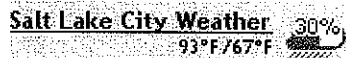


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Massage Therapy, A Free Cure For Students

Being a student provides free resource for stress relief

Andrew Marshall

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Students enrolled in summer classes at SLCC take upon themselves a certain amount of stress. Instead of lounging at the pool, or picnicking on the long grass, these students find themselves in stuffy classrooms by day, and studying for assignments and tests by night. There is a solution for this stress according to Tiffany Anderson, massage therapist: a free massage.

Anderson works in the Health and Wellness Center at SLCC. She trained for her career at the Myotherapy College of Utah and has been a therapist for 11 years. Anderson also received her undergraduate degree from the University of Utah in Health Education and Promotion, which has increased her knowledge of the human body, enhancing her work as a massage therapist. She has been working at SLCC for the past two years.



"We're the only community college in the West that offer massage therapy as part of the health benefits," Anderson said. "It's really great to have SLCC be so well-rounded to have social work, and

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nursing, and health education."

After a serious car accident,

Anderson did not find the relief she was seeking from her physician or her chiropractor. It wasn't until she met up with a massage therapist that her spine and neck were healed; all of which happened in four to six weeks. After this experience, and attending a few classes on the therapy, Anderson changed directions in her life and became a massage therapist.

"I experienced so much," said Anderson. "It was a good career switch. It's been really, really great."

Massage therapy is not designed simply to relax the body and refresh the mind, but to "boost your immune system," said Anderson. "It's great for increasing circulation; it helps oxygenate the blood. When the bodies relaxed [they] can heal better."

While a massage outside of campus typically costs \$45 to \$60 an hour, at SLCC the visit is free. The Health and Wellness fee in every student's tuition covers the costs of 10 free 15-minute massages from people who have been in the business a long time.

The Redwood campus has a room designated for massage therapy; other campuses have a seated massage set up in the hall where students can take advantage of them.

"We're booked normally," said Anderson. "Especially fall and spring semester[s]; we're very, very busy."

Swedish massage is the standard massage that most people are familiar with, though there are hundreds of other forms. Anderson recently participated in a CranioSacral Therapy I workshop offered by The Upledger Institute.

"[CranialSacral Therapy] only works on the skull, the spine and the sacrum," Anderson said. "It's a treatment meant to help enhanced function and bring about health to the area."

This particular massage is performed while the recipient is still clothed, while the Swedish massage is performed on the bare skin.

"It's a completely different type of treatment," Anderson said. "I've used it on students who have migraines, or insomnia, or that are just experiencing severe stress and anxiety around test time. In this job, people are happy to see me. They're happy when they're here, and they're a lot happier when they leave."

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