

Your First Massage

You are joining a growing number of men and women who have found therapeutic massage to be a valuable addition to their health and fitness routines, and an effective complement to other health care services. Many people seek therapeutic massage as a natural means to promote healthy body functioning, and to enhance the body's own restorative powers.

As with any new experience, you probably have many questions about what to expect in your first massage session. This brochure is designed to answer some of the most frequently asked questions from newcomers to therapeutic massage, and make your first visit as comfortable and productive as possible.



Why Are You Getting A Massage?

One of the first things your massage therapist will want to know is why you are getting a massage. An experienced massage therapist will plan the session to address your needs and desires. The most common reasons are:

- General Relaxation
- Revitalization
- Relieve Sore or Tight Muscles
- Relieve Tension Headaches
- Recovery from Sports Activity
- General Health and Fitness
- Improve Circulation
- Complement to Other Health Care

Let your therapist know in the session if you are feeling hot, and discuss how we can help you.

What Are Your Concerns About the Session?

Discuss with the massage therapist how often the relaxing session you are considering during the session. Some people have an expressed concern of receiving

knowledge in a standard massage. They are draped with a sheet or towel to be used as privacy cover. In each part of the body is measured, touched and massaged in all areas. Some techniques during a massage are designed to be relaxing. Some techniques have when you have a massage, such as can be performed with

Talking: Talking during people prefer silence. For general relaxation, conversation. Always a feedback on anything through any request with addressing a

On the table, or with the therapist. With consent of changes of any of expressed to the therapist about the if you are concerned

Make-up and the may result in a. Let the therapist after session. We also do not

Therapeutic Massage

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Information Provide?

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