

# Massage: What to Expect

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

No. You, the client, undress to your level of comfort. Remember you will be properly draped at all times during the massage session.

## **Will the Practitioner be Present when I Disrobe?**

Your massage therapist will leave the room while you undress, get onto the table, and lying face up, cover yourself with a clean sheet and/or blanket. However, if you need assistance getting onto the table, please ask.

## **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 your therapist 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, feet, hands, head, neck, and shoulders. You will not be touched on or near your genitals (male or female) or breasts (female). If there are parts of your body that you do not want massaged, please inform your therapist.

## **Will Lubricant be Used?**

Creams, oils, or lotions are used to permit your muscles to be worked on without causing excessive friction to the skin. Advise the therapist if you have a preference.

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

In Swedish Massage, broad, flowing strokes are used to relax the body. Other modalities may require deeper work with increased pressure after the initial relaxation strokes. As your body becomes more relaxed, the pressure will gradually be increased to relieve any areas of muscle tightness or tension. If you feel any discomfort, let your therapist know immediately. If you feel ticklish, again let your therapist know.

## **How Long will the Session Last?**

The average massage 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, which target specific areas of concern. Many people prefer the 60 or 90 minute session for optimal relaxation. Always allow a little relaxation time before and after the session. Hot tubs, steam baths, and saunas can assist in the relaxation process. Be sure to drink plenty of water afterwards to flush out the toxins that have been released.

## **What should I do during my massage?**

Relax, close your eyes, and focus on your breathing. Please do not hold your breath! If you feel the need to talk, please do so. Give your therapist feedback on the specific techniques being done if you like. If you want to nap, that is also appropriate.

## **How will I feel after the massage?**

Generally the majority of people feel very relaxed. You may feel a little sleepy initially, but in a couple of minutes you will feel refreshed. With the release of toxins during the massage, it is strongly recommended that you drink plenty of water.

## **What are some immediate benefits I can expect from massage?**

You may notice a decrease in muscle tension and pain, more joint flexibility, reduced stress, but what you may notice more than anything else is that you have a general feeling of relaxation and well-being.