

## HOW TO RECEIVE A MASSAGE

Here are a few guidelines to help you feel at ease and to gain the greatest benefit from your massage therapy & bodywork sessions.

Your therapist will start the session by reviewing the “Client Health Intake” you completed. Tell the therapist about areas of your body which are injured, tense or sore. Also mention any medical conditions, such as high blood pressure, a heart problem, chronic headaches, varicose veins or recent surgery.

The therapist and you will discuss a treatment strategy to help you best achieve your goals for getting massage. You will discuss what parts of the body will be massaged and what techniques would be most effective.

Once you are on the massage table, allow yourself to relax as completely as possible. Focus your attention on your breathing, which should be slow, deep and even. You can talk or be silent. Listen to what your body needs in the moment.

When the therapist’s hands locate areas of pain or tension in your body, consciously try to relax those areas. As you inhale deeply, visualize the breath flowing to the tense area and relaxing it. As you fully exhale, visualize the tension leaving your body with the breath.

Communication with therapist is essential to proper treatment. You can control all components of your massage: pressure, intensity, length, areas of treatment, temperature, music, etc. Please let the therapist know immediately if something needs to be adjusted.

Allow the therapist to move your limbs into various positions. Be limp, like a rag doll, and do not try to help move your arms, legs or head. The therapist is a trained professional who will not do anything to hurt you. However, please speak up if anything the therapist does is too painful or ticklish, or uncomfortable in any way.

You can receive a session clothed or unclothed. The important component is that you are comfortable and able to relax. The therapist is sensitive to the need for privacy and will keep your body covered with a sheet except for the area being massaged.

Often, as the body releases tension during a massage, the mind will release emotion. If you suddenly feel sad, angry or joyful, do not be alarmed. Allow yourself to express these feelings by crying or laughing. At the very least, feel free to sigh with relaxation or hum with pleasure.

I hope your session is both enjoyable and therapeutic, and that this experience will be the beginning of a lifelong practice to help you enjoy the best possible health and relaxation.