Welcome to Your First Massage...

Maybe someone thoughtfully decided to get you the gift of massage to help you relax. Or, maybe you just decided to treat yourself. Whatever the case, you are ready to get a massage. But before you come in, I’d like you to know what to expect at your first appointment, as well as being prepared with the right questions to ask, to ensure that you get the most from your session.

Speak Up

Good communication is very important to ensuring your comfort. Don’t be afraid to discuss any apprehensions or concerns, since it’s important that you be as comfortable as possible during the session. While you will get more out of a massage with less on, removing articles of clothing may make some uncomfortable. I will leave the room to wash my hands and I want you to take off only as much as you are comfortable removing. A clean sheet is provided for draping during the massage. I will uncover only the part of the body being massaged, insuring that modesty is respected at all times. Also, make sure to remove any jewelry that might interfere with the massage. If you have a favorite CD that will help you to relax, please feel free to bring that in with you.

Please give feedback to me regarding things such as the hand pressure and speed of movement. I will check in with you to determine if the pressure I am using is right, but if at anytime the pressure is too much or too little, let me know. Also, report any discomfort, whether it is from the massage itself or due to any problems or distractions related to the environment (room temperature, music volume, lighting, etc.).

Chatter Control

Some people like to talk during a massage session, while others remain silent. Many people just close their eyes and completely relax. What clients tell me, and what I find when I’m on the receiving end of a massage, is that talking takes away from the relaxation component of the session. Clients like to zone out, to shut out the worldly distractions, and to tune into the sensation of the massage, and to enjoy the feeling of having their muscles and tissues worked on. Talking makes them have to pay attention. Massage induces a parasympathetic state of rest, and having to talk or listen can hinder that.

Above all, remember: Time on the massage table is your time.

Techniques

Each Massage Therapist has his/her own technique, depending on where we attended school. As we attend workshops to learn new modalities, we incorporate these in our massage sessions. I like to incorporate stretching techniques with my clients, as I feel it makes the massage last longer and the benefits are wonderful. I also use hot stones on the neck and back (with your permission) to soften the muscles and bring in more circulation.

Benefits of a Massage

- Release muscular tension and pain
- Improve circulation
- Increase joint flexibility
- Reduce mental and physical fatigue
- Reduce stress
- Promote faster healing of injured muscular tissue
- Improve posture
- Reduce blood pressure
- Promote better sleep
- Improve concentration
- Reduce anxiety
- Create an overall sense of well-being
- Alleviate low-back pain
- Ease medication dependence
- Enhance immunity by stimulating lymph flow
- Stretch weak, tight, or atrophied muscles
- Promote tissue regeneration (reducing scar tissue)
- Reduce spasms and cramping
- Relax overused muscles
- Release endorphins (body’s natural pain killer)
- Relieve migraine pain
- Decrease arthritic pain
- Decrease depression

Self-Care After Your Massage

You may experience some soreness in your muscles for the next couple of days. This is a normal response. You should drink extra water in the hours following your massage. This helps flush the system, and helps prevent any soreness. An Epsom Salt bath may also prevent soreness.

Increase the Benefits with Frequent Visits

Getting a massage can do you a world of good. And getting massage frequently can do even more. This is the beauty of bodywork. Taking part in this form of regularly scheduled self-care can play a huge part in how healthy you’ll be and how youthful you’ll remain with each passing year. Budgeting time and money for bodywork at consistent intervals is truly an investment in your health. And remember: just because massage feels like a pampering treat doesn’t mean it is any less therapeutic. Consider massage appointments a necessary piece of your health and wellness plan, and work with your therapist to establish a treatment schedule that best meets your needs.

I am looking forward to your first massage session.

Alice