She enjoys working with all types of clients, ranging from chronic pain sufferers to athletes to people who are looking to de-stress and gain perspective.



UNIVERSITY VILLAGE

Stop by the Pro Shop today to schedule your massage! Gift certificates available for that special someone!

Pattie-Lane Riethmaier

4700 Powhatan Avenue
Suite 1207
Norfolk, Virginia 23529

Phone: 757/683-3384
E-mail: priethma@odu.edu

Old Dominion University

**MASSAGE
THERAPY**



UNIVERSITY VILLAGE

TYPES OF MASSAGES OFFERED

DEEP TISSUE:

DEEP TISSUE MASSAGE THERAPY IS SIMILAR TO SWEDISH MASSAGE, BUT THE DEEPER PRESSURE IS BENEFICIAL IN RELEASING CHRONIC MUSCLE TENSION. THE FOCUS IS ON THE DEEPEST LAYERS OF MUSCLE TISSUE, TENDONS AND FASCIA (THE PROTECTIVE LAYER SURROUNDING MUSCLES, BONES AND JOINTS).

SPORTS MASSAGE:

THE PARTICULARS OF THE SPORTS MASSAGE TECHNIQUE ARE SPECIFIC TO THE ATHLETE'S SPORT OF CHOICE. FOCUSING ON AREAS OF THE BODY THAT ARE OVERUSED AND STRESSED FROM REPETITIVE AND OFTEN AGGRESSIVE MOVEMENTS.

CAYCE REILLY MASSAGE:

THE MASSAGE POSITIVELY AFFECTS NERVES, ORGANS, GLANDS, CIRCULATION, AND MUSCLES, AND HELPS THE BODY RID ITSELF OF TOXINS. THE CAYCE/REILLY MASSAGE BLENDS SWEDISH, OSTEOPATHIC, AND NEUROPATHIC MASSAGE TECHNIQUES.

STUDENT

30 MINUTES	\$24.00
60 MINUTES	\$45.00
30 MINUTES <i>10 PACK</i>	\$210.00
60 MINUTES <i>10 PACK</i>	\$410.00

FACULTY

30 MINUTES	\$30.00
60 MINUTES	\$60.00
30 MINUTES <i>10 PACK</i>	\$275.00
60 MINUTES <i>10 PACK</i>	\$540.00

HOURS

TUESDAY	1 PM – 4 PM
WEDNESDAY	10 AM – 1 PM
THURSDAY	3 PM – 6 PM
FRIDAY	9 AM – 12 PM
SATURDAY	10 AM – 1 PM

**** 24 HOUR NOTICE FOR SCHEDULING MASSAGES OR CANCELING**

