

What to expect the day of your Massage:

Every massage session is unique and catered to the needs of each individual client.

First time clients obtain and fill out the Client Confidential Health History Information Form.

Please bring this information with you to your appointment.

After initial in-take information for each session (such as how the client feels that day and his/her goals for the session) is gathered and discussed, I will leave the room.

When I leave the room, the client will undress to his/her comfort level then get under the sheet. For some people, leaving on their underwear is comfortable and other people are comfortable being naked. Whatever the case, the client needs to decide what that comfort level is for himself or herself. I use massage therapy professional draping skills. I only undrape the area that I am massaging while the rest of the areas are fully draped for the modesty of the client and massage therapist.

Also, please take off jewelry, rings, watches, earrings, necklaces, etc. that could get in the way of having a full body massage. Please remove any glasses or contact lenses (if possible) so that it's comfortable to massage around your eyes.

Before I re-enter the room, I will knock on the door and you will tell me to "come in" that way I will know you are on the table underneath the sheet and prepared to begin the massage session.

Once the massage session begins, we will discuss through your "verbal" feedback your comfort levels in regards to temperature/warmth, pressure and/or all other questions or comments related to your session. Your comfort level is my utmost concern.

I usually ask my clients to begin by taking a few deep breaths and to refrain from talking during the session aside from giving feedback, of course. Being quiet will allow you to focus on your body and the experience more fully and relax more deeply.

I will do all the work. The massage is more effective if you allow me to lift your head, arms and legs. For some this may take a few sessions so don't worry if you find yourself helping me.

After the massage session is complete, I will leave the room while you re-dress. When I re-enter the room, we will complete a brief end of session conversation, discuss some other self-care options, then you can float your way out the door.

Please remember to drink plenty of water before and especially after the massage. Massage brings blood to the areas of stress, and the blood picks up toxins. So drinking lots of water will assist in eliminating the toxins we moved.

After a massage, some clients take an Epsom Salt bath since Epsom Salts pull toxins out of your body.