



Where will my massage or bodywork session take place?

Your massage or bodywork session will take place in a warm, comfortable and quiet room. For Swedish and Shiatsu massage soft music may be played to help you relax. For Shiatsu Massage you will lay on the comfortable mat with your clothes on - we suggest wearing loose comfortable clothing. For Swedish massage you lie down on a massage table especially designed for your comfort. For chair massage you will be seated on a massage chair.

Must I be completely undressed?

Most of our massage modalities and bodywork techniques are performed with clothes on with the exception of Swedish massage. For Swedish massage you should undress to your level of comfort and our massage therapists are adequately trained to make sure you are properly draped during the entire session.

Will the massage therapist be present when I disrobe?

Our massage therapist will leave the room while you undress and will knock on the door before coming into your room to make sure you are comfortably covered.

Will I be covered during my Swedish massage 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?

A typical full-body session will include work on your back, arms, legs, feet, hands, head, neck, and shoulders. For the thirty minutes massages you have four (4) options: (1) front of your body (supine - face up) from head/face to feet, (2) back of your body (prone - face down) from head to feet, (3) upper front and back of your body from head to hips, (4) lower front and back of your body from hips to feet.

What will the massage or bodywork feel like?

A relaxing Swedish massage is often a baseline for clients. 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 massage lotion/cream is used to allow your muscles to be massaged without causing excessive friction to the skin. The lotion/cream 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 numerous types of massage and bodywork; various techniques utilize different strokes, including basic rocking movement, posture and movement re-education, application of pressure to specific points, and more. We can discuss which methods may be most appropriate for you.

What should I do during the massage or bodywork session?

Prior to the massage, feel free to ask our massage therapist any questions about the technique of the



upcoming session. During the massage, make yourself comfortable. If you have any questions regarding the session or about the particular technique you are receiving, feel free to ask.

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.

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 and improve posture. 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, our massage therapist asks general health questions based on the intake form. 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. Depending on the condition, approval from your doctor may be required.