

## **What to be aware of and expect**

### **Where will my massage session take place?**

The location will be warm and comfortable, with soft music to assist in relaxation. Your massage session will take place in a serene setting, which gives way to an escape from any negative energy and invites you, the client, to understand your own body through the mindful touch of the massage therapist.

### **Must I be completely undressed?**

Swedish, Myofascial Release and Deep Tissue massage techniques are traditionally performed with the client unclothed. However, you may decide what amount of clothing you prefer to wear for your own comfort. Shiatsu and Thai massage techniques are done fully clothed.

### **What part of my body will be massaged?**

A typical full body session will include work on your back, head, neck, shoulders, abdomen, gluteals, arms, hands, legs and feet. A therapeutic massage is a non-sexual massage. You will not be touched on or near your private parts, and they will be covered at all times. Sessions may be directed to more specific work such as the neck, shoulders and back, according to your individual needs.

### **Will I be covered during the session?**

You will be properly draped at ALL times to keep you warm and comfortable. Only the areas being worked on will be exposed.

### **Will oils be used?**

A light oil or lotion may be used to allow a smooth gliding or flow on muscles to be worked on without causing excessive friction to the skin. The oils or lotion used should hydrate the skin and be readily absorbed.

### **What will the massage feel like?**

It depends on the technique used. In a general Swedish massage, your session may start with broad, flowing strokes, which will help to calm your nervous system and relax exterior muscle tension. As your body relaxes, pressure will gradually increase to specific areas of muscular tension. YOU should communicate immediately if you feel any discomfort so that the therapist can stop and use another approach. Massage is most effective when your body is not resisting and the massage is adapted to your needs.

### **Are there any medical conditions that would make massage inadvisable?**

Before you begin your session, you will be asked some general health questions. It is very important that you inform us of any health problems or medications you are taking. If you are under a doctor's care, it may be advisable that you receive a written recommendation for massage prior to any session. Depending upon your medical condition, many therapists will require a release form from your physician prior to your session.