

Your Massage Session

Please be on time for your massage session if not a little early. If you arrive and were rushing to make your appointment it will take you longer to relax and your session might be less than what it could be. If you cannot make it on time and there are appointments ahead of you it is best to reschedule your massage. Please try to give me a 24-hour advance notice with any appointment changes.

YOUR SESSION:

Table massage: usually a full body massage, most people undress completely or leave their undergarments on. If you do not want to remove all your clothing wear clothing that you will be comfortable wearing during massage and will allow the massage therapist to move areas of your body freely. You should only remove as much clothing as you are comfortable with. Your privacy is respected at all times. You will be warmly covered with a clean sheet, exposing only the area that will be massaged. During massage, light oils are used to lubricate the skin and allow for easier application of certain massage strokes. Please discuss any concerns prior to your massage.

If your therapist is treating a particular part of your body for injury reasons, you may be asked to remove the clothing only pertaining to that area. Also, certain types of bodywork, such as foot reflexology or energy work like Reiki may never require clothes to be removed.

Chair massage: this is a seated massage on a specially designed chair that you will remain clothed and oil or lotion won't be used. The sessions typically run 10 to 30 minutes.

Discuss all apprehensions and concerns; I want you to be as comfortable as possible. During your massage it is helpful to focus your attention on relaxing the muscles of your body. If you find your muscles tightening up during the massage you will want to let me know so the situation can be adjusted. You also want to focus your attention on proper breathing. This is your time to relax and let go and be with yourself.

During the massage if something does not feel right please let your therapist know what you are experiencing so the session can be adjusted to eliminate any distractions or discomforts; this may relate to temperature, lighting, noise or music. If you want music and have preferences please let your therapist know of this. You may not want any music.

AFTER YOUR SESSION:

Make sure you drink extra water after your massage to help the body eliminate waste matter from the tissues that have been effectively mobilized by the massage session.

Please remember that massage has its greatest benefits when used over a period of time and with regularity. The benefits you'll get from massage are cumulative; it helps reduce long-standing muscle tension and discomfort, and eases mental and emotional stress.

Gift certificates are available so please think about sharing the experience of massage with a friend or loved one.