

Before Arriving

The most important thing you can do before arriving is to relax. Remember, this is an enjoyable experience that is designed to reduce stress and anxiety, not to cause it. Take a deep breath and assure yourself that this process will be a pleasurable one.

It is important to do your part in the hours leading up to your massage. Plan accordingly, and try to avoid being rushed to get to your massage. Remember to drink plenty of water throughout the day and to avoid eating within 2-3 hours of your scheduled massage so that your body has plenty of time to digest your meal. If you have a massage scheduled on a lunch break, keep it light, as the massage process itself could prove to be uncomfortable on a full stomach.

Upon Arrival

Try to relax and let your mind enter a restful state while you await your appointment to enter the massage room.

You will fill out an intake form with basic information and relevant questions for your massage. You will discuss the intake form with your therapist. It is important to communicate honestly and accurately with the massage professional. Provide information about any injuries, problem areas, areas you would like them to avoid, or areas you would like extra focus on.

Once you have discussed your intake form, the therapist will leave the room or provide you with the privacy needed to undress. Remember, you only have to remove as much clothing as you are comfortable with. Your massage table will have a sheet and blanket to drape over the parts of your body that aren't being massaged. Modesty is respected at all times. Give honest feedback during the massage, and inform the therapist of any discomfort immediately. You are also free to comment on things you are enjoying such as specific amounts of pressure, areas that are enjoyable etc.

Above all else, relax and breathe normally. Try to relax your entire body and become weightless while you enjoy your massage.