



## **What to expect from your Massage Session**

### **How to get the most out of your session**

#### **If your receiving your massage in your home there are a few things you can do to ensure you make the most of the time you have with your therapist.**

Be prepared – Your Therapist will probably arrive a few minutes early, it's a good idea to use the half hour before your session to make sure the area in which your massage will take place is free from distractions. This may mean turning off any telephones, TV's as well as putting up any pets that may interfere with your massage.

It also gives you time to unwind a bit before your session starts.

Be time considerate - Your massage therapist may have other clients to see and will want to get started promptly. Be sure to discuss your massage goals with your therapist before your massage particularly if you would like extra attention given to a specific area or problem, this will help your therapist manage your massage time more efficiently.

### **Where Will My Massage or Bodywork Session Take Place?**

If you opt to have your massage done in our office your massage or bodywork session will take place in a warm, comfortable, quiet room. Soft music may be played to help you relax. You will lie on a table especially designed for your comfort.

### **Must I Be Completely Undressed?**

Most massage and bodywork techniques are traditionally performed with the client unclothed; however, it is entirely up to you what you want to wear. You should undress to your level of comfort. You will be properly draped during the entire session.

### **Will the Practitioner Be Present When I Disrobe?**

The practitioner will leave the room while you undress, relax onto the table, and cover yourself with a clean sheet or towel.

### **Will I Be Covered During the Session?**

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

### **What Parts of My Body Will Be Massaged?**

You and the practitioner will discuss the desired outcome of your session. This will determine which parts of your body require massage. A typical full body session will include work on your back, arms, legs, gluteus, feet, hands, head, neck, and shoulders. You will not be touched on or near your genitals (male or female) or breasts (female).

### **What Will the Massage or Bodywork Feel Like?**

It depends on the techniques used. Many massage therapists use a form of Swedish massage, which is often a baseline for practitioners. In a general Swedish massage, your session may start with broad, flowing strokes that will help calm your nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually be increased to relax specific areas and relieve areas of muscular tension. Often, a light oil or lotion is used to allow your muscles to be massaged without causing excessive friction to the skin. The oil also helps hydrate your skin. You should communicate immediately if you feel any discomfort so that another approach may be taken. Massage and bodywork are most effective when your body is not resisting.

### **Are There Different Kinds of Massage and Bodywork?**

There are many types of massage and bodywork; various techniques utilize different strokes, including basic rubbing strokes, rocking movement, posture and movement re-education, application of pressure to specific points, and more. Ask the practitioner about the methods he or she uses.

**How Long Will the Session Last?**

The average full-body massage or bodywork session lasts approximately one hour. A half-hour appointment only allows time for a partial massage session, such as neck and shoulders, back or legs and feet. Many people prefer a 60- to 90-minute session for optimal relaxation. Always allow relaxation time prior to and after the session. Hot tubs, steam baths and saunas can assist in the relaxation process.

**What Should I Do During the Massage or Bodywork Session?**

Make yourself comfortable. The practitioner will either gently move you or tell you what is needed throughout the session (such as lifting your arm). Many people just close their eyes and completely relax. Others like to talk during their session. Feel free to ask the practitioner questions about massage and bodywork in general or about the particular technique you are receiving.

**How Will I Feel After the Massage or Bodywork Session?**

Most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity, which can last for days. Since toxins are released from your soft tissues during a massage, it is recommended you drink plenty of water following your massage.

**What Are the Benefits of Massage and Bodywork?**

Massage and bodywork can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture, and reduce blood pressure. Massage and bodywork is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

**Are There Any Medical Conditions That Would Make Massage or Bodywork Inadvisable?**

Yes. That's why it's imperative that, before you begin your session, the practitioner asks general health questions. It is very important that you inform the practitioner of any health problems or medications you are taking. If you are under a doctor's care, it is strongly advised that you receive a written recommendation for massage or bodywork prior to any session. Your practitioner may require a recommendation or approval from your doctor.

Client / Therapist communication is the key to a great session – This can't be stressed enough! So if you're in pain, uncomfortable or you don't care for a particular technique, please let your therapist know right away so that your massage can be adjusted. This is *your* time and we want you to have the best massage possible.

If you have any further questions please don't hesitate to contact us at [info@getmassaged.net](mailto:info@getmassaged.net)

Get Massaged!

<http://www.getmassaged.net/>