

FAQs

Frequently Asked Questions

START Here! This is your session. Speak up! Why is this so important? If you want anything changed pressure, areas worked on, positions, or if you are too hot or too cold, speak up! You will not hurt your therapist's feelings by asking for something that will make you more comfortable. Your therapist wants this to be the best

experience for you, customized to fit your immediate needs. Also, what you request in one session may be much different in another. If you had a full body massage your last appointment, but this time you only want your neck, shoulders and arms worked on this time- that's fine! Again it's your session. We want to make you comfortable. We guarantee to communicate and listen to your needs, so you leave satisfied every time. So please speak up! You will enjoy your sessions so much

more!

► How often should I get massage?

It is recommended to start with once or twice weekly **massages, depending on your needs**, for the first four to six weeks, and then gradually increase the time between sessions as symptoms improve. While chronic conditions are not tamed in a single session, it usually takes 4-6 sessions to calm things down, most **can** be well managed by regular, effective **massages**.

► What is included in the session time?

A session consists of the treatment, time for you to get on and off the table, and time to communicate before and after your session with your therapist to truly customized your experience.

► How often should I receive a massage?

For those who use massage as preventative care or to manage daily stress, one massage a month is common. Weekly sessions may be desirable if you are receiving massage for injury relief or to relieve chronic tightness that is interfering with your daily life. There are many people who incorporate massage therapy at least twice a month for optimal therapeutic relief. You and your therapist will come up with an optimal treatment plan together.

► How much should I tip?

Many clients are unsure if and/or how much they should tip their massage therapist. We recommend you think of your therapist as you would a waiter in a restaurant. Our therapists love what they do and your tip may reflect your appreciation for their service. We recommend tipping 15%, 18%, or 20% + based on the full price of a regular 60 min \$90 and 90 min \$135 session, rather than the discounted price you may be visiting us on today.

► Must I be completely undressed?

You should undress to your desired level of comfort. About half of our clients prefer to be completely undressed (but FULLY DRAPED), while the other half prefers to keep their undergarments on (but FULLY DRAPED). This is completely up to you. You will undress and dress in the privacy of your room and will be securely covered by a blanket and a sheet during

your appointment session.

► Will I be covered during the session?

You will be properly DRAPED (covered) at all times to keep you warm and comfortable. Only the area being worked on will be exposed. No areas will be exposed without your consent. You should always let your therapist know if you are uncomfortable for any reason during your appointment session. Remember, speak up!

► What should I expect during my first massage therapy visit?

Your massage therapist may require you to fill out a health history form. Afterward, the therapist will begin by asking you general questions to establish what areas you would like worked on if any conditions are needing to be addressed and to determine if massage is appropriate for you. Your massage therapist may perform certain assessments and testing to evaluate your condition and to see if you have any presenting complaints.

It is important to list all health concerns and medications so the therapist can adapt the session to your specific needs without doing any harm. It is also important to list any allergies so the therapist is aware if he/she needs to use a different oil or lotion, etc. during the session.

► What do I do during a massage treatment?

Make yourself comfortable. If your therapist wants you to adjust your position, she/he will either move you or will ask you to move what is needed. Otherwise, change your position anytime to make yourself more comfortable.

Many people close their eyes and relax completely during a session; others prefer to talk. It's up to you. It is your massage, and whatever feels natural to you is the best way to relax. Do not hesitate to ask questions at any time.

► How long will a massage treatment last?

The average full-body massage treatment 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. Once you try our 90 min full body massage and bodywork session, you will be hooked!!

► Will the massage hurt?

Massage should NOT HURT. Deep tissue may be a little uncomfortable at the time, on a scale from 1-10 you may experience up to a 7 on the scale, please communicate with your therapist as anything more can be counterproductive. Massage will differ on the type of treatment and the depth of the strokes. A light, relaxing massage that doesn't probe very deep into the muscles, shouldn't hurt. Massage should NOT be painful or feel abusive- there is a 'feel so good' hurt and an 'ouch, stop it' hurt. A good massage, even a really deep tissue massage, should always stay in the 'feels so good' hurt range.

Pain can be an indication that the muscle is possibly injured or inflamed, and pressure should be adjusted. Also, pain can cause you to tighten up and negate the relaxing effects of the massage. The most effective and deepest massage always works with your body's natural response, not against it.

► Can I get a massage while pregnant?

YES!! We have therapists that specialize in pregnancy massage – commonly called prenatal massage – this is a great way to ease the aches and pains of carrying a baby. Our therapists take precautions, are certified and experienced with treating mommy, baby, and everyone involved in supporting mom because dads need massage too! We always advise our mommy to be to check with her doctor first.

► Can massages help headaches and migraines?

YES!!!! Getting rid of headaches doesn't have to mean only taking pills, just suffering, or sitting in the dark. Massage is just one of the natural remedies that can help your headaches and even migraines. Talk to your therapist about a long term treatment plan.

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